

EYFS - Year 6 PSHE (personal, social health and economic) Curriculum

Aims:

- To provide children with a comprehensive understanding of how to be safe and healthy and to manage their academic, personal and social lives in a positive way.
- Children can understand the science behind building a positive mental wellbeing and learn self-regulation techniques.
- Every child will be taught how to create and nurture healthy, respectful relationships between friends and family including online.
- Children will be taught techniques to develop resilience, character and successful collaboration to provide fundamental skills to become happy, positive and successful members of society.

Purpose:

- **A well-planned curriculum:** We use The Story project to support curriculum delivery through their offer of planning, slides and guidance on how to deliver successful PSHE lessons using story books. This supports children's conceptual understanding of issues by exploring a range of diverse character's feelings and experiences. The Story Project lessons ensure all statutory content is delivered as well as non-statutory PSHE skills and British Values content. We also use MyHappyMind to teach scientific reasoning behind emotion regulation, self-esteem and resilience. In addition, we offer lessons in Commando Joe's to support building character, teamwork, self-worth and confidence outside of the classroom environment, through a range of fun and active activities.
- **Powerful knowledge:** PSHE lessons offer children skills that set them up for a successful life and so, we ensure children are given the best tools so children are prepared for any eventuality. The Story Project follows a series of 'key themes' which are built on each year from EYFS – Year 6. These include, being a good friend, celebrating families, looking after my body and mind, keeping safe, becoming a global citizen and growing up. Children receive knowledge and advice, as well as a range of suitable resources they could use to support a range of personal issues and learn a range of emotional vocabulary which helps them to identify their own feelings. Through the MyHappyMind programme, we teach children the science behind how their brains work, using scientific language and reasoning to explain behaviours.

When children understand the ‘why’ behind behaviours, they can begin to take control and regulate. Through our Commando Joe’s lessons, children can put into practice their knowledge learned through other areas of PSHE, using their skills in real-life situations with low-risk. The sessions champion self-esteem and support successful communication and team work.

- **High-quality teaching:** Teachers at Beckfoot Allerton are aware of how beneficial successful PSHE lessons can be to support children’s self-regulation, acknowledgement of emotions and the need to talk to trusted adults. Teachers receive CPD to support successful delivery of all sessions and are provided with high-quality planning and resources to aid delivery. The Story Project lessons follow a 5 part plan; Settle, Train (emotion finding), Objective, Read and You (how can you support). MyHappyMind lessons include a range of interactive activities with quizzes, videos and games to encourage engagement and support retrieval.
- **No child left behind:** All programmes offer lessons from EYFS-Y6 and a range of additional support materials to further develop ideas or to be adapted to suit children with SEND.

EYFS

Term	Programme	Key theme	Objectives
1	The Story Project	<i>Jar of Happiness</i> Caring friendships. Mental wellbeing.	<ul style="list-style-type: none"> - I can tell you what makes me happy. - I can tell you some ways that I help others to feel happy. - I can tell you what makes me feel sad. - I can tell you how I help myself when I feel sad. - I can explain how friends and family can make us feel happy.
	My Happy Mind	<i>Meet your brain.</i> Show and understanding of their own feelings and those of others, and begin to regulate their behaviour. Work and play cooperatively and take turns with others.	<ul style="list-style-type: none"> - We are learning what our brain looks like. - We are learning what our brain helps us with. - We are learning how to look after our brain. - We are learning how we can grow our brains.

		Show sensitivity to their own and to others' needs.	
2	The Story Project	<i>Luna loves Library Day</i> Respectful relationships. Families and people who care for me.	<ul style="list-style-type: none"> - I can tell you who is in my family and why they are important. - I can tell you what I like to do with my family. - I can tell you how I show love to my family. - I can show skills related to active listening e.g. eye contact. - I can tell you how to show good manners.
	My Happy Mind	<i>Celebrate</i>	<ul style="list-style-type: none"> - We are learning what Character Strengths are. This will also be referred to as superpowers. - We are learning about the Love and Kindness Strength. - We are learning about the character strengths of bravery and honesty, teamwork and friendship. - We are learning about the character strengths exploring and learning, and love of life and our world.
3	The Story Project	<i>Here we are</i> Respectful relationships. Physical health and fitness. Health and prevention.	<ul style="list-style-type: none"> - I can tell you why it is important to look after our planet. - I can tell you how I keep my classroom environment tidy and safe. - I can name the parts of my body and tell you some ways I look after my body. - I can tell you what I would do if my body doesn't feel well. - I can tell you how I show respect to all people.
	My Happy Mind	<i>Appreciate</i>	<ul style="list-style-type: none"> - We are learning how to be grateful for other people. - We are learning how being grateful makes you feel. - We are learning to be grateful for activities and times we feel happy about. - We are learning how to be grateful for ourselves.
4	The Story Project	<i>Barbara throws a wobbler</i> Caring friendships.	<ul style="list-style-type: none"> - I can tell you what makes me feel angry. - I can tell you what makes me feel calm. - I can tell you the difference between feelings and actions. - I can tell you how to treat friends kindly.

		<p>Respectful relationships.</p> <p>Mental wellbeing.</p> <p>Being safe.</p>	<ul style="list-style-type: none"> - I can tell you how to have kind hands.
	My Happy Mind	<p><i>Relate</i></p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>	<ul style="list-style-type: none"> - We are learning how to be a good friend. - We are learning why getting along with others is so important. - We are learning why listening is so important. - We are learning what active listening is. - We are learning about our emotions and how it feels when we are not getting along with others.
5	The Story Project	<p><i>Oliver's vegetables</i></p> <p>Physical health and fitness.</p> <p>Healthy Eating.</p>	<ul style="list-style-type: none"> - I can give some examples of healthy foods that are good for my body. - I can tell you how I include healthy foods in my diet. - I can tell you where vegetables and fruits come from and how to help them grow. - I can tell you why I need to drink water at regular intervals in the day. - I can tell you why exercise is important and some types of exercise I enjoy.

	My Happy Mind	<p><i>Engage</i></p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>	<ul style="list-style-type: none"> - We are learning what goals are. - We are learning how to set goals. - We are learning what Big Dream Goals are. - We are learning what to do when goals are tricky.
6	The Story Project	<p><i>The new small person</i></p> <p>Caring friendships.</p> <p>Families and people who care for me.</p> <p>Basic first-aid.</p>	<ul style="list-style-type: none"> - I can tell you how a new baby can affect a family. - I can tell you how babies need to be cared for. - I can tell you how to take turns and share equipment. - I can tell you how I would make others feel welcome. - I can tell you who I would talk to if I feel unsafe or worried.

Year 1

Term	Programme	Key Theme/Statutory	Objectives
1	The Story Project	<p><i>Peace at last</i></p> <p>Respectful relationships.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can explain why I need enough sleep. - I can tell you some strategies to manage feeling tired. - I can tell you what helps me to get a good night's sleep. - I can tell some ways I can help myself when I feel fidgety. - I can tell you why permission-seeking is important and I can say no when I'm asked to do something that feels wrong or uncomfortable

		Being safe. Health and prevention.	
	My Happy Mind	<i>Meet your brain.</i>	<ul style="list-style-type: none"> - We are learning what our brain looks like and how it helps us. - We are learning that the brain has 3 parts. - We are learning what Neuroplasticity is. - We are learning how Team H-A-P help us be our best self. - We are learning what happens when Team H-A-P is happy and sad. - We are learning how you can help Team H-A-P. - We are learning more about Happy Breathing and how it helps us. - We are learning that our brain can react differently in different situations.
2	The Story Project	<i>Morris the Mankiest Monster</i> Respectful relationships. Physical health and fitness. Health and prevention.	<ul style="list-style-type: none"> - I can tell you how some diseases are spread and can be controlled. - I can tell you the importance of personal hygiene. - I can tell you the importance of brushing my teeth in the morning and evening. - I can tell you the consequences of not making the right choices to live a healthy lifestyle - I can describe the right choices to make to live a healthy lifestyle
	My Happy Mind	<i>Celebrate</i> Respectful relationships.	<ul style="list-style-type: none"> - We are learning what character is. - We are learning how character makes us special. - We are learning more about Character Strengths. - We are learning why it is important to use our strengths. - We are learning more about the types of character strengths we use most.
3	The Story Project	<i>Look up.</i> Respectful relationships. Internet safety and harms.	<ul style="list-style-type: none"> - I can tell you what makes me individual. - I can tell you what my strengths are. - I can teach someone else something I am good at. - I can tell you some of the effects of spending too much time on devices. - I can tell you how to keep safe on the roads.
	My Happy Mind	<i>Appreciate</i>	<ul style="list-style-type: none"> - We are learning what appreciate means. - We are learning ways to show appreciation.

		<p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships</p>	<ul style="list-style-type: none"> - We are learning who we are grateful for. - We are learning how important showing gratitude is. - We are learning how gratitude makes us feel. - We are learning to show appreciation to ourselves. - We are learning about gratitude for experiences. - We are learning why gratitude makes us feel good.
4	The Story Project	<p><i>Angry Arthur</i></p> <p>Respectful relationships.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you what appropriate and proportionate behaviour means. - I can describe the 5 point scale for basic emotions. - I can tell you why someone might have an inappropriate reaction and how they can recognise if they need support. - I can tell you the importance of giving my brain a rest and some ways I like to relax. - I can tell you how I take responsibility for my school environment. Including toilets/ shared spaces.
	My Happy Mind	<p><i>Relate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning what relate means. - We are learning how our character strengths and differences can help us relate. - We are learning more about how to relate to people. - We are learning about active listening. - We are learning how relating to other people helps us to get along with them. - We are learning to think about other people's opinions.
5	The Story Project	<p><i>My big fantastic family</i></p> <p>Families and people who care for me.</p>	<ul style="list-style-type: none"> - I can tell you about different types of families. - I can tell you why all families deserve respect. - I can tell you about the people important to me in my family. - I can tell you how families can change and some of the emotions related to this. - I can tell you how families help each other in times of difficulty.
	My Happy Mind	<p><i>Engage</i></p>	<ul style="list-style-type: none"> - We are learning what engage means. - We are recapping what habits we have learnt to help us feel good. - We are learning how we can achieve our goals when we feel good. - We are learning how to set goals.

			<ul style="list-style-type: none"> - We are learning how to stay focused when things get tough and don't go as planned. - We are learning about the importance of believing in ourselves and how this helps us to be our best self. - We are thinking about how we can share our learnings with other people.
6	The Story Project	<p><i>The friendship bench.</i></p> <p>Caring friendships.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you how people choose and make friends. - I can tell you what makes a good friend. - I can tell you how my friends make me happy and how I make my friends happy. - I can tell you how I make others feel welcome and included. - I know what to do if a friend is making me unhappy.

Year 2

Term	Key theme		Objectives
1	The Story Project	<p><i>The girl who never made mistakes.</i></p> <p>Respectful relationships</p>	<ul style="list-style-type: none"> - I can explain why mistakes help my learning. - I can tell you how I have learnt from my mistakes. - I can tell you how respecting myself and being kind to myself can help me to be happy. - I can tell you what the word perseverance means. - I can tell you what helps me to persevere.
	My Happy Mind	<p><i>Meet your brain</i></p>	<ul style="list-style-type: none"> - We are learning what our brain looks like and how it helps us. - We are learning that the brain has 3 parts. - We are learning how our brain grows. - We are learning what Neuroplasticity is. - We are learning how Team H-A-P help us be our best self. - We are learning which emotions might impact Team H-A-P. - We are learning how you can help Team H-A-P. - We are learning about how Happy Breathing can help us.

			<ul style="list-style-type: none"> - We are learning that our brain can react differently in different situations. - We are learning how Neuroplasticity can help Happy Breathing.
2	The Story Project	<p><i>Ravi's roar</i></p> <p>Respectful relationships.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can explain that it is ok to feel all emotions. - I can explain why it is important to reflect on how I manage my emotions. - I can tell you what strategies help me to calm down. - I can tell you what is fair/unfair, right/ wrong and kind/unkind. - I can tell you why it is good that people are different.
	My Happy Mind	<p><i>Celebrate</i></p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning all about character and why it matters. - We are learning about which Character Strengths we use the most. - We are learning why it's important to use Character Strengths. - We are learning why it is important to use our strengths. - We are learning how we can grow our strengths. - We are learning about sharing our strengths with others and giving positive feedback.
3	The Story Project	<p><i>Chicken Clicking</i></p> <p>Online relationships.</p> <p>Internet safety and harms.</p>	<ul style="list-style-type: none"> - I can tell you the benefits of going online. - I can tell you how to recognise the dangers of being online. - I can tell you the rules and principles for keeping safe online. - I can tell you how to report problems I have online. - I can tell you the value of the things that I buy.
	My Happy Mind	<p><i>Appreciate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships</p>	<ul style="list-style-type: none"> - We are learning what Gratitude means. - We are learning how we can show gratitude. - We are learning who we may be grateful for. - We are learning about the importance of showing gratitude to ourselves. - We are learning how Gratitude helps Team H-A-P. - We are learning why it is important to be grateful for experiences.
4	The Story Project	<p><i>Aliens love underpants</i></p> <p>Being safe.</p>	<ul style="list-style-type: none"> - I can say the names of the different parts of the body (including external genitalia) and the differences between boys and girls. - I can tell you why pants are private.

			<ul style="list-style-type: none"> - I can tell you what type of physical contact is acceptable/ comfortable/ unacceptable/ uncomfortable and how to respond if I am uncomfortable. - I can tell you what I can do if I feel unsafe in variety of situations. - I can tell you the difference between secrets and nice surprises and the importance of not keeping any secret that makes me feel uncomfortable or afraid.
	My Happy Mind	<p><i>Relate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning how we can have good relationships with other people. - We are learning how our differences can help us. - We are learning more about how we relate with others. - We are learning how to use our strengths to relate to others. - We are learning about Active Listening and how it helps us to relate to others. - We are learning about other people's reactions. - We are learning about how Happy Breathing can help with our friendships.
5	The Story Project	<p><i>The new girl</i></p> <p>Caring friendships.</p>	<ul style="list-style-type: none"> - I can tell you the importance of my name and cultural identity. - I can tell you what it means to be unique and why it is important to respect people's differences. - I can tell you some of the feelings associated with starting something new. - I can tell you how I make others feel welcome. - I can tell you how to judge who is a being a good friend.
	My Happy Mind	<p><i>Engage</i></p>	<ul style="list-style-type: none"> - We are learning how we can use everything that we have learnt to feel good and do good. - We are learning when we feel good, we do good. - We are learning how to set goals. - We are learning how we can keep focused on our goals when things get tough. - We are recapping everything we have learnt this year.
6	The Story Project	<p><i>Grandad's camper</i></p> <p>Caring friendships.</p> <p>Families and people who care for me.</p>	<ul style="list-style-type: none"> - I can tell you some of the feelings associated with times of change and loss. - I can tell you some strategies I have for dealing with times of change and loss. - I can tell you how I could get help if I or someone I care about was struggling with times of change or loss. - I can tell you about some of the different relationships I have with people in my family and why they are important.

		Mental wellbeing.	<ul style="list-style-type: none"> - I can tell you how helping others helps make me happy.
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Year 3

Term	Key theme		Objectives
1	The Story Project	<p><i>On a magical do nothing day</i></p> <p>Mental wellbeing.</p> <p>Respectful relationships</p> <p>Families and people who care for me.</p> <p>Being safe.</p> <p>Internet safety and harms.</p>	<ul style="list-style-type: none"> - I can explain what nature is and I can tell you how nature benefits my mental wellbeing. - I can give examples of the rights of living things and I can explain why it is important to respect the rights of all living things. - I can explain the importance of having a balance between online games and other hobbies. - I can tell you how I can keep safe when I am outside. - I can tell you some strategies I have for managing disappointment.
	My Happy Mind	<i>Meet your brain</i>	<ul style="list-style-type: none"> - We are learning how our brain and mind work together. - We are learning what Neuroplasticity is. - We are learning more about the team in our brain, Team H-A-P. - We are learning about the role of the Amygdala. - We are learning how to train your brain. - We are learning why the Amygdala behaves the way it does.

			<ul style="list-style-type: none"> - We are learning how the brain is structured. - We are learning what Neurons and Neural Pathways are. - We are learning how to look after our brains. - We are learning that Happy Breathing is a key way to look after our brains.
2	The Story Project	<p><i>Ruby's worry</i></p> <p>Families and people who care for me.</p> <p>Mental wellbeing.</p> <p>Being safe.</p> <p>Health and prevention.</p>	<ul style="list-style-type: none"> - I can explain that everyone experiences 'worries', but I need to get help if these become overwhelming. I can explain where I can get help or advice. - I can explain what to do if I can't ask my family or friends for help and what to do if it is someone in my family or one of my friends who is making me feel unsafe or unhappy. - I can describe some of the physical signs of worry and I can explain what I should do if I am having lots of physical problems. - I can describe some simple self-care techniques I can use when I am feeling worried. - I can explain how children sometimes feel lonely and what children can do if they feel that way
	My Happy Mind	<p><i>Celebrate</i></p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning what character is. - We are learning where our character comes from. - We are learning which Character Strengths we have. - We are learning which strengths we use the most. - We are learning why it is important to use our strengths. - We are learning what Character Strengths we use the most. - We are learning why it is important to use our strengths. - We are learning how you can use your strengths in difficult situations. - We are learning we can grow our strengths.
3	The Story Project	<p><i>It's a no money day</i></p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you some of the ways people pay for things and some of the decisions people have to make about spending. - I can tell you how money can affect people's emotions. - I can tell you some of the reasons people save or spend money. - I can tell you what 'borrowed' means and why people might borrow money. - I can tell you how to keep money and possessions safe.
	My Happy Mind	<p><i>Appreciate</i></p>	<ul style="list-style-type: none"> - We are learning what appreciate means. - We are learning why gratitude is important.

		<p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships</p>	<ul style="list-style-type: none"> - We are learning how to develop an Attitude of Gratitude. - We are learning how it feels to give and receive gratitude. - We are learning how to continue to think about Gratitude and build our habit. - We are learning which hormone gets released when we give or receive gratitude. - We are learning how to appreciate ourselves. - We are learning how we can use our character strengths to appreciate ourselves.
4	The Story Project	<p><i>Faruq and the Wiri Wiri</i></p> <p>Healthy Eating.</p>	<ul style="list-style-type: none"> - I can explain how food contributes to a balanced lifestyle. - I can tell you some principles of planning and preparing a range of healthy meals. - I can make choices about the food I eat and I can tell you what affects the choices I make. - I can tell you how drinks contribute to a balanced lifestyle. - I can tell you what influences my goals and dreams for the future.
	My Happy Mind	<p><i>Relate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning how to understand and celebrate differences. - We are learning what Stop, Understand and Consider means and how it can help. - We are learning how to better understand differences. - We are learning how seeing things from a different perspective can get easier. - We are learning what makes a good friendship. - We are learning how friends help us solve problems. - We are learning how active listening can help us to relate with others.
5	The Story Project	<p><i>The hundred dresses</i></p> <p>Caring friendships.</p> <p>Respectful relationships.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you the characteristics of a good friend. - I can tell you some ways I can manage friendship problems. - I can tell you what impact bullying or cyberbullying can have and how someone experiencing bullying can stand up to this or get help. - I can tell you how bystanders can help prevent bullying. - I can tell you some ways that I can improve my friendships
	My Happy Mind	<p><i>Engage</i></p>	<ul style="list-style-type: none"> - We are learning about what activities we engage in. - We are learning how to feel good. - We are learning how we can feel good and do good. - We are learning what Big Dream Goals are. - We are learning how perseverance and resilience help us.

			<ul style="list-style-type: none"> - We are learning how to stay focussed on our goals. - We are recapping everything we have learnt about ourselves this year. - We are reflecting on how positive habits help us to be at our best.
6	The Story Project	<p><i>Ossiri and the Bala Mengro</i></p> <p>Caring friendships.</p> <p>Families and people who care for me.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you the benefits of community participation on my mental wellbeing. - I can tell you how music can benefit my mental wellbeing. - I can tell you why it is important to not give up when something is hard. - I can use a 5 point scale to tell you how hard I am finding my work and I can tell you some strategies that help me when my work is hard. - I can give constructive support and feedback to others.

Year 4

Term	Key theme		Objectives
1	The Story Project	<p><i>The grand hotel of feelings</i></p> <p>Mental wellbeing.</p> <p>Changing adolescent body.</p>	<ul style="list-style-type: none"> - I can tell you a range of feelings words and can explain when I have felt these feelings. - I can tell you why it is important to listen to our emotions. - I can describe examples of how people experience more than one feeling at a time - I can explain how my feelings might change as I grow up. - I can tell you what I could do if my feelings are too big to handle by myself.
	My Happy Mind	<i>Meet your brain</i>	<ul style="list-style-type: none"> - We are learning how you can train your mind. - We are learning how your brain can grow. - We are learning about the different parts of our brains. - We are learning more about how Team H-A-P works. - We are learning what real and perceived danger is. - We are learning what triggers our Amygdala. - We are learning how to calm your Amygdala. - We are learning what Neurons and Neural Pathways are. - We are learning how to form habits.

			<ul style="list-style-type: none"> - We are learning how to look after our brains. - We are continuing to develop our Happy Breathing habits.
2	The Story Project	<p><i>Penguin Pig</i></p> <p>Being safe.</p> <p>Online relationships.</p> <p>Internet safety and harms.</p>	<ul style="list-style-type: none"> - I can tell you the risks of making friends online including the risks of talking to people I have never met and how people sometimes pretend to be someone they are not. - I can tell you why it is important to treat people online the same as you treat people in person. - I can tell you some strategies for managing online bullying. - I can tell you how to critically consider sources of information. - I can tell you how information and data is shared and used online.
	My Happy Mind	<p><i>Celebrate</i></p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are about character strengths. - We are learning which strengths we use the most. - We are learning why it is important to use our character strengths. - We are learning which character strengths we use most. - We are learning why it is important to use our strengths. - We are learning how you can use your character strengths in different situations. - We are learning why it is important to use and spot our character strengths. - We are learning how we can use character strengths in lots of different ways. - We are learning how we can grow our strengths. - We are learning more about Neuroplasticity and how it helps us.
3	The Story Project	<p><i>This moose belongs to me</i></p> <p>Caring friendships.</p> <p>Respectful relationships.</p> <p>Being safe.</p>	<ul style="list-style-type: none"> - I can tell you how friends should treat each other. - I can politely say 'no' when I don't want to do something. - I can explain that friendships have ups and downs. - I can tell you some ways I can repair a damaged friendship. - I can explain how rules and laws protect me and others.
	My Happy Mind	<p><i>Appreciate</i></p> <p>Families and people who care for me.</p>	<ul style="list-style-type: none"> - We are learning what appreciation means and the 3 categories of gratitude. - We are learning why gratitude is important. - We are learning how to create a habit of gratitude. - We are learning how it feels to give and receive gratitude.

		<p>Caring friendships.</p> <p>Respectful relationships</p>	<ul style="list-style-type: none"> - We are learning what the Gratitude Domino Effect is. - We are learning which hormone gets released when we give or receive gratitude. - We are learning how to create a habit of giving gratitude. - We are learning how gratitude can help us face problems. - We are learning how to appreciate ourselves. - We are learning more about how our character strengths can help us to appreciate ourselves.
4	The Story Project	<p><i>The proudest blue</i></p> <p>Respectful relationships.</p> <p>Families and people who care for me.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you about my cultural heritage. - I can tell you about ways my family and friends support me. - I can tell you how I show respect to people who have different beliefs to me. - I can tell you about some of the different types of bullying (including online bullying) and I can tell you some strategies to resist this and to get help. - I can tell you about the impact of bullying on mental wellbeing.
	My Happy Mind	<p><i>Relate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning how to understand and celebrate our differences. - We are learning what Stop, Understand and Consider means and how it can help. - We are learning how to better understand differences. - We are learning how we can use our strengths in different ways. - We are learning what makes a good friend. - We are learning how friends help us solve problems. - We are learning why it is important to show gratitude to friends. - We are learning how Active Listening can help us to relate with others. - We are learning how Active Listening can help us to stop, understand and consider.
5	The Story Project	<p><i>The tunnel</i></p> <p>Caring friendships.</p> <p>Basic first-aid.</p>	<ul style="list-style-type: none"> - I can tell you what a dare is and how dares make people feel. - I can use a 5 point scale to tell you how risky something is. - I can tell you what peer pressure is and how to resist anything that is dangerous, unhealthy, and uncomfortable or feels wrong. - I can tell you how taking risks can be a positive things and how this can build up my resilience. - I can tell you what I should do in an emergency situation.

	My Happy Mind	<i>Engage</i>	<ul style="list-style-type: none"> - We are learning what we engage in. - We are learning how we can help ourselves feel good. - We are learning how we can feel good and do good. - We are learning what Big Dream Goals are. - We are learning why setting goals makes us feel so good. - We are learning how perseverance and resilience help us. - We are learning how to stay focussed on our goals. - We are learning how we already have the skills of perseverance and resilience. - We are recapping everything we have learned about ourselves this year.
6	The Story Project	<i>Mama Miti</i> Respectful relationships. Health and prevention.	<ul style="list-style-type: none"> - I can tell you about safe and unsafe exposure to the sun and how to reduce the risk of sun damage. - I can tell you how serving others can help my wellbeing. - I can tell you what a role model is and who my role models are. - I can tell you about something I am passionate about. - I can tell you how to show respect for different languages and the benefits of speaking different languages.

Year 5

Term	Key theme		Objectives
1	The Story Project	<i>The colour thief</i> Respectful relationships Mental wellbeing. Being safe.	<ul style="list-style-type: none"> - I can tell you what mental illness means and how this can vary in severity, and I can tell you some ways people can look after their mental health. - I can tell you how someone experiencing mental illness can get support and I can explain why it is better to get support early. - I can tell you some of the ways people with mental health problems are supported. - I can describe some of the feelings involved with living with and supporting someone with a mental illness and I can describe the available support. - I can tell you why it is important to show respect to all people including people experiencing mental illness.

	My Happy Mind	<i>Meet your brain</i>	<ul style="list-style-type: none"> - We are learning all about our brains. - We are learning how you can train your mind. - We are learning how each part of Team H-A-P works. - We are learning why the Amygdala behaves the way it does. - We are learning what triggers our Amygdala. - We are learning how to calm our Amygdala. - We are learning what Neurons and Neural Pathways are. - We are learning how habits can be formed. - We are learning how to look after our brains. - We are learning how Happy Breathing is really good for our brains. - We are learning what happens in our brains when we are feeling stressed. - We are learning all about the role of cortisol. - We are learning how to manage our cortisol levels.
2	The Story Project	<i>The boy who grew flowers</i> Respectful relationships. Mental wellbeing.	<ul style="list-style-type: none"> - I can describe why it is important to respect my body and can tell you all the amazing things my body can do. I can explain the term 'body image' and how my opinion of my body can affect my confidence. - I can explain how images in the media do not always reflect reality and can affect my body image. - I can explain the term self-esteem and know strategies to help boost my self-esteem. - I can describe the effect that bullying can have on mental wellbeing. - I can think of ways to make my classroom more inclusive.
	My Happy Mind	<i>Celebrate</i> Respectful relationships.	<ul style="list-style-type: none"> - We are learning about our character strengths and their main types through virtues. - We are learning which strengths we use the most. - We are learning why it is important to use our strengths. - We are exploring the strengths in even more detail. - We are learning which strengths we use most. - We are learning why it is important to use our strengths. - We are learning how to grow our strengths. - We are learning how we use our top 5 strengths.

			<ul style="list-style-type: none"> - We are learning how we can use our strengths in different situations. - We are learning how strengths help us to be at our best. - We are learning how our strengths can help us when we are worried about something.
3	The Story Project	<p><i>Ada's violin</i></p> <p>Respectful relationships.</p> <p>Mental wellbeing.</p>	<ul style="list-style-type: none"> - I can tell you how I am part of a 'whole world' community and how this can impact my wellbeing. - I can tell you some ways I help to protect my world. - I can tell you what makes a good team. - I can show you some skills that might be helpful to a future career, such as team-work, enterprise or negotiation. - I can tell you what self-esteem means and some things that boost my self-esteem.
	My Happy Mind	<p><i>Appreciate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships</p>	<ul style="list-style-type: none"> - We are learning what appreciation means. - We are learning why gratitude is important. - We are learning how to develop a deeper sense of gratitude. - We are learning what happens when we give and receive gratitude. - We are learning what the gratitude domino effect is. - We are learning what 3 things are important to appreciate. - We are learning which hormone gets released when we give or receive gratitude. - We are learning how to create a habit of giving gratitude. - We are learning how gratitude can help us to face problems. - We are learning how to appreciate ourselves. - We are learning about the links between character strengths and gratitude for ourselves.
4	The Story Project	<p><i>Mum and dad glue</i></p> <p>Mental wellbeing.</p> <p>Being safe.</p>	<ul style="list-style-type: none"> - I can tell you some of the reasons why married or unmarried couple may choose to separate. - I am aware of some of the feelings associated with separation. - I can tell you some strategies for dealing with feelings related to separation. - I can tell you what an affirmation is and can write one for myself. - I can explain how I could help a friend who is experiencing a difficult situation.
	My Happy Mind	<p><i>Relate</i></p>	<ul style="list-style-type: none"> - We are learning how to understand and celebrate differences.

		<p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning what 'Stop, Understand and Consider' means and how it can help. - We are learning how to better understand differences. - We are learning how we can use our strengths in different ways. - We are learning what makes a good friend. - We are learning how friends help us to solve problems. - We are learning why it is important to show gratitude to friends. - We are learning how active listening can help us to relate to others. - We are learning how active listening can help us to 'Stop, Understand and Consider'.
5	The Story Project	<p><i>Pizza face</i></p> <p>Being safe.</p> <p>Changing adolescent body.</p>	<ul style="list-style-type: none"> - I can tell you the basic changes that happen during puberty. - I can tell you how my emotions will change during puberty. - I can explain that all people will experience puberty differently. - I can tell you how to get advice if I am unsure about anything relating to puberty. - I can tell you all the positive things about growing up
	My Happy Mind	<p><i>Engage</i></p>	<ul style="list-style-type: none"> - We are recapping on all the habits we've learnt so far. - We are learning about what we engage in. - We are learning how we can feel good. - We are learning how we can feel good and do good. - We are learning what Big Dream Goals are. - We are learning how our feelings affect our engagement levels. - We are learning how perseverance and resilience help us. - We are learning how to stay focussed on our goals. - We are learning how we already have the skill of perseverance and resilience. - We are recapping on everything we have learnt about ourselves this year.
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Year 6

Term	Key theme		Objectives
1	The Story Project	<i>On the tip of a wave</i> Respectful relationships. Mental wellbeing.	<ul style="list-style-type: none"> - I can tell you what a refugee is. - I can tell you what human rights are. - I can tell you about some people who have stood up for their own or others' human rights - I can tell you how I can stand up for my own or others human rights. - I can tell you why art is a powerful way for people to express themselves.
	My Happy Mind	<i>Meet your brain.</i>	<ul style="list-style-type: none"> - We are learning all about how our brains work. - We are learning about how our feelings impact our brain. - We are learning about different ways to look after our brains so we can be our best selves. - We are learning how to develop health habits to look after our mind. - We are learning why it is important to understand how our brains work. - We are learning to understand the key parts of the brain. - We are learning what happens in our brain when we experience different emotions. - We are learning how we can deepen our understanding of what is going on in our brains. - We are learning how to manage our thoughts. - We are learning to develop strategies for managing our emotions. - We are learning to manage our brains in times of stress. - We are learning to use strategies to help us when we are feeling worried. - We are learning how our brains can help us.
2	The Story Project	<i>Anne Frank – Diary of a young girl</i> Respectful relationships. Families and people who care for me.	<ul style="list-style-type: none"> - I can tell you some strategies to manage difficult situations and how to seek help or advice from others, if needed. - I can tell you about a wide range of family arrangements and how these can benefit people. - I can tell you what a stereotype is, and how stereotypes can be unfair, negative or destructive. - I can tell you some things that make me feel hopeful. - I can tell you the benefits of showing vulnerability.

		Mental wellbeing.	
	My Happy Mind	<i>Celebrate</i> Respectful relationships.	<ul style="list-style-type: none"> - We are learning all about what character is. - We are learning about our character strengths and how we can use them to be at our best. - We are learning about each of the virtues and character strengths. - We are learning about our own strengths and which ones we would like to grow. - We are learning why character matters. - We are learning to define our own character. - We are learning to look at our strengths in more detail. - We are learning more about what strengths mean and how we use them. - We are learning to use new tools to reinforce our strengths. - We are learning how to grow our strengths. - We are learning strategies to develop certain strengths.
3	The Story Project	<i>Aaron Slater Illustrator</i>	<ul style="list-style-type: none"> - I can set myself challenging goals. - I can identify what will help me achieve my goal and what will hold me back. - I can tell you some strategies that can help me overcome the things that might hold me back. - I can break goals down into smaller manageable steps. - I can tell you about a range of careers.
	My Happy Mind	<i>Appreciate</i> Families and people who care for me. Caring friendships. Respectful relationships	<ul style="list-style-type: none"> - We are learning about the importance of gratitude. - We are learning to be grateful for ourselves, other and experiences. - We are learning how to establish an 'Attitude of Gratitude' and how it can help us to be the best that we can be. - We are learning how to practise sharing gratitude with others and the positive effects this has on our wellbeing. - We are learning what gratitude is. - We are learning why gratitude matters. - We are learning how to establish gratitude habits. - We are learning how we can use gratitude to support us through transitions.

			<ul style="list-style-type: none"> - We are learning to build our gratitude character strength.
4	The Story Project	<p><i>Harry Potter and the half-blood prince</i></p> <p>Respectful relationships.</p> <p>Families and people who care for me.</p> <p>Physical health and fitness.</p> <p>Healthy Eating.</p> <p>Being safe.</p> <p>Drugs, alcohol and tobacco.</p> <p>Health and prevention.</p>	<ul style="list-style-type: none"> - I can tell you why consent and permission seeking are important in a relationship. - I can tell you the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. - I can explain why drugs/ alcohol affect everyone differently. - I can tell you some strategies for resisting peer pressure related to drugs, smoking and alcohol. - I can tell you how I would get help if I was worried about myself or someone else taking drugs, smoking or drinking alcohol.
	My Happy Mind	<p><i>Relate</i></p> <p>Families and people who care for me.</p> <p>Caring friendships.</p> <p>Respectful relationships.</p>	<ul style="list-style-type: none"> - We are learning how to have good relationships with others. - We are learning all about Active Listening and how to use it to build relationships with others. - We are learning how understanding our character strengths can help us to get along with and relate to others. - We are learning how we make friends. - We are learning what matters in friendships. - We are learning how our strengths can help us make friends and keep friends. - We are learning what friendships are. - We are learning how friendships are formed. - We are learning why friendships are so meaningful.
5	The Story Project	<i>Finding my voice</i>	<ul style="list-style-type: none"> - I can tell you how I feel about the transition to secondary school.

			<ul style="list-style-type: none"> - I can tell you some of the practical things I can do to help me manage the transition to secondary school. - I can tell you some of the strategies that will help me to manage the emotions related to the transition to secondary school. - I can tell you my goals for my time at secondary school. - I can tell you my goals for beyond secondary school, including my career and other plans
	My Happy Mind	<i>Engage</i>	<ul style="list-style-type: none"> - We are recapping all of the strategies that we have learnt to help us feel our best. - We are starting to review how effectively we are using these habits and how we can use them even more. - We are reviewing how to help ourselves feel good and do good. - We are learning about how Goal Setting can help us to achieve even more. - We are learning what it takes to feel good. - We are learning that how we feel affects what we achieve. - We are learning how to set goals. - We are learning to use goal setting to support us through transition. - We are learning do develop goal setting skills and work towards key goals. - We are learning to make links between goal setting and building your strengths.
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