

Cop Lane C of E Primary School – PSHE Overview 2025 - 2026

	Autumn Term 1 Service	Autumn Term 2 Peace	Spring Term 1 Trust	Spring Term 2 Forgiveness	Summer Term 1 Hope	Summer Term 2 Thankfulness
	Anti-Bullying Week 10 th – 14 th November 2025		Safer Internet Day 10 th February 2026 ‘Exploring respect and relationships online’ theme Children’s mental health awareness week 2 nd – 8 th February 2026		Sing Up Day TBC Music celebration – end July 2026	
R	COVERED THROUGHOUT THE YEAR IN PERSONAL, SOCIAL AND EMOTIONAL / KEY WORKER TIME AND THROUGH THE 1 DECISION EARLY YEARS PORTAL AND RESOURCES/GO NOODLE MINDFULNESS/MY HAPPY MIND Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life. Throughout the units, children will learn to: Manage their own needs: Personal hygiene. Know and talk about the different factors that support their overall health and well-being: regular physical activity, healthy eating, tooth brushing, sensible amounts of ‘screen time’, having a good sleep routine and being a safe pedestrian. 1 DECISION EARLY YEARS PORTAL					
	1 Decision Clean and healthy bodies – germs, keeping our bodies clean, oral health. Pink Goes to School Red’s Hearing Aid Red Needs the Toilet Red Visits the Dentist Red Brushes His Teeth Orange Brushes Her Teeth Pink Misses Mummy Orange Feels Worried Red’s Nut Allergy Why Does Purple Play Differently? *all stories/input may move across the year depending on need and being reactive to events/needs/class	1 Decision Yellow Play Fights Green’s Greens Rainbow’s Food Journey Blue Learns to Share Blue’s Best Friend Blue’s Indoor Voice Green Gets Glasses	1 Decision Green Gets Glasses Yellow’s Bedtime Rainbow Helps at Home Pink’s Screen Time Purple Watches the News Orange Helps Out	1 Decision Blue Gets Lost Orange Sleeps Over Fairy tales Gone Wrong Get Some Rest, Sleeping Beauty Keep Running Gingerbread Man Rapunzel, Rapunzel, Wash Your Hair Stinky Jack and the Beanstalk Eat Your Greens, Goldilocks Don’t Pick Your Nose, Pinocchio Blow Your Nose, Big Bad Wolf Give Us a Smile Cinderella	1 Decision Orange Moves House Green Stays in Hospital Purple’s Pet Bird Red Goes Swimming Pink Feels Sad Rainbow Feels Angry	1 Decision Blue Explores Road Safety Purple the Passenger Rainbow Visits the Seaside Rainbow’s Day Out Green Moves up a Year Yellow Goes on Holiday Making relationships with Year 1 staff

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My Happy Mind PSED (see educational programmes for details)	MEET YOUR BRAIN	CELEBRATE	APPRECIATE	RELATE	ENGAGE	
	Express our feelings and consider the feelings of others. Identify and moderate our own feelings socially and emotionally. Show an understanding of our own feelings and those of others, and begin to regulate our behaviour accordingly. Work and play cooperatively and take turns with others. Show sensitivity to our own and to others' needs. Our brains help us with lots of different jobs. We need to look after our brains for us to be at our best. When we learn something new our brain remembers it for next time.	See ourselves as valuable individuals. We all have things about us that are special. These are called Character Strengths. Our Character Strengths help us to be our best. We feel great when we use our Character Strengths.	How being grateful or being thankful makes us feel. The different ways to show gratitude or to express our thanks. The importance of taking time out to stop and be grateful or thankful.	Build constructive and respectful relationships. Express our feelings and consider the feelings of others. Think about the perspectives of others. 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. Explain the reasons for rules, know right from wrong and try to behave accordingly. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to our own and to others' needs. How to develop good listening skills. The importance of listening to others. What we can learn when we listen to others.	Show resilience and perseverance in the face of challenge. Set and work towards simple goals, being able to wait for what we want and control our immediate impulses when appropriate. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. What Goal Setting is. Why goals are important. How to review our goals.	

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Y1	Living in the wider world How can we look after each other and the world? • <i>Ourselves and others</i> • <i>the world around us</i> • <i>caring for others</i> • <i>growing and changing</i>	Relationships What is the same and different about us? • <i>Ourselves and others</i> • <i>similarities and differences</i> • <i>individuality</i> • <i>our bodies</i>	Health and wellbeing Who helps us to stay safe? • <i>Keeping safe</i> • <i>people who help us</i>	Health and wellbeing What helps us stay healthy? • <i>Being healthy</i> • <i>Hygiene</i> • <i>Medicines</i> • <i>people who help us with health</i>	Relationships Who is special to us? • <i>Ourselves and others</i> • <i>people who care for us</i> • <i>groups we belong to</i> • <i>families</i>	Living in the wider world What can we do with money? • <i>Money</i> • <i>making choices</i> • <i>needs and wants</i>
My Happy Mind	MEET YOUR BRAIN Where our brain is in our body and what it looks like. That our brain has 3 main parts, and it works best when they work together. The 3 parts are Team H-A-P: Hippocampus, Amygdala and Prefrontal Cortex. That when we feel big emotions, our Amygdala can react and take over our brain, sending the Hippocampus and Prefrontal Cortex to sleep. That Happy Breathing helps our entire body, including our brain, to relax and wakes up the Hippocampus and Prefrontal Cortex. That if we want to improve at something, we need to practise repeatedly, and our brain helps us get better each time. This is called Neuroplasticity Vocab: Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy	CELEBRATE What Character Strengths are and how they make us unique and special. About the 5 Character Strengths and what they mean: 1.Love and Kindness 2.Bravery and Honesty 3.Exploring and Learning 4.Teamwork and Friendship 5.Love of Life and Our World. That the best way to learn more about your strengths is to notice them. That our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy. That it is nice to tell other people when they use their strengths, as it makes them feel good.	APPRECIATE What 'appreciate' means, what types of things we appreciate, and how we can show appreciation. That we can appreciate others, experiences and ourselves, not just material things. We will be able to identify the categories on the Wheel of Gratitude. How to develop an Attitude of Gratitude. We will learn that showing gratitude makes us feel good; when we make someone feel good, it makes us feel good too. How Happy Breathing exercises help to remind us to appreciate the things we might forget. By practising giving gratitude over and over again, our brains will improve at appreciating things and people. This is called Neuroplasticity.	RELATE That relate means to get along with others and understand another person, and that we can relate with family, friends, and teachers in different ways. How our Character Strengths help us get along with others and that it is ok that we are all different. What Active Listening is. What 'Stop, Understand and Consider' means and how this can help us with friendship issues. That Happy Breathing can help us if we have big emotions when falling out with friends. Vocab: Character Strengths, Relate, Get Along, People, Active Listening, 'Stop, Understand and Consider'	ENGAGE What engage means and what types of things we can engage in. That when we engage in something and feel happy, we can do the activity better. That we can set goals; sometimes these can be to do with learning, and other times they are to do with a hobby. How to set a class goal using the 3 steps. That setting goals and achieving them can make Team H-A-P happy too. That just because we can't do something straight away, it doesn't mean we won't be able to in the future. Vocab: Engage, Activity, Goal, Goal Setting, 'Feel Good, Do Good,' Believe to Achieve,	

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	Breathing, Neuroplasticity, Big Emotions	Vocab: Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and Our World, Unique, Special, Strengths Spotting	That when we give and receive gratitude, it makes Team H-A-P happy and they can work well together. Vocab: Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P, Attitude of Gratitude, Neuroplasticity		Happy Breathing, Team H-A-P, Habits	
Y2	Relationships What makes a good friend? - Friendship - feeling lonely - managing arguments	Relationships What is bullying? - Behaviour - bullying - words and actions - respect for others Christian value - friendship	Health and wellbeing What helps us to stay safe? - Keeping safe - recognising risk - rules (Think PREVENT) Christian value - trust	Health and wellbeing How do we recognise our feelings? - Feelings - Mood - times of change - loss and bereavement - growing up Christian value - compassion	Health and wellbeing What can help us grow and stay healthy? - Being healthy - eating, drinking, playing and sleeping Christian value - wisdom	Living in the wider world What jobs do people do? - People and jobs - Money - role of the internet
My Happy Mind	MEET YOUR BRAIN More about what our brain looks like and that it is fully grown by the age of 6. That our brain helps us to make good decisions and remember what we have learnt. That the Amygdala causes us to Fight, Flight or Freeze. Children will be asked to reflect and think of examples of how they use each of Team H-A-P. That when we learn something new, our brain remembers it and grows. We'll learn about Neuroplasticity and think of examples of how we can use it to help us. How we can use Happy Breathing to help Team H-A-P work as a team, but also how Happy Breathing can help with Neuroplasticity.	CELEBRATE About the same 5 Character Strengths as Year 1, but we will be asked to think about what each strength means and some examples of the strengths in action. The 5 Character Strengths are: 1.Love and Kindness 2.Bravery and Honesty 3.Exploring and Learning 4.Teamwork and Friendship 5.Love of Life and our World. When we use our Character Strengths, we can be our very best selves and that we all have our own unique set of strengths, and we are all different. What	APPRECIATE That being thankful or having gratitude are other words for appreciating. What the Wheel of Gratitude is and that it is important to focus on all parts of the Wheel of Gratitude: ourselves, others, and experiences. When we show gratitude to someone, it makes them feel good. When we make someone feel good, it makes us feel good too. This is because a special chemical gets released into our brains which makes us feel amazing. Team H-A-P loves it when we appreciate ourselves, so it is important to be kind to ourselves and others. How being grateful for	RELATE That we relate to different people in different ways and that different people relate differently, too. How our Character Strengths can help us get along with other people. We will learn that we all have different strengths, which is ok. That it is ok that some people react differently to us and that, just because their reaction is different, it isn't wrong. How to spot the characteristics of a good friend and recognise this in ourselves. How to actively listen and why this helps us to get along with others. We will look at what happens if we don't actively listen and how	ENGAGE When we feel good, we do good. Goal Setting is a good way to help us achieve what we want. If we set goals, we are more likely to achieve them. The 3 steps to set a goal and practise setting goals as a class. How Happy Breathing can help when goals are tricky. Vocab: Engage, Activity, Goal, Perseverance, Goal Setting, 'Feel Good, Do Good', Believe to Achieve, Happy Breathing, Habits	

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	Vocab: Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy Breathing, Neuroplasticity, Grow, 'Fight, Flight, Freeze'	Neuroplasticity is and how we can grow our Character Strengths if we practise using them. How to recognise the Character Strengths in ourselves. To think about which Character Strengths we would like to grow or use more of. Vocab: Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and Our World, Unique, Special, Strength Spotting, Neuroplasticity, Grow	ourselves can be hard and Happy Breathing can help us. Vocab: Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourselves, Others, Experiences, Team H-A-P, Happy Breathing	this can affect our ability to get along with others. That Team H-A-P feels happy when we actively listen because we are using all parts of the team. How to 'Stop, Understand and Consider' and why it is important to do this before responding. How Happy Breathing can help us with friendship issues by keeping us calm. Vocab: Character Strengths, Relate, Get Along, People, Active Listening, Team H-A-P, Happy Breathing, 'Stop, Understand and Consider', Friendships, Relationships, Differences		
Y3	Relationships How can we be a good friend? • Friendship • Making positive friendships • Managing loneliness Dealing with arguments	Relationships What are families like? • Families • Family life • Caring for each other	Health and wellbeing What keeps us safe? • Keeping safe • recognising risk • rules (Think PREVENT)	Health and wellbeing Why should we eat well and look after our teeth? • Being healthy • Eating well • Dental care	Health and wellbeing Why should we keep active and sleep well? • Being healthy • Keeping active • Taking rest	Living in the wider world What makes a community? • Community • Belonging to groups • Similarities and differences Respect for others
My Happy Mind	MEET YOUR BRAIN How to focus your mind to help you train your brain. About Team H-A-P and their roles in more detail. How our emotions impact Team H-A-P and how to support our brains to relax when feeling sad, stressed or worried. Why our Amygdala behaves the way it does and how evolution has shaped how it works. How we can use Happy Breathing during times of stress and how our	CELEBRATE Scientists discovered that we all have 24 Character Strengths but in different amounts. We all have 24 strengths, but children will focus on the 5 main categories of Character Strengths and think about them like a pick and mix bag of sweets. The five main categories of Character Strengths are: 1.Love and	APPRECIATE That we can forget to appreciate what is around us and that Happy Breathing can help us appreciate the little things we may forget. That the more we show gratitude, the easier it is - we can use Neuroplasticity. How to develop an Attitude of Gratitude What happens when we give gratitude and how the giver and receiver feel. That	RELATE That our strengths can be really helpful in friendships by helping us to accept other people's differences and how this is a good thing. That when we face differences in opinions or challenges with friendships, it can be hard to remember we all have differences. We will learn how the skill 'Stop, Understand and Consider' can help us with friendships. Everyone sees	ENGAGE How our feelings affect our ability to do well in an activity and learn that we have to feel good to do good. What Big Dream Goals are. How to use perseverance and resilience to help us not give up on something. That we have to 'Believe to Achieve'. How to set our own Big Dream Goals.	

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	Hippocampus stores the memory of this when we practise. About Neurons and Neural Pathways and the role they play in learning. How to look after our brains to help them to be at their best. <i>Vocab: Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, Fight, Flight, Freeze, Oxygen</i>	Kindness 2.Bravery and Honesty 3.Exploring and Learning 4.Teamwork and Friendship 5.Love of Life and our World. Half of our character is set by genetics and the other half from our experiences. Our character can grow based on our experiences, just like their brains do with Neuroplasticity. Why it is important to spot strengths in others and how they can be used. That strengths can help us to approach difficult situations. When we use our Character Strengths, we can be our best selves because we are feeling happy, safe, and calm, and this makes Team H-A-P happy. <i>Vocab: Character Strengths, Genetics, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and our World, Unique, Special, Strengths Spotting, Neuroplasticity, Team H-A-P</i>	Dopamine gets released in our brain when we give gratitude and this helps Team H-A-P work together. Dopamine can especially help the Amygdala stay calm and even the thought of gratitude can release Dopamine. How when we appreciate ourselves and feel good about our strengths, we will use them even more. We can use Character Strengths to appreciate others too. <i>Vocab: Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourselves, Others, Experiences, Team H-A-P, Happy Breathing, Dopamine, Attitude of Gratitude, Neuroplasticity</i>	things differently and that this is a positive thing. Children will learn they can ask 'what do you think about that?' to help them better understand and relate to others. That the more we practise seeing other perspectives, the more the brain will remember it. Children will learn Neuroplasticity works with relating to others too. That we normally choose our friends because of their character. That we all see things from different perspectives; friends can help us solve problems by approaching them differently. How Active Listening can help our friendships and what happens if we don't Actively Listen with our friendships. That when we listen to friends, they will know that we care for them <i>Vocab: Character Strengths, Relate, Get Along, People, Active Listening, Team H-A-P, Happy Breathing, 'Stop, Understand and Consider', Friendships, Relationships, Differences</i>	<i>Vocab: Engage, Activity, Goal, 'Feel Good, Do Good', Believe to Achieve, Happy Breathing, Habits, Perseverance, Resilience, Big Dream Goals</i>	
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Y4	Living in the wider world How can our choices make a difference to others and the environment? - Caring for others - The environment; people and animals - Shared responsibilities, making choices and decisions	Relationships How do we treat each other with respect? - Respect for self and others - Courteous behaviour - Safety; - Human rights	Health and wellbeing How can we manage risk in different places? - Keeping safe; out and about; - Recognising and managing risk	Health and wellbeing How can we manage our feelings? - Feelings and emotions - Expression of feelings - Behaviour	Health and wellbeing What makes up our identity? - Identity - Personal attributes and qualities - Similarities and differences - Individuality - Stereotypes	Health and wellbeing What strengths, skills and interests do we have? - Self-esteem - Self-worth - Personal qualities - Managing set back
My Happy Mind	MEET YOUR BRAIN How to train our minds to focus on whatever we want. We will learn that this is Neuroplasticity, and we can do anything we put our mind to. How we use each part of Team H-A-P and reflect on when we use them to develop our understanding. How the Amygdala reacts to real and perceived danger. About what triggers our own Amygdala to fight, flight and freeze, and how we can train our brain to calm our Amygdala down. About the brain's structure and how Neurons carry messages to create Neural Pathways. How Neural Pathways help us to form habits. More about how to look after our brains and what happens if we	CELEBRATE That scientists have discovered that we all have 24 Character Strengths, but in different amounts. To identify our top Character Strengths out of the following: 1.Love and Kindness 2.Bravery and Honesty 3.Exploring and Learning 4.Teamwork and Friendship 5.Love of Life and Our World. Why Strengths Spotting is so powerful and how the best way to learn about strengths is by noticing them. How when we spot strengths over and over, we will build Neural Pathways to create a	APPRECIATE How we can develop an Attitude of Gratitude at home and school. How to create a Gratitude Domino Effect - when we notice what makes us feel good, we show more gratitude to others and then that makes them feel good and show more gratitude too. That the more time we think about gratitude, the stronger the Neural Pathways get and the easier it is to give gratitude. This is because of Neuroplasticity, and we need to make it a habit. How giving gratitude can help us get through tough times, and when we can see everything we are grateful for,	RELATE That when we use Stop, Understand and Consider, it gives us time to pause, understand where others are coming from and consider how to respond best. When we see things from different perspectives, our brain will remember and grow; this helps children to build better relationships. That friends can help us see things from a different perspective and that's why we should talk to our friends about our problems. Why it is important to show gratitude to our friends when they help. That the skills needed to listen actively can help us to 'Stop, Understand and Consider'. That it is important to listen to your friends and ask about their	ENGAGE That to engage means to pay attention and put effort into something. How our feelings affect our ability to do well in an activity and learn that we have to feel good, to do good. What Big Dream Goals are. How to use perseverance and resilience to help us not give up on something. That we have to Believe to Achieve. How to set our own Big Dream Goals Vocab: Engage, Activity, Goal, Perseverance, Feel Good, Do Good, Believe to Achieve, Happy Breathing, Habits, Resilience, Dopamine	

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	don't. We will learn how our minds can feel like a snow globe, leaving us unable to see clearly. <i>Vocab: Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, 'Fight, Flight, Freeze', Oxygen, Real Danger, Perceived Danger, Trigger</i>	habit. That Character Strengths can help us solve problems and that everyone uses different strengths. Character Strengths can always help us. That Team H-A-P loves it when we use our Character Strengths because Dopamine gets released in the brain to help us perform at our best. <i>Vocab: Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork, and Friendship, Love of Life and Our World, Unique, Special, Strengths Spotting, Neuroplasticity, Team H-A-P, Dopamine, Habits, Neural Pathways</i>	it makes the problems we face a little easier to manage. <i>Vocab: Appreciate, Grateful, Thankful, Wheel of Gratitude, Gratitude Domino Effect, Yourself, Others, Experiences, Team H-A-P, Happy Breathing</i>	feelings and opinions to be a good friend. That it is also important for us to talk to friends too. <i>Vocab: Character Strengths, Relate, Get along, People, Active Listening, 'Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives</i>		
Y5	Living in the wider world What decisions can people make with money? • Money • Making decision • Spending and saving Termly debt aware visits ongoing throughout the year	Relationships How can friends communicate safely? • Friendship • Relationships • Becoming independent • Online safety	Health and wellbeing How can we help in an accident or emergency? • Respect for self and others • Courteous behaviour • Safety; • Human rights Key Charity 6 sessions	Health and wellbeing How can drugs common to everyday life affect health? • Drugs, alcohol and tobacco • Healthy habits	Health and wellbeing How we will grow and change? • Growing and changing • Puberty	Living in the wider world What jobs would we like? • Careers • Aspirations • Role models • The future

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My Happy Mind	MEET THE BRAIN	CELEBRATE	APPRECIATE	RELATE	ENGAGE	
	The difference between our brain and mind. More detail about each part of the brain and why they work the way they do. How we can train their brains in times of stress by using Happy Breathing when our Amygdala gets triggered. How others react differently to us and that we all have different triggers that cause us to Fight, Flight or Freeze. How to more intentionally look after our brains to keep them healthy. The hormones in our brain and how we can manage them, including Dopamine and Cortisol. <i>Vocab: Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, 'Fight, Flight, Freeze', Oxygen, Real Danger, Perceived Danger, Trigger, Cortisol</i>	How the 24 Character Strengths are organised into 6 key Virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence. That Strengths Spotting shows children how strengths can be used in different ways. That we still have all 24 Character Strengths but, when we use our Top 5, Team H-A-P feels at its best. How we can move our strengths around and grow strengths by practising them through Neuroplasticity. That when we stop and reflect on using our strengths, our Hippocampus will store it as a memory. We will learn that when faced with a similar situation, we can remember how that strength can help. How Strengths Spotting can help Team H-A-P feel happy as when we use our strengths, Dopamine gets released, and we feel confident. We will also learn that using our strengths can help us manage our Cortisol levels. <i>Vocab: Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues, Strengths Spotting, Top Strengths, Neuroplasticity, Team H-A-P,</i>	What appreciation means and think of ways to show appreciation to others. What we should focus on when thinking about gratitude. We will explore 3 questions to help us develop deeper levels of gratitude. Why it is important to tell others that we're grateful for them and how it makes others feel good when we create a Gratitude Domino Effect. How gratitude helps our bodies stay calm and releases Dopamine. This then helps to keep Team H-A -P happy and the Amygdala calm. That when we regularly give and receive gratitude, Dopamine will continuously be released, and even thinking about experiences or people we are grateful for releases Dopamine. That the more we think about gratitude, the stronger the Neural Pathways get and the easier it becomes. That an Attitude of Gratitude helps us to see all things we are grateful for and makes the problems we face a little easier. That often the hardest category to think about gratitude for is ourselves. <i>Vocab: Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourselves, Others, Experiences, Team H-A-P, Happy Breathing, Dopamine, Attitude of Gratitude, Neuroplasticity, Habit, Domino Effect</i>	What our Top 5 Strengths are and which Virtue they fall under. That when we see things from different perspectives, we are using their Prefrontal Cortex and then our brain can remember this and store it in their Hippocampus. That we can train our brain to notice how people use their strengths differently. That strengths help release Dopamine and make Team H-A -P happy, calm and relaxed. That you are more likely to see different strengths and perspectives positively when Team H-A -P is working as a team. We can do Happy Breathing to stay calm when facing challenging situations and see other people's perspectives. That friends can help solve problems, and it is important to show gratitude towards them. This can help develop an Attitude of Gratitude, and the Gratitude Domino Effect makes everyone feel good. Skills needed to listen actively and how this will help them to 'Stop, Understand and Consider'. They will understand why this is so important in friendships <i>Vocab: Character Strengths, Relate, Get along, People, Active Listening, 'Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives, Team H-A-P, Dopamine</i>	How to set goals linked to transition, which we can work toward to help us feel more comfortable with what is ahead. How to recognise our concerns and define strategies to overcome them. How we can use our strengths to leverage the opportunities that we are excited about. How to create goals around leveraging and practising the tools we have learned as we progress through to the next year of school. <i>Vocab: Engage, Activity, Goal, Perseverance, 'Feel Good, Do Good', Believe to Achieve, Happy Breathing, Habits, Perseverance, Resilience, Dopamine, Cortisol, Team Goals</i>	

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		Dopamine, Habits, Neural Pathways, Cortisol				
Y6	Health and wellbeing How can we keep healthy as we grow? - Looking after ourselves - Growing up - Becoming independent - Taking more responsibility		Living in the wider world How can media influence people? - Media literacy and digital resilience - Influences and decision making - Online safety		Relationships How do friendships change as we grow? - Different relationships - Changing and growing - Adulthood - Independence - Moving to secondary school	
My Happy Mind	MEET YOUR BRAIN Our brain and how it works. How our feelings impact our brain. Different ways to look after our brains so we can be our best selves. How to develop healthy habits to look after our mind. Year 6 Transition Programme: Growth mindset and self-regulation techniques in times of stress. To reflect on our stress points as we relate to transitioning to secondary school (as these are different for everyone) and work through strategies to cope with these scenarios. To train our brain and how it grows each time. About the links between our thoughts, feelings and actions and how the thoughts we have can influence how we act. About calming our	CELEBRATE What character is. How we can use our Character Strengths to be at our best. About each of the 6 Virtues and 24 Character Strengths. Our own strengths and which ones we would like to grow. Year 6 Transition Programme: What our top strengths are based on completing an official survey which will rank their Character Strengths from 1-24. More about what each of the 24 Character Strengths means and how they help us each day. How to grow our strengths to help us transition and overcome challenges. How our Character Strengths have helped us get to this point in their lives and how these skills and strengths are transferable	APPRECIATE The importance of gratitude. How to be grateful for ourselves, others and experiences. How to establish an Attitude of Gratitude and how it can help us to be the best that we can be. How to practise sharing gratitude with others and the positive effects this has on our wellbeing. Year 6 Transition Programme: How gratitude can help us think about all we have in their lives to be thankful for. How to build our resilience by looking at when our bucket is full vs when our bucket is empty. How focussing on our appreciation around the strengths work we have done can remind us of what we DO have during times of stress. To establish a new perspective on how gratitude	RELATE How to have good relationships with others. Active Listening and how to use it to build relationships with others. How our Character Strengths can help us to get along with and relate to others. Year 6 Transition Programme: How we go about making friendships today – what strengths we have here and what we can develop. How those skills are transferable to our upcoming changing environment. Strategies to manage friendships through change, transition and peer pressure by practising different communication strategies. Strategies for seeing different perspectives through role play.	ENGAGE How effectively we are using the habits learnt and how we can use them even more. How to help ourselves feel good and do good. How Goal Setting can help us to achieve even more. Year 6 Transition Programme: How to set goals linked to transition, which we can work toward to help us feel more comfortable with what is ahead. How to recognise our concerns and define strategies to overcome them. How we can use our strengths to leverage the opportunities that we are excited about. How to create goals around leveraging and practising the tools we have	

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	Amygdala when facing stressful thoughts or having a tough time. How to manage our emotions to move forward positively and learn that we can train their minds just like our bodies. How to re-frame scary challenges to become exciting opportunities. <i>Vocab: Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, 'Fight, Flight, Freeze', Oxygen, Real Danger, Perceived Danger, Trigger</i>	to the secondary school environment. <i>Vocab: Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues, Strengths Spotting, Top Strengths, Neuroplasticity, Team H-A-P, Dopamine, Habits, Neural Pathways, Cortisol</i>	can help us to build resilience when we face tough times. <i>Vocab: Appreciate, Grateful, Thankful, Wheel of Gratitude, Yourself, Others, Experiences, Team H-A-P, Happy Breathing, Dopamine, Attitude of Gratitude, Neuroplasticity, Habit, Gratitude Domino Effect</i>	<i>Vocab: Character Strengths, Relate, Get along, People, Active Listening, 'Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives, Team H-A-P, Dopamine</i>	learned as we progress through to secondary school. <i>Vocab: Engage, Activity, Goal, Perseverance, 'Feel Good, Do Good', Believe to Achieve, Happy Breathing, Habits, Perseverance, Resilience, Dopamine, Cortisol, Team Goals</i> Y6 TRANSITION PROGRAMME	
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