

Best Fit Long Term Plan



Introduction

This document will help you implement the myHappymind Plus programme across the academic year. It gives you a Long-Term Plan to show how you can fit the myHappymind Plus modules, which include myHappymind, into your school year.

To make navigation easier, we've colour-coded each area:

myHappymind – green

myHappybody – blue

myHappyrelationships – purple

myHappyworld – yellow

We understand that school timetables can be busy, so we've included buffer weeks throughout the year. These additional weeks allow for catching up on core content, using our bonus and extra resources, or completing lessons on puberty and sex education not covered by myHappymind Plus.

The myHappymind Plus modules have been written in Key Stages to follow the PSHE curriculum. Therefore, they are flexible and can be moved around to suit the specific needs of each cohort. This ensures that every school can tailor its approach while maintaining full coverage of the programme's essential components. This plan is a guide, not a rigid framework - schools are encouraged to adapt it to fit their unique context while keeping the core principles of myHappymind at the heart of their PSHE curriculum.



Reception/P1

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u>  *You can also complete our School Readiness Programme - Ready to Shine.									<u>myHappymind - Celebrate</u> 						
Spring	<u>myHappymind - Appreciate</u> 						<u>myHappymind - Relate</u> 						Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	<u>myHappymind - Engage</u> 						<u>myHappy body.</u> 	<u>myHappy relationships</u> 	<u>myHappy world</u> 							

Click each module title to navigate to the relevant lessons.

Year 1/P2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 					 myHappymind Places 				Showing respect and managing hurtful behaviour 	myHappymind - Celebrate 					
Spring	myHappymind - Appreciate 		Healthy Lifestyles 		Buffer		myHappymind - Relate 		Families and positive close relationships 		Buffer		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage 			Shared responsibilities 	Communities 	Ourselves Growing and Changing 		Ourselves, Growing and Changing- Transition 	Buffer							

Click each module title to navigate to the relevant lessons.

Year 2/P3

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate		Keeping Safe		Media Literacy and Digital Resilience	myHappymind - Relate			Friendships		Changing and Growing (My Amazing Body)	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage			Safe relationships		Economic Wellbeing			Ourselves, Growing and Changing- Transition	Buffer						

Click each module title to navigate to the relevant lessons.

Year 3/P4

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 					 				myHappymind - Celebrate 			Buffer			
Spring	myHappymind - Appreciate 					Healthy Lifestyles 		myHappymind - Relate 			Friendships 	Families and close positive relationships 	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage 					Changing and Growing (Our Bodies Growing Up) 	Communities 	Shared responsibilities 	Ourselves, Growing and Changing- Grief 	Ourselves, Growing and Changing- Transition 	Buffer					

Click each module title to navigate to the relevant lessons.

Year 4/P5

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 					myHappymind Places 				Showing respect and managing hurtful behaviour 	myHappymind - Celebrate 					
Spring	myHappymind - Appreciate 		First Aid 	Media Literacy and Digital Resilience 	myHappymind - Relate 				Safe Relationships 	Buffer	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.					
Summer	myHappymind - Engage 		Keeping Safe 	Changing and Growing (Periods) 	Economic Wellbeing 		Ourselves, Growing and Changing- Transition 	Buffer								

Click each module title to navigate to the relevant lessons.

Year 5/P6

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u> 									<u>myHappymind - Celebrate</u> 						
Spring	<u>myHappymind - Appreciate</u> 					<u>Healthy Lifestyle</u> 		<u>myHappymind - Relate</u> 				<u>Friendships</u> 	<u>Families and Close Positive Relationships</u> 	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.		
Summer	<u>myHappymind - Engage</u> 					<u>Changing and Growing (The Big Change)</u> 	<u>Safe Relationships - All Kinds of Love</u> 	<u>Economic Wellbeing</u> 			<u>Ourselves, Growing and Changing- Grief</u> 	<u>Ourselves, Growing and Changing- Transition</u> 	<u>Buffer</u>			

Click each module title to navigate to the relevant lessons.

Year 6/P7

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 		 myHappymind Places 			Shared responsibilities 		Showing respect and managing hurtful behaviour 	myHappymind - Celebrate 		Communities 	Buffer				
Spring	myHappymind - Appreciate 	First Aid 	Drugs, Alcohol & Tobacco 	Media Literacy and Digital Resilience 		myHappymind - Relate 		Safe Relationships 	Changing and Growing - Reproduction 	Changing and Growing - Reproduction 	Safe Relationships (FGM) 	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage 	myHappymind - Be Your Best 		myHappymind - Transition Programme (2 sessions a week) 												

Click each module title to navigate to the relevant lessons.