



Subject Overview 2025/26

Last updated: by M Davey 22/10/2025

EYFS	Autumn		Spring		Summer	
YN	Pol- Ed	Pol- Ed		myHappymind -	myHappymind -	myHappymind -
	Transition <u>Keeping safe</u> How can I play safely? <u>Understanding the law</u> How can I play nicely with others? What are rules? How can adults at school help me? What are consequences? myHappymind - <u>Meet your brain</u>	Anti Bullying week <u>Relationships</u> How can I be a good friend? How can I play nicely with others? How can adults at school help me? <u>Well-being</u> How can I be a germ buster? myHappymind - <u>Celebrate</u>	myHappymind - <u>Appreciate</u>	<u>Relate</u>	<u>Engage</u>	<u>Continue to work through scheme</u>
	Objectives to be taught missed by myHappymind: <ul style="list-style-type: none"> Develop their sense of responsibility and membership of a community Remember rules without needing an adult to remind them. Develop appropriate ways of being assertive. Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. 					



- Make healthy choices about food, drink, activity and toothbrushing

myHappymind mapping to Early Learning Goals

Self-Regulation ELG - Children at the expected level of development will:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - **Meet Your Brain**
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - **Engage**
- 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. - **Relate**

Managing Self ELG - Children at the expected level of development will:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - **Engage**
- Explain the reasons for rules, know right from wrong and try to behave accordingly; - **Relate**
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships ELG - Children at the expected level of development will:

- Work and play cooperatively and take turns with others; - **Meet Your Brain, Relate**
- Form positive attachments to adults and friendships with peers; - **Relate**
- Show sensitivity to their own and to others' needs. - **Meet Your Brain, Relate**

YR	The story project	The story project	The story project	The story project	The story project	The story project
	The jar of happiness	Barbra throws a wobbler	The new small person	Luna loves library day	Oliver's vegetables	Here we are
	 <p>Key themes:</p>		 <p>Key themes:</p>			

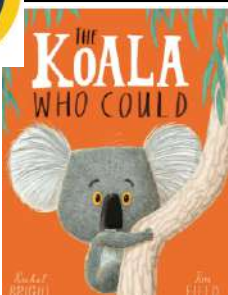


<p>Emotions Friendship Happy Helpful Loss Love Physical Activity Sad</p> <ul style="list-style-type: none"> I can tell you what makes me feel happy I can tell you some ways that I help others to feel happy I can tell you what makes me feel sad I can tell you some simple strategies that help me when I feel sad I can explain how friends and family can make us feel happy <p>Pol- Ed</p> <p>Transition</p> <p>Passport lessons</p> <p>What is respect?</p> <p>What is self-worth?</p> <p>What is the risk?</p> <p>Keeping safe</p>	<p>Key themes:</p> <p>Anger Calm Friendship Kind Hands Tantrums</p> <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. I can tell you how to have kind hands. <p>Pol- Ed</p> <p>Anti bully week</p>	<p>Friendship Pregnancy Sharing Siblings Unsafe</p> <ul style="list-style-type: none"> Discuss pregnancy Understand how to care for a human baby. I can share with my friends with support. I am able to take turns and share equipment. I know who to talk to if I feel unsafe or worried. <p>Pol- Ed</p> <p>Children's mental health week</p> <p>Understanding the law</p> <p>What can I do if I'm feeling big emotions?</p> <p>myHappymind - Appreciate</p>	<p>Key themes:</p> <p>Family Goodbye Listening Love Manners Parental Separation Sharing</p> <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 eg. eye contact I can tell you how to show good manners <p>myHappymind - Relate</p>	<p>Key themes:</p> <p>Exercise Healthy Plants Water</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. 	<p>Key themes:</p> <p>Body Environment Tidy World</p> <ul style="list-style-type: none"> I can tell you the things I love in the world. I know what is good about the world and can tell you why it is important to look after my planet. I am proud of my school and can tell you why it is a good place. I understand how to keep my classroom environment tidy and safe. <p>I can name the parts of my body and tell you some ways I look after my body.</p> <p>myHappymind - Continue to work through scheme</p>
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	How can I keep safe at school?	<u>Relationships</u>			<ul style="list-style-type: none"> I can tell you why exercise is important and some types of exercise I enjoy. 	
	How can I keep safe at home?	How can I make other children feel happy?				
	myHappymind - <u>Meet your brain</u>	<u>Passport lessons</u>			Pol- Ed	
		What is empathy?			<u>Well being</u>	
		myHappymind - <u>Celebrate</u>			How does food help me?	
					How does exercise help me ?	
					myHappymind - <u>Engage</u>	

KS1	Autumn		Spring		Summer	
Y1	The story project	The story project	The story project	The story project	The story project	The story project
	<u>Transition</u> The koala who could (Managing change)	<u>Peace at last</u> 	<u>Angry Arthur</u>  <u>Key themes:</u>	<u>Morris the Makiest Monster</u> 	<u>Look up!</u>  <u>Key themes:</u> Devices	<u>My Big Fantastic Family</u>  <u>Key themes:</u> Change Family



Key themes:

Brave
Change
Resilience
Transition

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I can describe how fear can stop us from trying new things and how to overcome it.

I can explain how positive experiences can happen when I try something new.

The Friendship bench



Key themes:

Key themes:

Consent
Fidgety
Permission-Seeking
Saying 'No'
Sleep
Tired

1. I can explain why I need enough sleep
2. I can tell you some strategies to manage feeling tired.
3. I can tell you what helps me to get a good night's sleep.
4. I can tell some ways I can help myself when I feel fidgety
5. 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

Pol- Ed

Anti Bullying week

Relationships:

- Anger
- Emotions
- Environment
- Reaction
- Relax

1. can tell you what appropriate and proportionate behaviour means.

2.I can describe the 5 point scale for basic emotions.

3.I can tell you why someone might have an inappropriate reaction and how they can recognise if they need support.

4.I can tell you the importance of giving my brain a rest and some ways I like to relax.

Key themes:

Germ
Healthy
Hygiene
Teeth Brushing

1.I can tell you how some diseases are spread and can be controlled.

2.I can tell you the importance of personal hygiene.

3.I can tell you the importance of brushing my teeth in the morning and evening.

4.I can describe the right choices to make to live a healthy lifestyle

5.I can tell you the consequences of not making the right choices to live a healthy lifestyle

World book day

Perseverance
Road Safety
Strengths

1.I can tell you what makes me individual?

2.I can tell you what my strengths are.

3.I can teach someone else something I am good at.

4.I can tell you some of the effects of spending too much time on devices.

5.I can tell you how to keep safe on the roads.

MyHappyMind

Engage

Love
New Beginnings
Separation

1.I can tell you about different types of families.

2.I can tell you why all families deserve respect.

3.I can tell you about the people important to me in my family.

4.I can tell you how families can change and some of the emotions related to this.

5.I can tell you how families help each other in times of difficulty.

Pol- Ed

Transition

Understanding the law

How can I be responsible?



Friendship
Moving Away
New Beginning
Resilience
Starting School

1. I can tell you how people choose and make friends
2. I can tell you what makes a good friend.
3. I can tell you how my friends make me happy and how I make my friends happy.
4. I can tell you how I make others feel welcome and included.
5. I know what to do if a friend is making me unhappy.

What if my friends are making me feel sad?
Why are safe hands important?
What is bullying?
How can I be an ally?

Keeping safe

How can I speak up?

myHappymind

Celebrate

5. I can tell you how I take responsibility for my school environment.
Including toilets/ shared spaces.

Children's Mental Health Week

Clean up!



Key themes:

Activism
Community
Difference
Family
Stutters
Voice

- I can tell you about things that are important to me.
- I can show you how to be

Charlie Cook's Favourite book



Key themes:

Books
Reading
Wellbeing

I can tell you how reading helps my wellbeing

I can tell you what books my friends and I like to read

MyHappymind

Relate

Why have different rules in different places?
What can happen when rules are broken?
What do the police do?

Keeping safe

What is 999?

MyHappymind

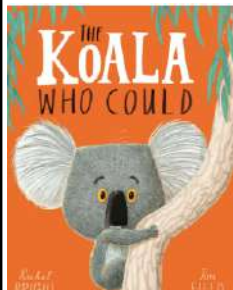
RSE



	<p>Pol- Ed</p> <p>Transition</p> <p>Relationships-</p> <p>How can I make Friends?</p> <p>Keeping Safe:</p> <p>Who are my trusted adults?</p> <p>Understanding the law</p> <p>How can I be responsible?</p> <p>myHappymind</p> <p>Meet your brain</p>		<p>respectful of each other's viewpoints.</p> <p>Pol- Ed</p> <p>Safer internet day</p> <p>Relationships</p> <p>Why is name calling unkind?</p> <p>Keeping Safe</p> <p>Who are my trusted adults?</p> <p>What is private information?</p> <p>Well- being</p> <p>How can I be an empathy expert?</p> <p>Children's mental health week</p> <p>Well being</p> <p>What makes me special?</p> <p>What do feelings feel like?</p> <p>How can I share my feelings?</p> <p>MyHappymind</p> <p>Appreciate</p>			
Y2	<p>The story project</p> <p>Transition</p>	The story project	The story project	The story project	<p>The story project</p> <p>Aliens love underpants</p>	<p>The story project</p> <p>Grandad's Camper</p>



The koala who could
(managing change)



Key themes:

Brave
Change
Resilience
Transition

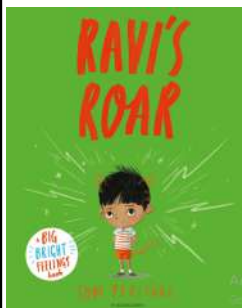
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I can describe how fear can stop us from trying new things and how to overcome it.

I can explain how positive experiences can happen when I try something new

The Girl who never ever makes mistakes

Ravi's Roar

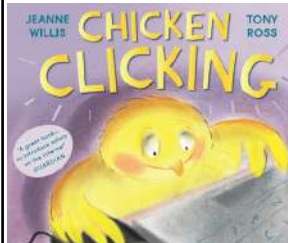


Key themes:

Anger
Calm
Difference
Emotions
Fair
Reflection
Respect

1. I can explain that it is ok to feel all emotions
2. I can explain why it is important to reflect on how I manage my emotions
3. I can tell you what strategies help me to calm down

Chicken Clicking



Key themes:

Online Safety
Risk
Value

1. I can tell you the benefits of going online.

2. I can tell you how to recognise the dangers of being online.

3. I can tell you the rules and principles for keeping safe online.

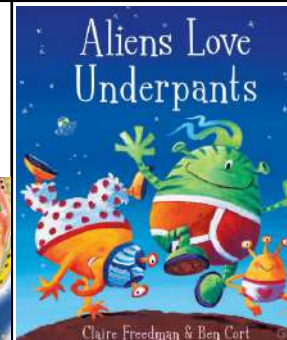
The girl at the front of class



Key themes:

Needs
Refugee
Respect
Rights
Trust

1. I can tell you what a refugee is
2. I can tell you what human rights are
3. I can tell you how I understand the needs of others



Key themes:

Body Parts
Pants
Safeguarding
Secrets
Touch

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.

I can tell you what type of physical contact is acceptable/



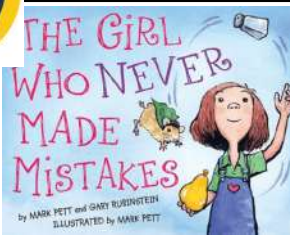
Key themes:

Change
Family
Grief
LGBTQ+
Loss
Love

1. I can tell you some of the feelings associated with times of change and loss.

2. I can tell you some strategies I have for dealing with times of change and loss.

3. I can tell you how I could get help if I or someone I care about



Key themes:

Perfectionism
Perseverance
Pressure
Self-Belief

1.I can explain why mistakes help my learning.

2.I can tell you how I have learnt from my mistakes.

3.I can tell you how respecting myself and being kind to myself can help me to be happy.

4.I can tell you what the word perseverance means.

5.I can tell you what helps me to persevere.

Pol- Ed

4. I can tell you what is fair/unfair, right/wrong and kind/unkind
5. I can tell you why it is good that people are different.

Pol- Ed

Anti Bullying week

Relationships:

What if my friends are making me feel sad?
Why are safe hands important?
What is bullying?
How can I be an ally?

Keeping safe

How can I speak up?

myHappyMind

Celebrate

- 4.I can tell you how to report problems I have online.
- 5.I can tell you the value of the things that I buy.

Children's Mental Health

Week

Clean up!



Key themes:

Activism
Community
Difference
Family
Stutters
Voice

- I can tell you about things that are important to me.

4. I can tell you how I support others
5. I can tell you some strategies for deciding if someone is trustworthy

World Book Day

Charlie Cook's Favourite

book



Key themes:

Books
Reading
Wellbeing

I can tell you how reading helps my wellbeing

comfortable/
unacceptable/
uncomfortable and how
to respond if I am
uncomfortable..
I can tell you what I can
do if I feel unsafe in a
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.

MyHappyMind

Engage

was struggling with times
of change or loss.
4.I can tell you about
some of the different
relationships I have with
people in my family and
why they are important.

5.I can tell you how
helping others helps
make me happy.

Pol- Ed

Transition

KS1 passport

What is empathy?
What is fact finding?
What is future planning?
What is informed
decision making?
What is resilience?
What is self worth?
What is risk?

MyHappyMind

RSE

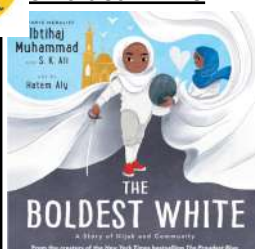


	<p>Transition</p> <p>Relationships-</p> <p>Why are relationships important?</p> <p>How are we the same, how are we different?</p> <p>Well- being</p> <p>How can I deal with change?</p> <p>myHappyMind</p> <p>Meet your brain</p>		<ul style="list-style-type: none"> I can show you how to be respectful of each other's viewpoints. <p>Pol- Ed</p> <p>Safer internet day</p> <p>Understanding the law</p> <p>What is the internet?</p> <p>Why does age matter?</p> <p>Keeping safe</p> <p>How can I keep safe online?</p> <p>Children's mental health week</p> <p>Well being</p> <p>Why is sleep important?</p> <p>When do I need to take a break?</p> <p>How can I look after my body?</p> <p>MyHappyMind</p> <p>Appreciate</p>	<p>I can tell you what books my friends and I like to read</p> <p>MyHappyMind</p> <p>Relate</p>		

LKS2	Autumn		Spring		Summer	
Y3	The story project	The story project	The story project	The story project	The story project	The story project
	Transition	The hundred dresses		It's a no money day		



the Boldest White



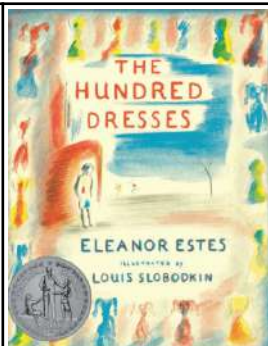
Key themes:

Brave
Change
Resilience
Transition

I can recognise how fear or uncertainty can affect me during times of change, and I can identify strategies to manage these feelings.

I can explain how stepping outside my comfort zone can help me grow, even when change feels challenging.

Ossiri and The Bala Mengro



Key themes:

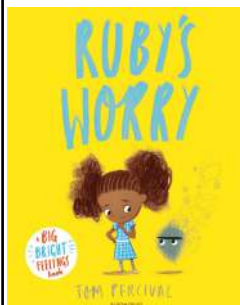
Bullying
Bystander
Creative
Friendship

1. I can tell you the characteristics of a good friend.

2. I can tell you some ways I can manage friendship problems.

3. I can tell you what impact bullying or cyberbullying can have and how someone experiencing bullying

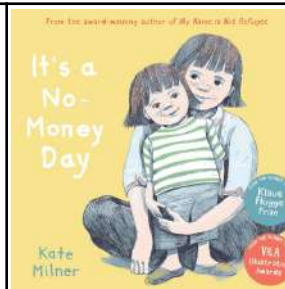
Ruby's worry



Key themes:

Anxiety
Being Safe
Family
Health and Prevention
Mental Wellbeing

1. 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
2. I can explain what to do if I can't ask my family or friends for help and what to do if it is



Key themes:

Empathy
Financial Knowledge
Food Banks
Money
Poverty

1. I can tell you some of the ways people pay for things and some of the decisions people have to make about spending.

2. I can tell you how money can affect people's emotions.

3. I can tell you some of the reasons people save or spend money.

On a magical do-nothing day



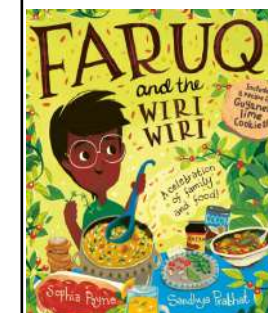
Key themes:

Addiction
Balanced Lifestyle
Disappointment
Environment
Family
Mental Wellbeing
Nature
Split Parenting
Video Games

1. I can explain what nature is and I can tell you how nature benefits my mental wellbeing.

2. I can give examples of the rights of living things

Faruq and the Wiri Wiri



Key themes:

Balanced Lifestyle
Careers
Cuisine
Cultural Heritage
Healthy Eating
Pressure

1. I can explain how food contributes to a balanced lifestyle.

2. I can tell you some principles of planning and preparing a range of healthy meals.



Key themes:

Community
Feedback
Growth Mindset
Music

1.I can tell you the benefits of community participation on my mental wellbeing.

2.I can tell you how music can benefit my mental wellbeing.

3.I can tell you why it is important to not give up when something is hard.

4.I can use a 5 point scale to tell you how

can stand up to this or get help.

4.I can tell you how bystanders can help prevent bullying.

5.I can tell you some ways that I can improve my friendships.

Pol- Ed

Anti Bullying week

Relationships:

How should we treat people?
What do we mean by consent in friendships?
What is bullying?

Keeping safe

What are emergency services?

myHappymind

Celebrate

someone in my family or one of my friends who is making me feel unsafe or unhappy

3. 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

4. I can describe some simple self-care techniques I can use when I am feeling worried

5. I can explain how children sometimes feel lonely and what children can do if they feel that way

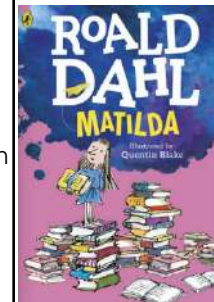
Children's mental health week

4.I can tell you what 'borrowed' means and why people might borrow money.

5.I can tell you how to keep money and possessions safe.

World Book Day

Matilda



Key themes:

Books
Reading
Wellbeing

I can tell you why reading is good for my well being.

MyHappymind

Relate

and I can explain why it is important to respect the rights of all living things.

3.I can explain the importance of having a balance between online games and other hobbies

4.I can tell you how I can keep safe when I am outside.

5.I can tell you some strategies I have for managing disappointment.

MyHappymind

Engage

3.I can make choices about the food I eat and I can tell you what affects the choices I make.

4.I can tell you how drinks contribute to a balanced lifestyle.

5.I can tell you what influences my goals and dreams for the future.

Pol- Ed

Transition

Understanding the law

What is the law and why do we have it?
How do we enforce the law?

Well - being

How can intense feeling feel?
What words can I use to talk about my feelings?

MyHappymind

RSE



ard I am finding my
work and I can tell you
some strategies that help
me when my work is
hard.

5.I can give constructive
support and feedback to
others.

Pol- Ed

Transition

Relationships-

Who are my people?

Keeping safe

What do we mean by
risk?

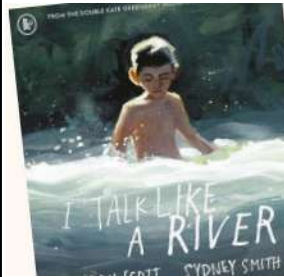
Understanding the law

What are children's
rights?

myHappyMind

Meet your brain

I talk like a river



Key themes:

Activism
Community
Difference
Family
Stutters
Voice

I can show you
how I support my
friends.

I can tell you why it
is important to
respect and
celebrate people's
differences

Pol- Ed

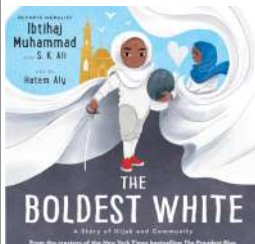
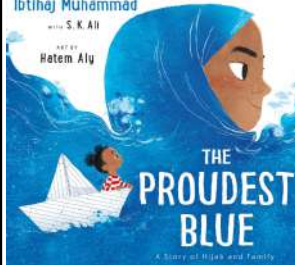
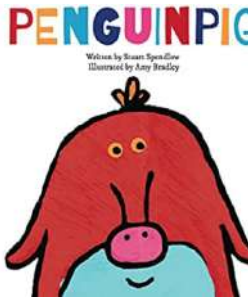
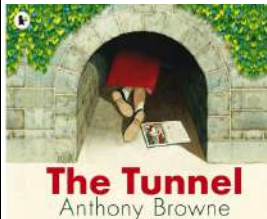
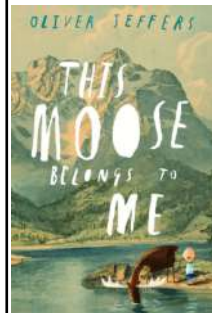
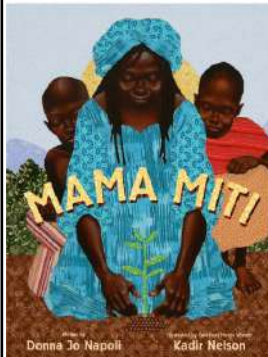
Safer internet day

Understanding the law

How can I be a
responsible citizen?

Relationships



		<p>What to do when friendships go wrong</p> <p>Children's mental health week</p> <p>Well being</p> <p>What is mental health?</p> <p>What am I good at?</p> <p>How does school help me?</p> <p>MyHappymind</p> <p>Appreciate</p>				
	<p>The story project</p> <p>Transition</p> <p>The Boldest White</p> 	<p>The story project</p> <p>The proudest blue</p> 	<p>The story project</p> <p>Penguin Pig</p> 	<p>The story project</p> <p>The Tunnel</p> 	<p>The story project</p> <p>This Moose belongs to me</p> 	<p>The story project</p> <p>Mama Miti</p> 
<p>Y4</p>	<p>Key themes:</p> <p>Brave</p> <p>Change</p> <p>Resilience</p> <p>Transition</p> <p>I can recognise how fear or uncertainty can affect me during times of change, and I can identify strategies to manage these feelings.</p>	<p>Key themes:</p> <p>Bullying</p> <p>Cultural Heritage</p> <p>Diversity</p> <p>Mental Wellbeing</p> <p>Religion</p> <p>I can tell you about my cultural heritage.</p>	<p>Key themes:</p> <p>Cyberbullying</p> <p>Data Sharing</p> <p>Internet Safety</p> <p>Neglect</p> <p>Online Safety</p> <p>phishing</p> <p>Scam</p> <p>I can tell you the risks of making friends online</p> <p>I can tell you why it is important to treat</p>	<p>Key themes:</p> <p>Adventure</p> <p>Curiosity</p> <p>Family</p> <p>Peer Pressure</p> <p>Siblings</p> <p>1.I can tell you what a dare is and how dares make people feel.</p>	<p>Key themes:</p> <p>Friendship</p> <p>Law</p> <p>Nature</p> <p>1.I can tell you how friends should treat each</p>	<p>Key themes:</p> <p>Language</p> <p>Nature</p> <p>Research</p> <p>Respect</p> <p>Sun Safety</p> <p>I can tell you about safe and unsafe exposure to the sun and how to</p>



I can explain how stepping outside my comfort zone can help me grow, even when change feels challenging.

The Grand Feelings Hotel



Key themes:

Emotional Management
Emotional Regulation
Emotions
Feelings
Puberty

1.I can tell you a range of feelings words and can explain when I have felt these feelings.

2.I can tell you why it is important to listen to our emotions.

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.

Pol- Ed

Road Safety (Prior to session)

Keeping safe

How can we keep safe on the road?

people online the same as you treat people in person

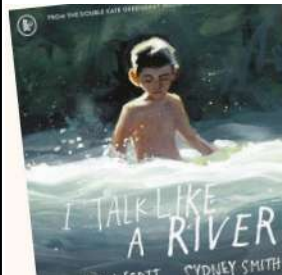
I can tell you some strategies for managing online bullying

I can tell you how to critically consider sources of information

I can tell you how information and data is shared and used online

Children's mental health week

I talk like a river



Key themes:

Activism
Community
Difference
Family
Stutters
Voice

2.I can use a 5 point scale to tell you how risky something is.

3.I can tell you what peer pressure is and how to resist anything that is dangerous, uncomfortable or feels wrong.

4.I can tell you how taking risks can be a positive thing and how this can build up my resilience.

5.I can tell you what I should do in an emergency situation.

World Book Day Matilda

other.

2.I can politely say 'no' when I don't want to do something.

3.I can explain that friendships have ups and downs.

4.I can tell you some ways I can repair a damaged friendship.

5.I can explain how rules and laws protect me and others.

MyHappymind

Engage

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.

Pol- Ed

Transition

Keeping safe

How can I keep safe in my local area?
What is first aid?

Well - being

How can I be a hygiene hero

MyHappymind

RSE



can describe
amples of how people
experience more than
one feeling at a time

4.I can explain how my
feelings might change as
I grow up.

5. I can tell you what I
could do if my feelings
are too big to handle by
myself

Pol- Ed

Transition

Relationships-

Who makes up my
community?

Keeping safe

Who do I encounter?

Understanding the law

What can I be?

myHappymind

Meet your brain

Anti Bullying week

Relationships:

What is a healthy
friendship?

How can we be role
models?

What is discrimination?

Keeping safe

What are protected
characteristics?

What is hate crime?

myHappymind

Celebrate

I can show you
how I support my
friends.

I can tell you why it
is important to
respect and
celebrate people's
differences

Pol- Ed

Safer internet day

Understanding the law

How can I respect my
environment?

Relationships

What is peer influence?

Children's mental health week

Well being

How do my choices help
me to be healthy?

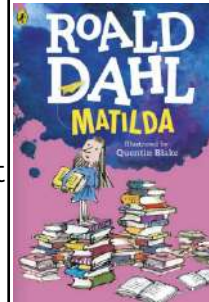
What are healthy habits?

Why is food fuel?

How does school build
my character?

MyHappymind

Appreciate



Key themes:


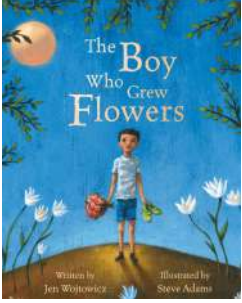
Books
Reading
Wellbeing

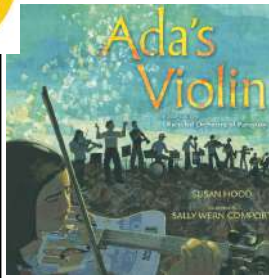
I can tell you why
reading is good for my
well being.

MyHappymind

Relate



	Autumn		Spring		Summer	
	The story project	The story project	The story project	The story project	The story project	The story project
	Transition The Boldest White  Key themes: Brave Change Resilience Transition Y5 I can recognise how fear or uncertainty can affect me during times of change, and I can identify strategies to manage these feelings. I can explain how stepping outside my comfort zone can help me grow, even when change feels challenging. Ada's Vilon	The boy who grew flowers  Key themes: <ul style="list-style-type: none"> • Body Image • Bullying • Physical Disabilities • Self-Esteem I can describe why it is important to respect my body and the amazing things it 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	The colour thief  Key themes: Depression Medication Mental Health Mental Illness Therapy 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.	Pizza Face  Key themes: Puberty 1.I can tell you the basic changes that happen during puberty. 2.I can tell you how my emotions will change during puberty. 3.I can explain that all people will experience puberty differently. 4.I can tell you how to get advice if I am unsure	Mum and Dad glue  Key themes: Affirmation Divorce Separation 1.I can tell you some of the reasons why married or unmarried couple may choose to separate. 2.I am aware of some of the feelings associated with separation. 3.I can tell you some strategies for dealing	Ritu Weds Chandi  Key themes: Cultural Celebrations Hindu Wedding Homophobia LGBTQ+ Same-sex Marriage 1.I can tell you why people choose to get married and some of the factors that go into that decision. 2.I can tell you about the laws related to marriage



Key themes:

Environment
Goals
Gratitude
Self-Esteem

1.I can tell you how I am part of a 'whole world' community and how this can impact my wellbeing.

2.I can tell you some ways I help to protect my world.

3.I can tell you what makes a good team.

4.I can show you some skills that might be helpful to a future

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

Pol- Ed

Anti Bullying week

Relationships:

What is peer pressure?
What are online friendships?
What is grooming?
How do words have power?

Keeping safe

How do our special people keep us safe?

myHappymind

Celebrate

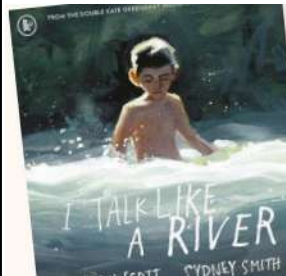
I can tell you some of the ways people with mental health problems are supported.

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.

Children's mental health week

I talk like a river



Key themes:

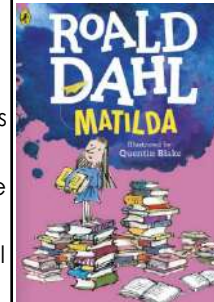
Activism
Community
Difference
Family

about anything relating to puberty.

5.I can tell you all the positive things about growing up.

World Book Day

Matilda



Key themes:

Books
Reading
Wellbeing

I can tell you why reading is good for my well being

MyHappymind

Relate

with feelings related to separation.

4.I can tell you what an affirmation is and can write one for myself.

5.I can explain how I could help a friend who is experiencing a difficult situation.

MyHappymind

Engage

and how these may differ in other countries.

3.I can tell you about the different values and customs related to marriage in different countries and I can tell you how I show respect for different types of marriage.

4.I can tell you about traditions that are important to my family.

5.I can tell you about a range of national, regional, religious and ethnic identities in the United Kingdom.

Pol- Ed

Transition

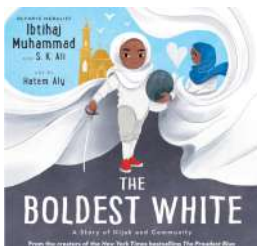
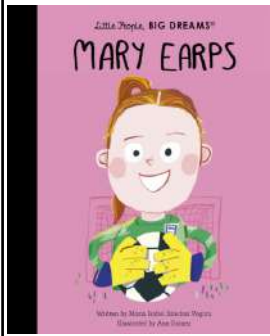
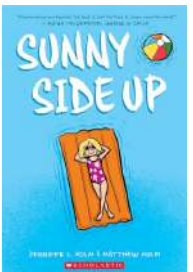
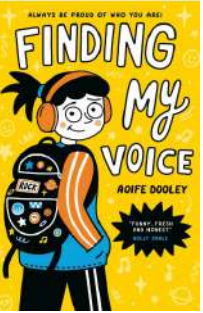
Keeping safe

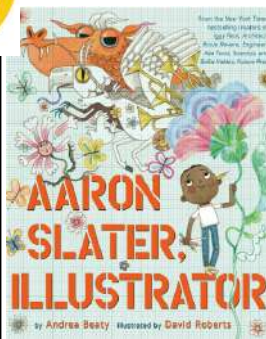
What are the risks with money?



<p>career, such as team work, enterprise or negotiation.</p> <p>5.I can tell you what self-esteem means and some things that boost my self-esteem.</p> <p>Pol- Ed</p> <p>Transition Relationships- What is media influence? What are my personal boundaries?</p> <p>Keeping safe How can we keep our things safe? myHappymind</p> <p>Meet your brain</p>		<p>Stutters Voice</p> <p>I can show you how I support my friends.</p> <p>I can tell you why it is important to respect and celebrate people's differences</p> <p>Pol- Ed</p> <p>Safer internet day Understanding the law What can and can't I do on the internet? What is trolling? What is gambling? What are online purchases?</p> <p>Well being How might being online impact the way I feel?</p> <p>Children's mental health week Well being How might my activity levels impact the way I feel? How might school impact the way I feel? How can drugs and alcohol make people feel</p>			<p>How can we use our phones sensibly? What are deep fakes?</p> <p>MyHappymind</p> <p>RSE</p>
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			MyHappyMind Appreciate			
	The story project	The story project	The story project	The story project	The story project	The story project
Y6	Transition The Boldest White  Key themes: Brave Change Resilience Transition I can recognise how fear or uncertainty can affect me during times of change, and I can identify strategies to manage these feelings. I can explain how stepping outside my comfort zone can help me grow, even when change feels challenging. Aaron Slater, Illustrator	Marcus Rashford  Key themes: Activism Online Online Safety Racism I can tell you what racism is and how I can stand up to it. I can tell you some strategies to manage difficult situations and how to seek help or advice from others. I can tell you how I could prevent difficult situations online. I can tell you about people who have stood	Mary Earps  Key themes: Careers Equality Exercise Sport I can tell you what a stereotype is and how stereotypes can be unfair, negative or destructive I can challenge stereotypes I can tell you what influences people's career choices	Sunny side up  Key themes: Alcohol Consent Control Drugs Peer Pressure Vaping Water I can tell you the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking and how they affect everyone differently. I can tell you some strategies for resisting peer pressure related to drugs, smoking and alcohol and how I would	Making a baby  Key themes: Birth Pregnancy Sex 1.I can describe how a baby is made using accurate language. 2.I can explain that reproduction requires maturity and why there is a legal age to have sex. 3.I can tell you what happens between	Finding my voice  Key themes: Careers Goals Secondary School Transition 1.I can tell you how I feel about the transition to secondary school. 2.I can tell you some of the practical things I can do to help me manage



Key themes:

Dyslexia
Perseverance
SEND

1.I can set myself challenging goals.

2.I can identify what will help me achieve my goal and what will hold me back.

3.I can tell you some strategies that can help me overcome the things that might hold me back.

4.I can break goals down into smaller manageable steps.

5.I can tell you about a range of careers.

Pol- Ed

up for what they believe in.

I can tell you how I can stand up for what I believe in.

Pol- Ed

Anti Bullying week

Relationships:

How can we challenge sexism?

How can we be allies against racism?

How can we respect different relationships?

Keeping safe

How do our special people keep us safe?

myHappymind

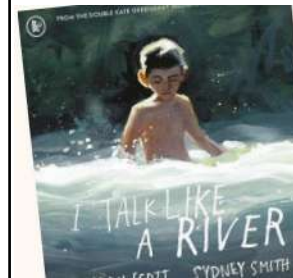
Celebrate

I can tell you the benefits of exercise

I can tell you what I need to look after my physical health

Children's mental health week

I talk like a river



Key themes:

Activism
Community
Difference
Family
Stutters
Voice

I can show you how I support my friends.

I can tell you why it is important to respect and celebrate people's differences

Pol- Ed

get help if I was worried about myself or someone else taking drugs, smoking or drinking alcohol.

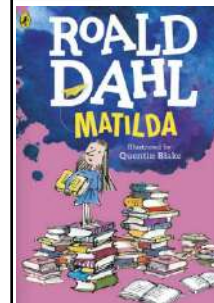
I can tell you why consent and permission seeking are important in a relationship.

I can express my needs calmly and assertively.

I can tell you how to be safe around water.

World Book Day

Matilda



Key themes:

Books
Reading
Wellbeing

I can tell you why reading is good for my wellbeing

MyHappymind

conception and birth.

4.I can tell you about the needs of newborn babies and what it is like to be a parent.

5.I can tell you what makes me, me!

MyHappymind

Engage

the transition to secondary school.

3.I can tell you some of the strategies that will help me to manage the emotions related to the transition to secondary school.

4.I can tell you my goals for my time at secondary school.

5.I can tell you my goals for beyond secondary school, including my career and other plans.

Pol- Ed

Transition

Relationships

How can I get ready for secondary relationships?

Well being

How can I cope with leaving school?



	<p>Transition relationships-</p> <p>What is my relationship with authority? What is a debate?</p> <p>Understanding the law What different types of crime are there?</p> <p>myHappymind</p> <p>Meet your brain</p>		<p>Safer internet day Keeping safe Why does media have age restrictions? How is my data shared?</p> <p>Understanding the law What different types of crime are there?</p> <p>Children's mental health week Well being What does 30 look like? How can I re-frame my thinking? How can I seek support for my mental health?</p> <p>MyHappymind</p> <p>Appreciate</p>	<p>Relate</p>		<p>MyHappymind</p> <p>RSE</p>
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