	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** The module is focused on teaching children the following key concepts: Our brains help us with lots of different jobs. We need to look after our brains for us to be at our best. When we learn something new, our brain remembers it for next time.	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Brain Sort L2: Is Team H-A-P happy or sad? L3: Brain Hat .	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Meet Your Brain – 3 parts of the brain L2: Meet Your Brain - neuroplasticity L3: Meet Your Brain - team H-A-P L4: Meet Your Brain -happy breathing L5: Meet Your Brain - review	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Meet Your Brain -3 parts of the brain and how it helps us L2: Meet Your Brain -how our brain grows L3: Meet Your Brain -how emotions effect team H-A-P L4: Meet Your Brain -how our brain reacts differently in different situations L5: Meet Your Brain -review	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Meet Your Brain – how our brain and mind work together L2: Meet Your Brain – team H-A-P and the amygdala L3: Meet Your Brain – how to train your brain & why the amygdala behaves in the way it does L4: Meet Your Brain – how are brain is structures, neurons and neural pathways L5: Meet Your Brain – how to look after our brains	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Meet Your Brain -how to train our brain and help it grow L2: Meet Your Brain -team H-A-P, what is real and perceived danger and how this triggers the amygdala L3: Meet Your Brain -how to calm your amygdala L4: Meet Your Brain- neurons and neural pathways and forming habits over time	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Meet Your Brain -how each part of Team H-A-P works L2: Meet Your Brain- why the amygdala behaves the way it does and learning what triggers is L3: Meet Your Brain- how to calm the amygdala, neurons and neural pathways and how to form habits L4: Meet Your Brain -how to look after our brains and why Happy Breathing works	Consent lesson – https://learning.nspcc.org.uk/research-resources/schools/pants-teaching **My Happy Mind – Meet Your Brain** L1: Meet Your Brain- how our brain works and how feelings impact your brain L2: Meet Your Brain- different ways to look after our brains so we can be our best selves. L3: Meet Your Brain- how to develop healthy habits to look after our mind.

						L5: Meet Your Brain – happy breathing and how to look after our brains *Note for teachers: you can start teaching My Happy Mind Places in Autumn 1 and continue it over into Autumn 2.*	L5: Meet Your Brain- managing cortisol, what happens to our brain when we are stressed	**My Happy Mind Places** L1: mental health just like physical health is a part of daily life, the importance of expressing our feelings & varied vocabulary to use L2: feelings change over time and in intensity, learning to manage these appropriately and proportionately, while learning the warning signs of mental health L3: how to use varied vocabulary to express how we feel, understand that anyone can experience mental health & talking to trusted adult L4: Creating myHappymind places

Autumn 2	**My Happy Mind – Celebrate** The module is focused on teaching children the following key concepts: We all have things about us that are special. These are called Character Strengths. Our Character Strengths help us to be our best. We feel great when we use our Character Strengths **My Happy Mind Places – Level 1** L1 – Emotion Pairs L2 – Place Sort L3: Strategy Hunt	**My Happy Mind – Celebrate** L1: Being Kind L2: Bravery Medal L3: Design your own Superhero cape **My Happy Mind Places – Level 2** L1 – Emotion Pairs L2 – Place Sort L3: Strategy Hunt L4: Creating myHappymind Places	**My Happy Mind – Celebrate** L1: Celebrate - characters L2: Celebrate – character strengths L3: Celebrate – importance of character strengths L4: Celebrate – strengths we use the most **My Happy Mind Places** L1: learning different emotions humans can experience and how to name them L2: how feelings affect people's bodies L3: how to share how we are feeling and describe our emotions	**My Happy Mind – Celebrate** L1: Celebrate – why characters matter L2: Celebrate – character strengths we use the most L3: Celebrate – how we can grow our character strengths L4: Celebrate – sharing your strengths with others **My Happy Mind Places** L1: how to recognise/name different feelings & how to describe them L2: how feelings affect people's bodies and how they behave L3: how to manage big emotions and	**My Happy Mind – Celebrate** L1: Celebrate – what character is and where they come from L2: Celebrate – character strengths we use the most and why this is important L3: Celebrate – character strengths we use the most and why this is important continued L4: Celebrate – how you can use you character strengths in difficult situations **My Happy Mind Places** L1: mental health just like physical health is a part of daily life	**My Happy Mind – Celebrate** L1: Celebrate – character strengths and which ones we now use the most L2: importance of using our strengths and how they can help us in difficult situations L3: importance of using and spotting our character strengths L4: neuroplasticity and how we can grow our character strengths **My Happy Mind Places** L1: mental health just like physical health is a part of daily life L2: feelings change over time and in intensity, learning	**My Happy Mind – Celebrate** L1: Celebrate- character strengths and types of Virtues L2: Celebrate- exploring strengths in more detail, which ones we use the most and why they are important L3: Celebrate- exploring strengths in more detail, how to help them grow, and the top 5 used L4: Celebrate-how to use these strengths in different situations L5: Celebrate- how strengths can help when we are worried about something **My Happy Mind Places**	**My Happy Mind – Celebrate** L1: Celebrate- Character Strengths and how we can use them to be at our best. L2: Celebrate- Virtues and Character Strengths and which ones we would like to grow **My Happy World – Protecting Our Communities** L1: why rules and laws exist, human rights and how rights and responsibilities are linked L2: practise discussing ideas and respecting different opinions by having a class debate. L3: what makes communities

	L4: Creating myHappymind Places reflection of the above objectives		L4: Creating myHappymind places **My Happy Relationships – Friendships and Showing Respect (Bullying)** L1: Showing Respect and Managing Hurtful Behaviour	how to calm ourselves down L4: Review activity - creating my happy mind places activity	L2: feelings change over time and in intensity, learning to manage these appropriately and proportionately L3: how to use varied vocabulary to express how we feel L4: Creating myHappymind places	to manage these appropriately and proportionately L3: how to use varied vocabulary to express how we feel L4: Creating myHappymind places **My Happy Relationships – Friendships and Showing Respect (Bullying)** L2: how to respect others, ourselves and how to stop bullying	L1: mental health just like physical health is a part of daily life, the importance of expressing our feelings & varied vocabulary to use L2: feelings change over time and in intensity, learning to manage these appropriately and proportionately, while learning the warning signs of mental health L3: how to use varied vocabulary to express how we feel, understand that anyone can experience mental health & talking to trusted adult L4: Creating myHappymind places	special, why we should value diversity, and how to challenge unfair ideas or actions. **My Happy Relationships – Friendships and Showing Respect (Bullying)** L2: bullying, both online and offline and how we challenge hurtful behaviour

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Spring 1	**My Happy Mind – Appreciate** How being grateful or being thankful makes us feel. The different ways to show gratitude or to express our thanks. The importance of taking time out to stop and be grateful or thankful. **My Happy Body** . (EYFS Tab- Activity 1- Level 1) L1: Story -Betty the Healthy Hero  	**My Happy Mind – Appreciate** L1: Gratitude Frame L2: Appreciation Sort L3: Gratitude Mirror	**My Happy Mind – Appreciate** L1: Appreciate – what appreciation means L2: Appreciate- importance of showing gratitude L3: Appreciate - Gratitude for Experiences **My Happy Body - Healthy Choices** L1: Staying healthy L2: Hygiene routines	**My Happy Mind – Appreciate** L1: Appreciate – how we can show gratitude L2: Appreciate – how gratitude helps team H-A-P L3: Appreciate – the importance of being grateful **My Happy Body – Safe Choices** L1: how to keep ourselves safe in different places & how to identify risks L2: how to stay safe outside our homes **My Happy World – Online Safety** L1: how the internet and devices can be used safely and how to	**My Happy Mind – Appreciate** L1: Appreciate – what appreciation means L2: Appreciate – developing and Attitude of Gratitude L3: Appreciate – continuation of practising gratitude and building a habit, hormones that are released when we give or receive gratitude L4: Appreciate – how we can appreciate ourselves **My Happy Body – Healthy Choices** L1: making healthy choices and the importance of a healthy diet	**My Happy Mind – Appreciate** L1: Appreciate – what appreciation means and 3 categories of gratitude L2: Appreciate – learning to develop an Attitude of Gratitude and understanding the Gratitude Domino Effect L3: Appreciate – hormones that get released when we give and receive gratitude, making this a habit and using this to help us face problems L4: Appreciate – how to appreciate ourselves and using our character strengths to do so **My Happy Body – First Aid**	**My Happy Mind – Appreciate** L1: Appreciate –the meaning of appreciation, why gratitude is important and how to develop a deeper sense of gratitude L2: Appreciate – Gratitude Domino Effect and identifying 3 things that are important to appreciate L3: Appreciate – hormones that get released when we give and receive gratitude, making this a habit and using this to help us face problems L4: Appreciate – how to appreciate ourselves and the link between character strengths and gratitude	**My Happy Mind – Appreciate** L1: Appreciate – importance of gratitude and learning to be grateful for ourselves, others and experiences L2: Appreciate – how to establish an Attitude of Gratitude and how it can help us to be the best that we can be **My Happy Body – First Aid** L1: first aid and how to use this in an emergency **My Happy Body – Safe Choices** L1: drugs, alcohol and tobacco and why people make choices around using them and the laws around them

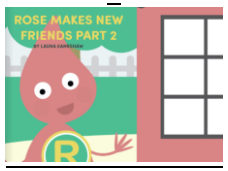
	(EYFS Tab- Activity 2- Level 1) L2: Story -Betty the Safety Star  			communicate safely	L2: How to have a balanced healthy lifestyle and how sleep and exercise contribute to this	L1: first aid and how to use this in an emergency **My Happy World – Online Safety** L1: using digital device safely, how to balance screen time and how to protect our personal information	**My Happy Body – Healthy Choices** L1: looking after your physical health and the positive/negative effects of habits L2: identifying early signs of illness, prevention, how medicine and vaccinations/immunisations can support our health	**My Happy World – Online Safety** L1: benefits and disadvantages of using the Internet/social media and age restrictions L2: how to make decisions about the information we see online and how to tell if something we see online is reliable, why some websites show us different information and how companies can use our data
Spring 2	**My Happy Mind – Relate** This module focuses on: How to develop good listening skills. The importance of listening to others. What we can learn when we listen to others	**My Happy Mind – Relate** L1: Friendship Recipe L2: Active Listening Poster L3: Listening with Eyes not Ears	**My Happy Mind – Relate** L1: Relate – what is means and how are differences help us relate L2: Relate -active listening L3: Relate-using active listening to think about other people's opinions	**My Happy Mind – Relate** L1 -Relate – how we can have good relationships with others. L2: how we can use out strengths to relate to others L3: active listening and how it helps us relate to others	**My Happy Mind – Relate** L1 -Relate – how to understand and celebrate our differences (Stop, Understand and Consider) L2 -Relate- how to better understand differences/perspectives	**My Happy Mind – Relate** L1 -Relate – how to celebrate our differences, how Stop, Understand and Consider can help L2 -Relate – better understand differences and how to use our	**My Happy Mind – Relate** L1 -Relate – how to celebrate our differences, how Stop, Understand and Consider can help L2 -Relate – better understand differences and how to use our	**My Happy Mind – Relate** L1 -Relate – how to have good relationships with others & build on these L2 -Relate- understanding our Character Strengths can help us to get

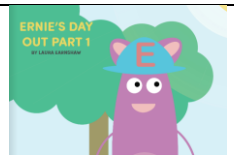
	My Happy Relationships (EYFS Tab- Activity 1- Level 1) L1: Rose Makes New Friends Part 1  (EYFS Tab- Activity 2- Level 1) L2: Rose Makes New Friends Part 2  		**My Happy Relationships - Families and Trusted Relationships** L1: Families and how they differ from others L2: Families, people who we can talk to and can help us	L4: learning about other people's reactions **My Happy Relationships – Friendships and Showing Respect** L2: making friends, being kind and treating others with respect L3: how to solve friendship problems in a polite and respectful way and what to do if a friendship makes us unhappy **My Happy Mind Body – Changing and Growing** L3: private parts of the body and their correct names, consent and who we can talk to when we are worried	L3 -Relate- what makes a good friend and how to solve problems L4 -Relate – Active listening and how this helps us relate to others **My Happy Relationships – Friendships and Showing Respect** L1: positive, healthy friendships and why they are important to our wellbeing – how to handle challenges **My Happy Relationships - Families and Trusted Relationships** L1: different families and relationships, as well as who to go	strengths in different ways L3 -Relate – what makes a good friend, solving problems and showing gratitude L4-Relate – Active Listening and how this relates to others and how this helps us to Stop, Understand and Consider **My Happy Relationships – Safe Relationships** L1: privacy, how to set personal boundaries and what to do if someone pressurises us to do something unsafe or uncomfortable	strengths in different ways L3 -Relate – what makes a good friend, solving problems and showing gratitude L4-Relate – Active Listening and how this relates to others and how this helps us to Stop, Understand and Consider **My Happy Relationships – Friendships and Showing Respect** L1: what makes a healthy friendship, how online friendships differ from in-person ones & peer pressure **My Happy Relationships - Families and**	along with and relate to others **My Happy Relationships – Safe Relationships** L1: building safe and respectful relationships, privacy, consent and boundaries **My Happy Body – Changing and Growing (Sex Education)** L1: how human life begins through reproduction, how a baby grows and develops **My Happy Body – Changing and Growing (Sex Education- Caring for Babies)** L2: that adults can choose whether or when to have a baby and that caring for a

					to is something does not feel right		**Trusted Relationships** L1: different types of families and relationships	baby is a big responsibility

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 1	**My Happy Mind – Engage** This module focuses on: What Goal Setting is. Why goals are important. How to review our goals. **My Happy World** (EYFS Tab- Activity 1- Level 1) L1: Ernie's Day Out Part 1  Objectives covered from the PSED statements are: Show interest in different occupations.	**My Happy Mind – Engage** L1: Setting Goals L2: Growth Goal for Me L3: Perseverance Challenge **My Happy Body – Level 2** L1: Betty the Healthy Hero  L2: Betty the Safety Star  	**My Happy Mind – Engage** L1: Engage – what is means L2: Engage – achieving goals L3: Engage – self belief and staying focused when things are tough L4: Engage – review **My Happy World – Protecting Our Communities** L1: how to care for people, animals and the environment L2: jobs in the community that help others and groups/communities we belong to	**My Happy Mind – Engage** L1: Engage – how to feel good and do good L2: Engage – identifying when we feel good and do good and how to set goals L3: Engage – how we can keep focused on our goals when it gets tough L4: Engage – review **My Happy Mind Relationships – Safe Relationships** L1: safe and unsafe secrets, importance of not keeping secrets and asking for permission	**My Happy Mind – Engage** L1: Engage – activities we engage in and how to feel good L2: Engage – how we can feel and do good – Big Dream Goals L3: Engage –how perseverance and resilience help is keep focused on our goals L4: Engage – review and how positive habits help us be our best **My Happy Body – Changing and Growing** L1: learning the correct names for external genitalia and internal genitalia	**My Happy Mind – Engage** L1: Engage –what we engage in and how we can help ourselves feel good L2: Engage – Feel Good and Do Good, Big Dream Goals and why this helps us feel good L3: Engage –how we already have the skills of perseverance and resilience L4: Engage – recapping all we have learnt about ourselves this year **My Happy Body – Safe Choices** L1: spotting dangers, staying safe at home and out in public – including fireworks	**My Happy Mind – Engage** L1: Engage – recapping on habits we've learnt so far L2: Engage – Feel Good and Do Good, Big Dream Goals and how our feelings affect our engagement levels L3: Engage- how perseverance and resilience help us and staying focused on our goals L4: Engage – recapping all we have learnt about ourselves this year **My Happy Body – Changing and Growing (The Big Change)** L1: physical changes that happen during puberty, emotional	**My Happy Mind – Engage** L1: Engage – recapping on all of the strategies that we have learnt and how effectively they are being used L2: Engage – reviewing how to help ourselves feel good and do good **My Happy Mind – Be Your Best (SAT Preparation)** 6 activities, which can be worked through in the lead up to SATs – printable workbooks. *Teachers can choose between podcasts or videos to watch* **My Happy Mind – Transition**

	(EYFS Tab- Activity 2- Level) L2: Ernie's Day Out Part 2  Objectives covered from the PSED statements are: Select and use activities and resources, with help when needed. This helps them achieve a goal they have chosen or one that is suggested to them. Develop their sense of responsibility and membership in a community. Begin to understand the need to respect and care for the natural environment and all living things.			L2: privacy, safe and unsafe relationships	reproductive organs **My Happy World – Protecting Our Communities** L1: how to care for people, animals and the environment, practising valuing different opinions (can be taught at the start of Summer 2) L2: what makes a community how people contribute and the benefits of living in a diverse community	**My Happy Body – Changing and Growing** L1: Periods- periods are normal and a healthy part of growing up, understanding the menstrual cycle and how to look after ourselves during puberty	changes and that everyone experiences puberty differently **My Happy Mind Relationships – Safe Relationships** L1: understanding that people may develop different feelings for others, including crushes or attraction as they grow or develop	**Programme – *two sessions a week*** Meet Your Brain x3 transitions lessons Celebrate x3 transitions lessons

Summer 2	**Finish any My Happy Mind lessons** **My Happy Mind Ready to Shine- Specialist Toolkits (Transition Focus)** L1: I can focus and learn This module focuses on: We are learning to use movement to help our bodies and brains feel calm and ready to learn. We are learning to listen carefully and follow instructions as we move, helping us practise focus and control for school. L2: I am kind and confident	**Finish any My Happy Mind lessons** **My Happy Relationships – Level 2** L1: Rose Makes New Friends - Part 1  L2: Rose Makes New Friends – Part 2  **My Happy World – Level 2** L1: Ernie's Day Out - Part 1	**Finish any My Happy Mind lessons** **My Happy Body – Changing and Growing** L1: how we grow and change as we age L2: changes and how they affect us L3: private body parts and their correct names, consent and who we can talk to if we feel unsafe L4: transition - starting a new class (worksheet 1)	**Finish any My Happy Mind lessons** **My Happy World – Economic Wellbeing** L1: money and where it comes from, spending and saving money L2: different jobs and how they help people to earn money & how our character strengths can help us earn money **My Happy Body – Changing and growing (Transition)** L4 – starting a new class (worksheet 2)	**Finish any My Happy Mind lessons** **My Happy Body – Changing and Growing** L2: how change can affect our feelings and how manage grief when someone passes away L4: transition – worksheet 1 – celebrating the amazing things achieved this year and how to prepare for the move to a new class	**Finish any My Happy Mind lessons** **My Happy World – Economic Wellbeing** L1: money, how we make choices spending it and how we keep track of money L2: why people choose to spend or save their money differently, how this affects others and the environment L3: different jobs, the skills that are needed, thinking about jobs you may want to do when you are older **My Happy Body – Changing and Growing (Transition)**	**Finish any My Happy Mind lessons** **My Happy World – Economic Wellbeing and Careers** L1: how people make spending decisions based on priorities, needs, and wants. L2: different jobs and careers, what influences people's career choices, and what jobs we want to do when we're older L3: future jobs we're interested in and set goals to help us work towards them **My Happy Body – Changing and Growing** L2: how change affects our	**Continue My Happy Mind – Transition Programme – *two sessions a week*** Appreciate x2 transitions lessons Relate x2 transitions lessons Engage x2 transitions lessons

	This module focuses on: We can listen carefully and take turns speaking, helping us join in with group times and play kindly with others. We can notice Character Strengths like kindness and bravery, so we feel more confident meeting new people and trying new things in Reception. <u>L3: I can care and be grateful</u> This module focuses on: We can talk about the people who help us and share happy moments and kind experiences, helping us build positive relationships with	 <u>L2: Ernie's Day Out - Part 2</u>  				<u>L4: worksheet 2 - celebrating the amazing things achieved this year and how to prepare for the move to a new class</u>	<u>emotions, how to express and manage grief when someone passes away</u> <u>L5: amazing things achieved this year and how to prepare for the move to a new class</u>	

	friends and adults. We can reflect on our day and express gratitude, helping our brains feel calm, confident and ready to learn. These skills will help contribute to our new Reception classroom culture. <u>L4: I can talk and listen</u> This module focuses on: We can focus our attention and notice what is happening around us, just like we will need to do in our classroom. We can listen carefully, participate in small							

	group, class and one-to-one discussions, and use Happy Breathing to help ourselves feel settled and confident in new places. <u>L5: I can try new things</u> This module focuses on: We are learning to keep trying when something feels tricky, helping us build confidence, resilience and perseverance for school. We are learning to pause, rest and use calm strategies so our bodies and brains can reset and get ready to try again							