

My Happy Mind: Celebrate My Happy Mind Plus: Friendships

Prior Learning:

We have learnt how Team HAP (Hippocampus, Amygdala and Prefrontal Cortex) influences our emotions, memory and decisions. We understand neuroplasticity and how our brains adapt through learning and experience.

Key Vocabulary

Character Strengths	Positive qualities that make us unique.
Neuroplasticity	Our brain's ability to grow and change.
Dopamine	A brain chemical that helps us feel good and motivated.
Resilience	Keeping going when things are difficult.

Key places



Our school is a place where we can show kindness, respect and bravery. We celebrate everyone's different strengths and help each other feel safe and happy.

Key Learning

My Happy Mind: Celebrate

What are character strengths and why they are special?
 What are my character strengths and can I spot strengths in others?
 How can we grow our character strengths?
 How can using our strengths helps us in different situations?
 How can I use my character strengths to help me solve problems and manage worries?

My Happy Mind Plus: Friendships

What makes a healthy friendship and how friendships can change?
 What is peer pressure?
 How do I stay safe and show respect in friendships, both online and offline?



The Big Questions

How can we use our Character Strengths to be our best selves?
 How can we build healthy friendships and show respect to others?

Visual Vocabulary



Healthy Friendships: a friendship where we feel safe, valued and respected.



Online: using the internet to communicate, learn and connect with others.



Peer pressure: when others influence us to do something.



Boundaries: limits we set to help us feel safe and comfortable.

Cross Curricular Links

Computing - Online Safety: Recognising online bullying, communicating respectfully and knowing how to report concerns.

British Values - Mutual Respect

We respect and celebrate our differences, treat others fairly and speak up when someone is being treated unkindly.