

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.
Team H-A-P	he Hippocampus, Amygdala and Prefrontal Cortex – three parts of our brain that work together to help us remember, manage emotions and make decisions.
Virtues	. Positive qualities that guide how we think, feel and behave, helping us make good choices and be the best version of ourselves.



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

How would I choose and use my character strengths in different situations?
How can practising my character strengths help them grow and support others?

My Happy Mind Plus: Protecting our communities

Why are diversity and respect important in our communities?
What is stereotyping and discrimination? How do we challenge unfair behaviour?

My Happy Mind Plus: and Managing Hurtful Behaviour/Bullying

What makes a healthy friendship and how do I deal with peer pressure?
What is bullying, both online and offline, and how do I challenge it and seek help?



Visual Vocabulary



Diversity: the differences that make us all unique.



Discrimination: treating someone unfairly because of who they are.



Stereotypes: making assumptions about people based on the group they belong to.



Prejudice: judging someone before getting to know them.

Cross Curricular Links

Computing – Online Safety: We learn to recognise online bullying, communicate respectfully and know how to stay safe and report concerns.

British Values – *Mutual Respect*
We celebrate our differences, treat everyone fairly and speak up when someone is being treated unkindly.

The Big Questions

How can we grow and use our Character Strengths to help ourselves and others?
How can we show respect, challenge unfairness and help keep our communities safe?