



Year Group:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	My Happy Mind: Meet your brain - What our brain looks like -What our brain helps us with - How to look after our brain - How we can grow our brains Other Coverage: - Explain the reasons for rules, know right from wrong and try to behave accordingly	My Happy Mind: Celebrate - What character strengths are - 'superpowers' - The love and kindness strength - The character strengths of bravery, honesty, teamwork and friendship -The character strengths exploring and learning, love of life and our world	My Happy Mind: Appreciate - How to be grateful for other people - How being grateful makes you feel - To be grateful for activities and times we feel happy about - How to be grateful for ourselves Other Coverage: - Manage their own needs: personal hygiene - Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, health eating and tooth brushing	My Happy Mind: Relate - How to be a good friend - Why getting along with others is so important - Why listening is so important - What active listening is - Our emotions and how it feels when we are not getting along with others Other Coverage: - Manage their own needs: personal hygiene - Know and talk about the different factors that support their overall health and wellbeing: sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian	My Happy Mind: Engage - What goals are - How to set goals - What 'big dream' goals are - What to do when goals are tricky Other Coverage: - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices	Relationships: Lessons 1 & 2
Year 1	My Happy Mind: Meet your brain	My Happy Mind: Celebrate	My Happy Mind: Appreciate	My Happy Mind:	My Happy Mind: Engage	Relationships: Lessons 1 & 2





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visiting the dentist; and someone is hurt respond if physical people have in their interests someone don't want to do and	active every day	- H35: What to do if	know	roles and	- L17: Some of the	resisting pressure to				
	- H7: Dental care and	there is an accident	- R16: How to	responsibilities	strengths and					
how to brush teeth contact makes them community	visiting the dentist;	and someone is hurt	respond if physical	people have in their	interests someone	don't want to do and				
	how to brush teeth		contact makes them	community						





			being Our best serve	.5		
	correctly; food and		feel uncomfortable		might need to do	which may make
	drink that support		or unsafe		different jobs	them unsafe
	dental health		- R17: Knowing there			
			are situations when			
			they should ask for			
			permission and also			
			when their			
			permission should be			
			sought			
Year 2	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	Relationships:
	Meet your brain	Celebrate	Appreciate	Relate	Engage	Lessons 3 & 4
	- What our brain	- Character and why	- What gratitude	- How we can have	- How we can use	
	looks like and how it	it matters	means and how we	good relationships	everything that we	Other Coverage:
	helps us	- Which character	can show gratitude -	with other people	have learnt to feel	Mental health
	- That the brain has 3	strengths we use the	Who we may be	- How our differences	good and do good	- Changes and loss
	parts and how it	most and the	grateful for	can help us	- When we feel good,	(including death); to
	grows	importance of using	- The importance of	- How we relate with	we do good things	identify feelings
	- What	them	showing gratitude	others	- How to set goals	associated with this;
	neuroplasticity is and	- How we can grow	towards ourselves	- How to use our	- How we can stay	to recognise what
	how team H-A-P	our character	- How gratitude helps	strengths to relate to	focused on our goals	helps people to feel
	helps us to be our	strengths	team H-A-P - Why it	others - Activate	when things get	better
	best selves	- Sharing your	is important to be	listening and how it	tough	
	- Which emotions	strengths with others	grateful for	helps us to relate to		Other Coverage:
	might impact team H-	and giving positive	experiences	others	Other Coverage:	Ourselves: growing
	A-P - How 'happy	feedback		- Other people's	Economic wellbeing:	and changing
	breathing' helps us		Other Coverage:	reactions	money	- H25: Name the
	and that our brain	Other Coverage:	Drugs, alcohol and	- How 'happy	- L10: What money is;	main parts of the
	reacts differently in	Keeping safe	tobacco	breathing' can help	forms that money	body including
	different situations –	- H30: How to keep	- H37: Things that	with our friendships	comes in; money	external genitalia
	How neuroplasticity	safe at home	people can put into		comes from different	(e.g. vulva, vagina,
	can help 'happy	(including around	their body or on their	Other Coverage:	sources	penis, testicles)
	breathing'	electrical appliances)	skin; how these can	Media literacy and	- L11: People make	- H27: Preparing to
		and fire safety (e.g.	affect how people	digital resilience	different choices	move to a new
			feel			class/year group





	Being Our Best Seives							
	Other Coverage:	not playing with		- L7: How the	about how to save			
	Healthy lifestyles	matches and lighters)	Other Coverage:	internet and digital	and spend money			
	- H5: Simple hygiene	- H31: Household	Shared	devices can be used	- L12: The difference			
	routines that can	products (including	responsibilities	safely to find things	between needs and			
	stop germs from	medicines) can be	- L2: How people and	out and to	wants; sometimes			
	spreading	harmful if not used	other living things	communicate with	people may not			
	- H6: Medicines	correctly	have different needs;	others	always be able to			
	(including	- H36: How to get	the responsibilities of	- L8: The role of the	have the things they			
	vaccinations and	help in an emergency	caring for them	internet in everyday	want			
	immunisations and	(how to dial 999 and	- L3: Things they can	life	- L13: Money needs			
	those that support	what to say)	do to help look after	- L9: Not all	to be looked after;			
	allergic reactions) can		their environment	information seen	different ways of			
	help people to stay			online is true	doing this			
	healthy							
	- H8: How to keep							
	safe in the sun and							
	protect skin from sun							
	damage							
	- H10: The people							
	who help us to stay							
	physically healthy							
Year 3	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	Relationships:		
	Meet your brain	Celebrate	Appreciate	Relate	Engage	Lessons 1, 2 & 3		
	- How our brain and	- What character is	- What appreciation	- How to understand	- What activities we			
	mind work together	and where it comes	means and why	and celebrate our	engage in and how to			
	- What	from	gratitude is	differences	feel good			
	neuroplasticity is	- Which character	important	- What 'stop,	- How we can feel			
	- Team H-A-P	strengths we have	- How to develop and	understand and	good and do good			
	- The role of the	- Which strengths we	'attitude of gratitude'	consider' means	- What 'big dream			
	amygdala and how it	use the most and	- How it feels to give	- How to understand	goals' are			
	behaves	why they're	and receive gratitude	differences	- How perseverance			
	- How to train your	important to use	- Which hormone	- How seeing things	and resilience help us			
	brain		gets released when	from a different	- How to stay			
					focussed on our goals			





	_	being Our best beive	<u> </u>		
- How the brain is	- How you can use	we give/receive	perspective can get	- To reflect on how	
structured	your strengths in	gratitude	easier	positive habits help	
- What neurons and	difficult situations	- How to appreciate	- What makes a good	us to be at our best	
neural pathways are	- How we can grow	ourselves using	friend		
- How to look after	our strengths	character strengths	- How friends help us	Other Coverage:	
our brains			solve problems	Communities	
	Other Coverage:	Other Coverage:	- How active listening	- L7: To value the	
Other Coverage:	Keeping safe	Economic wellbeing:	can help us to relate	different	
Healthy lifestyles	- H39: Hazards	money	with others	contributions that	
- H5: What good	(including fire risks)	- L17: The different		people and groups	
physical health	that may cause harm,	ways to pay for	Other Coverage:	make to the	
means; how to	injury or risk in the	things and the	Economic wellbeing:	community	
recognise early signs	home and what they	choices people have	aspirations, work and	- L8: Diversity: what it	
of physical illness	can do to reduce risks	- L18: Recognise that	career	means; the benefits	
- H6: What	and keep safe	people have different	- L26: There is a	of living in a diverse	
constitutes a healthy		attitudes towards	broad range of	community; about	
diet; how to plan		saving and spending	different jobs/careers	valuing diversity	
healthy meals;		money; what	that people can have;	within communities	
benefits of eating		influences people's	people often have		
nutritionally rich		decisions; what	more than one		
foods; risks		makes something	career/type of job		
associated with not		'good value for	during their life		
eating a healthy diet		money'	- L27: Stereotypes in		
(obesity and tooth		- L19: People's	the workplace and a		
decay), recognise		spending decisions	person's career		
opportunities to be		can affect others and	aspirations should		
physically active and		the environment (e.g.	not be limited by		
risks associated with		Fair trade, buying	them		
an inactive lifestyle		single-use plastics, or	- L28: What might		
-H9: Bacteria and		giving to charity) -	influence people's		
viruses can affect		L20: Recognise that	decisions about a job		
health; everyday		people make	or career		
hygiene routines can		spending decisions	- L29: Some jobs are		
limit the spread of			paid more than		





			being Our best beive			
	infection; the wider		based on priorities,	others and money is		
	importance of		needs and wants	one factor which may		
	personal hygiene and			influence a person's		
	how to maintain it			job or career choice;		
				people may choose		
				to do voluntary work		
				which is unpaid		
Year 4	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	Relationships:
	Meet your brain	Celebrate	Appreciate	Relate	Engage	Lessons 4, 5 & 6
	- How you can train	- Character and	- What appreciation	- How to understand	- What we engage in	
	your mind	character strengths -	means and the 4	and celebrate our	and how we help	Other Coverage: Safe
	- How team H-A-P	Which strengths we	categories of	differences	ourselves to feel	relationships
	works	use the most and	gratitude	- What 'stop,	good	- R23: Why someone
	- What is real and	why they're	- Why gratitude is	understand and	- How we can feel	may behave
	perceived danger	important	important	consider' means	good and do good	differently online,
	- What triggers and	- How you can use	- How to develop an	- How to better	- What 'big dream	including pretending
	calms your amygdala	your character	'attitude of gratitude'	understand	goals' are	to be someone they
	- What neurons and	strengths in difficult	- How it feels to give	differences	- Why setting goals	are not; strategies for
	neutral pathways are	situations	and receive gratitude	- How we can use our	makes us feel so	recognising risks,
	- How to look after	- How we can grow	- What the gratitude	strengths in different	good	harmful content and
	our brains	our strengths	domino effect is	ways	- How perseverance	contact; how to
	- To develop our	- About	- Which hormone	- What makes a good	and resilience help us	report concerns -
	'happy breathing'	neuroplasticity and	gets released when	friend	- How to stay focused	R24: How to respond
	habit	how it helps us	we give/ receive	- How friends help us	on our goals	safely and
			gratitude	solve problems		appropriately to
	Other Coverage:	Other Coverage:	- How gratitude can	- Why it is important	Other Coverage:	adults they may
	Healthy lifestyles	Keeping safe	help us face	to show gratitude to	Shared	encounter (in all
	- H10: How	- H40: The	problems	friends - How active	responsibilities	contexts including
	medicines, when	importance of taking	- How to appreciate	listening can help us	- L5: learn ways of	online) whom they
	used responsibly,	medicines correctly	ourselves using our	to relate	carrying out shared	do not know
	contribute to health;	and using household	character strengths	- How active listening	responsibilities for	
	some diseases can be	products safely (e.g.		can help us to	protecting the	
	prevented by	following instructions			environment in	
	vaccinations and	carefully)			school and at home;	





	Being Our Best Seives							
	immunisations; how		Other Coverage:	Other Coverage:	how everyday			
	allergies can be		Economic wellbeing:	Economic wellbeing:	choices can affect the			
	managed		money	aspirations, work and	environment (e.g.			
	- H11: Maintaining		- L21: Different ways	career:	reducing, reusing,			
	good oral hygiene;		to keep track of	- L30: Some of the	recycling; food			
	why regular visits to		money	skills that will help	choices)			
	the dentist are		- L22: Risks	them in their future				
	essential; the impact		associated with	careers e.g.				
	of lifestyle choices on		money (e.g. money	teamwork,				
	dental care		can be won, lost or	communication and				
	- H12: The benefits of		stolen) and ways of	negotiation				
	sun exposure and		keeping money safe	- L31: Identify the				
	risks of		– L23: The risks	kind of job that they				
	overexposure; how		involved in gambling;	might like to do when				
	to keep safe from sun		different ways money	they are older				
	damage and		can be won or lost	- L32: Recognise a				
	sun/heat stroke and		through gambling-	variety of routes into				
	reduce the risk of		related activities and	careers (e.g. college,				
	skin cancer		their impact on	apprenticeship,				
	- H14: How and when		health, wellbeing and	university)				
	to seek support,		future aspirations					
	including which		- L24: Identify the					
	adults to speak to in		ways that money can					
	and outside school, if		impact people's					
	they are worried		feelings and					
	about their health		emotions					
Year 5	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	Relationships:		
	Meet your brain	Celebrate	Appreciate	Relate	Engage	Lessons 1, 2 & 3		
	- Our brains and how	- Our character	- What appreciate	- How to understand	- What we engage in	,		
	you can train your	strengths and their	means and why	and celebrate our	and how we can feel			
	mind	main types through	gratitude is	differences	good			
	- How each part of	virtues	important	- What 'stop,	- How we can feel			
	team H-A-P works	- Which strengths we		understand and	good and do good			
		use the most and		consider' means and				



by first aid; basic

is shared and used



PSHE / SRE End Points 'Being Our Best Selves'

(consent) in different

'Being Our Best Selves'									
- Why the amygdala	why they're	- What happens	how it can help - How	- What 'big dream					
behaves the way it	important	when we give and	we can use our	goals'					
does and what	- How to grow and	receive gratitude	strengths in different	- How our feelings					
triggers it	use our top 5	- What the gratitude	ways	affect our					
- How to calm our	strengths	domino effect is	- What makes us a	engagement levels -					
amygdala	- How to use our	- Which hormone	good friend	How perseverance					
- What neurons and	strengths in different	gets released when	- How friends help us	and resilience help us					
neural pathways are	situations to be our	we give or receive	to solve problems	- How to stay focused					
- How habits can be	best	gratitude	- Why it is important	on our goals					
formed	- How our strengths	- How to create a	to show gratitude to						
- How to look after	can help us when we	habit of giving	friends - How active	Other Coverage:					
our brains	are worried about	gratitude and how it	listening can help us	Drugs, alcohol and					
- How 'happy	something	can help us to face	to relate to others	tobacco					
breathing' is good for		problems	- How active listening	- H46: The risks and					
our brains	Other Coverage:	- How to appreciate	can help us to 'stop,	effects of legal drugs					
- What happens in	Media literacy and	ourselves	understand and	common to everyday					
our brain when we	digital resilience	- The links between	consider'	life (e.g. cigarettes, e-					
are feeling stressed -	- L11: Recognise ways	character strengths		cigarettes/vaping,					
The role of cortisol	in which the internet	and gratitude for	Other Coverage:	alcohol and					
and how to manage	and social media can	ourselves	Ourselves: growing	medicines) and their					
our cortisol levels	be used both		and changing	impact on health;					
	positively and	Other Coverage: Safe	- H26: For some	recognise that drug					
Other Coverage:	negatively	relationships	people gender	use can become a					
Keeping safe	- L12: How to assess	- R25: Recognise	identity does not	habit which can be					
- H41: Strategies for	the reliability of	different types of	correspond with their	difficult to break					
keeping safe in the	sources of	physical contact;	biological sex - H30:	- H47: Recognise that					
local environment or	information online;	what is acceptable	Identify the external	there are laws					
unfamiliar places	and how to make	and unacceptable;	genitalia and internal	surrounding the use					
(rail, water, road) and	safe, reliable choices	strategies to respond	reproductive organs	of legal drugs and					
firework safety; safe	from search results	to unwanted physical	in males and females	that some drugs are					
use of digital devices	- L13: Some of the	contact	and how the process	illegal to own, use					
when out and about	different ways	- R26: Seeking and	of puberty relates to	and give to others					
- H43: What is meant	information and data	giving permission	human reproduction.						
by first aid, basis	ic charad and usad	(concont) in different	1	ı					





			being our best beive	.3		
	techniques for	online, including for	situations - R29:	- H31: The physical	- H48: Why people	
	dealing with common	commercial purposes	Where to get advice	and emotional	choose to use or not	
	injuries		and report concerns	changes that happen	use drugs	
			if worried about their	when approaching	- H49: The mixed	
			own or someone	and during puberty	messages in the	
			else's personal safety	(including	media about drugs,	
			(including online)	menstruation, key	including alcohol and	
				facts about the	smoking /vaping	
				menstrual cycle and	- H50: The	
				menstrual wellbeing,	organisations that	
				erections and wet	can support people	
				dreams)	concerning alcohol,	
					tobacco and nicotine	
					or other drug use;	
					people they can talk	
					to if they have	
					concerns	
Year 6	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	My Happy Mind:	Relationships:
	Meet your brain	Celebrate	Appreciate	Relate	Engage	Lessons 4, 5 & 6
	- Why it is important	- What character is	- What gratitude is	- How we make	- What it takes to feel	,
	to understand how	and why it matters -	and why it matters -	friends and what	good	
	our brain works and	To define our own	How to establish	matters in	- How we feel affects	
	helps us	character	gratitude habits	friendships	what we achieve	
	- To understand key	- Our strengths and	- How we can use	- How our strengths	- How to set goals	
	parts of the brain and	how we use them	gratitude to support	can help us make	- To use goal setting	
	what happens when	- To use tools to	us through	friends and keep	to support us	
	we experience	reinforce our	transitions	friends	through transitions	
	different emotions -	strengths	- To build our	- What friendships	- To develop goal	
	How we can deepen	- Strategies to grow	gratitude character	are, how they are	setting skills and	
	our understanding of	and develop our	strength	formed and why	work towards key	
	what is going on in	strengths		they're meaningful	goals	
	our brains		Other Coverage:		- To make links	
	- How to manage our	Other Coverage:	Relationships:	Other Coverage:	between goal setting	
	thoughts and develop	Keeping safe		Mental health		





strategies for	- H44: How to	families and close	- Change and loss,	and building your
managing emotions	respond and react in	positive relationships	including death, and	strengths
• •	·	•	how these can affect	strengths
- How to manage our	an emergency	- R2: People may be		Oth on Courses
brains in times of	situation; how to	attracted to someone	feelings; ways of	Other Coverage:
stress and strategies	identify situations	emotionally,	expressing and	Ourselves: growing
to use when we are	that may require the	romantically and	managing grief and	and changing
feeling worried	emergency services;	sexually; that people	bereavement	- H32: How hygiene
	know how to contact	may be attracted to		routines change
Other Coverage:	them and what to say	someone of the same		during the time of
Media literacy and	- H45: Female genital	sex or different sex to		puberty, the
digital resilience	mutilation (FGM) is	them; that gender		importance of
- L14: How	against British law,	identity and sexual		keeping clean and
information on the	what to do and	orientation are		how to maintain
internet is ranked,	whom to tell if they	different		personal hygiene
selected and targeted	think they or	- R4: Forcing anyone		- H33: The processes
at specific individuals	someone they know	to marry against their		of reproduction and
and groups; that	might be at risk	will is a crime; that		birth as part of the
connected devices		help and support is		human life cycle; how
can share		available to people		babies are conceived
information		who are worried		and born (and that
- L16: How text and		about this for		there are ways to
images in the media		themselves or others		prevent a baby being
and on social media				made); how babies
can be manipulated				need to be cared for)
or invented;				- H34: Where to get
strategies to evaluate				more information,
the reliability of				help and advice
sources and identify				about growing and
misinformation				changing, especially
sioi illation				about puberty
				- H35: The new
				opportunities and
				responsibilities that
				·
				increasing





		independence may	
		bring	