

Cop Lane C of E Primary School – PSHE Overview 2026 - 2027

	Autumn Term 1 Service	Autumn Term 2 Peace	Spring Term 1 Trust	Spring Term 2 Forgiveness	Summer Term 1 Hope	Summer Term 2 Thankfulness
KEY EVENTS	Anti-Bullying Week		Safer Internet Day Children's mental health awareness week			
LANCASHIRE PRIORITIES: Dental Heath, Diet/obesity and Road safety(taught in all year groups) MENTAL HEALTH AND WELL BEING: Whole school My Happy Mind Programme						
YR	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					

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	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 LCC RIGHT START ROAD SAFETY STAGE 1	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
YR MENTAL HEALTH AND WELL BEING: My Happy Mind PSED (see educational programmes for details)	MEET YOUR BRAIN 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	CELEBRATE 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.	APPRECIATE 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.	RELATE 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,	ENGAGE 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,	

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	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.	We feel great when we use our Character Strengths.		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.	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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	Autumn Term 1 Service	Autumn Term 2 Peace	Spring Term 1 Trust	Spring Term 2 Forgiveness	Summer Term 1 Hope	Summer Term 2 Thankfulness
	Setting ground rules for PSHE lessons to be completed during the first week of term and revisited regularly.					
	ALL CLASSROOMS TO HAVE A CLEAR CODE OF CONDUCT FOR PSHE LESSONS AND AN 'ASKIT BASKET' (age appropriate) for children to use.					
Y1 TOPICS	Making friends: playing and learning together	Looking after ourselves	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Y1 Lessons	Ground rules, rule! KS1 PSHE Association	Consent KS1: Asking for permission (PSHE Association)	Personal identity KS1 L1: All different, all special PSHE Association	Keeping safe at home KS1 L1 Keeping safe at home PSHE Association	Dental Health KS1 PSHE Association	POL-ED Well-being Y1 What makes me special (teach from online portal)
	Learning and playing together – KS1 PSHE Association	POL-ED Y1 Keeping Safe How can I speak up? (teach from online portal)	Belonging and Community KS1 L1: Sameness and Difference PSHE Association	Drug education KS1 L1 Keeping safe PSHE Association	Food for thought KS1 L1 Keeping healthy with food and drink PSHE Association	OHID Every mind matters KS1 L1 Emotions PSHE Association
	Y1 Friendship One Decision Lesson	NSPCC PANTS: lesson 1 PANTS Power (PSHE Association)	Families KS1 L1 What makes a family? PSHE Association	Drug education KS1 L2 Keeping healthy PSHE Association	Y1 Washing Hands One Decision Lesson	OHID Every mind matters KS1 L2 Kindness PSHE Association
	LCC Right Start stage 2	Body parts Oak Academy Lesson	Families KS1 L2 Different families PSHE Association	Drug education KS1 L3 Medicines and Household Products PSHE Association	Keeping safe: Sun safety KS1 L1 Keeping safe in the sun PSHE Association	OHID Every mind matters KS1 L3 Self care PSHE Association
	LCC Right Start stage 2	Foundations for Wellbeing – Y1. L1 noticing feelings (PSHE Association)	POL-ED Y1 Keeping Safe Who are my trusted adults? (teach from online portal)	POL- ED Y1 Keeping Safe What is 999? (teach from online portal)	The sleep factor KS1 L1 Ready for sleep PSHE Association	POL-ED Y1 Relationships What is Bullying? (teach from online portal)

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	Y1 Road Safety Video (One Decision)	Foundations for Wellbeing – Y1. L2 Distraction (PSHE Association)		HSBC money lesson	Physical activity lesson PSHE association – coming soon!	Online Bullying Y1 One Decision lesson
Y1 MENTAL HEALTH AND WELL BEING: 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 <i>Vocab: Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy Breathing, Neuroplasticity, Big Emotions</i>	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. <i>Vocab: Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and</i>	APPRECIATE What ‘appreciate’ means, what types of things we appreciate, and how we can show appreciation. That we can appreciate others, experiences and themselves, 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. That when we give and receive gratitude, it makes Team H-A-P happy and they can work well together.	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. <i>Vocab: Character Strengths, Relate, Get Along, People, Active Listening, 'Stop, Understand and Consider'</i>	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. <i>Vocab: Engage, Activity, Goal, Goal Setting, 'Feel Good, Do Good,' Believe to Achieve, Happy Breathing, Team H-A-P, Habits</i>	

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		<i>Our World, Unique, Special, Strengths Spotting</i>	<i>Vocab: Appreciate, Grateful, Thankful, Gratitude Wheel, Ourselves, Others, Experiences, Team H-A-P, Attitude of Gratitude, Neuroplasticity</i>			
Y2 TOPICS	Me, my body and staying safe	Keeping safe online	Being healthy/Looking after ourselves	Money and Work	Safety outside the home	Looking back and moving on
Y2 LESSONS	Y2 Body Language Lesson One Decision Lesson	Image Sharing Y2 One Decision Lesson	Brushing Teeth Y2 One Decision Lesson		Water safety – RNLI visit	
	Y2 Staying Safe One Decision Lesson	Computer Safety Y2 One Decision Lesson	Healthy Eating Y2 One Decision Lesson		Rail safety	
	Consent: Y2 Oak Academy Respecting other people's bodies	CEOP Jessie and Friends KS1 L1 Watching Videos	Change, loss and grief: Lesson 1 What happens when things change (PSHE Association)		LCC Right Start Stage 3	
	POL-ED Y2 Keeping Safe What are private body parts? (teach from online portal)	CEOP Jessie and Friends KS1 L2 Sharing Pictures			LCC Right Start Stage 3	
	NSPCC PANTS: Lesson 2 More ANTS power (PSHE Association)	CEOP Jessie and Friends KS1 L3 Playing Games				
	POL-ED Y2 Relationships How do I share family worries?	Oak Academy Y2 What to do if we see lies online.		HSBC money lesson		
Y2 MENTAL HEALTH AND WELL BEING: 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	CELEBRATE About the same 5 Character Strengths as Year 1, but we will be asked to think about what each strength means	APPRECIATE That being thankful or having gratitude are other words for appreciating. What the Wheel of Gratitude is and that it is	RELATE That we relate to different people in different ways and that different people relate differently, too. How our	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	

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	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. <i>Vocab: Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy Breathing, Neuroplasticity, Grow, 'Fight, Flight, Freeze'</i>	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 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. <i>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</i>	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 ourselves can be hard and Happy Breathing can help us. <i>Vocab: Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourselves, Others, Experiences, Team H-A-P, Happy Breathing</i>	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 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. <i>Vocab: Character Strengths, Relate, Get Along, People, Active Listening, Team H-A-P, Happy Breathing, 'Stop, Understand and Consider', Friendships, Relationships, Differences</i>	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. <i>Vocab: Engage, Activity, Goal, Perseverance, Goal Setting, 'Feel Good, Do Good', Believe to Achieve, Happy Breathing, Habits</i>	
Y3 TOPICS	Me, my friends and belonging	Looking after ourselves	Building Healthy Habits	Making choices online	Keeping safe out and about	Looking out for each other

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Y3 LESSONS	Personal Identity KS2 L1 Personal identity PSHE Association	POLED Y3 Relationships What do we mean by consent in a friendship? (teach from online portal)	Amazing Bodies Y3 Oak Academy			
	Medway Changing and Growing up Y3 L1 What makes a good friend? PSHE Association	NSPCC PANTS	Heathy Teeth Oak Academy lesson			
	Medway Changing and Growing up Y3 L2 Falling out with friends PSHE Association	PSHE Association: Personal Identity	FOOD			
	Belonging and Community Y3-4 L2 Belonging to a community	Consent Y3 Oak Academy My body belongs to me.			LCC STREET SMART ROAD SAFETY – PEDESTRIAN POWER. Do you Stop, Look, Listen and Think?	
	Grief Y3 One Decision Lesson	Touch Y3 One Decision Lesson		YGAM 4: WHAT DO WE NEED TO STAY HEALTHY?	LCC STREET SMART ROAD SAFETY - PASSENGER POWER. Riding in cars.	
	YGAM 1: FUN AND GAMES	YGAM 2: GAME PLAY	YGAM 3: LET'S KEEP GAMING FUN	HSBC money lesson	YGAM 5: WHAT DO WE NEED TO STAY HEALTHY	YGAM 6: A CAMPAIGN
Y3 MENTAL HEALTH AND WELL BEING: 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	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	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	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	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	

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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 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>	them like a pick and mix bag of sweets. The five main categories of 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. 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</i>	develop an Attitude of Gratitude What happens when we give gratitude and how the giver and receiver feel. That 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>	all have differences. We will learn how the skill 'Stop, Understand and Consider' can help us with friendships. Everyone sees 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,</i>	have to 'Believe to Achieve'. How to set our own Big Dream Goals. <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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		<i>Learning, Teamwork and Friendship, Love of Life and our World, Unique, Special, Strengths Spotting, Neuroplasticity, Team H-A-P</i>		<i>Active Listening, Team H-A-P, Happy Breathing, 'Stop, Understand and Consider', Friendships, Relationships, Differences</i>		
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Y4 TOPICS	Looking after ourselves/Keeping Healthy	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Positively engaging with our world	Families and growing together
Y4 LESSONS	Foundations for wellbeing Y4 L1 Describing emotions PSHE Association	LCC STREET SMART ROAD SAFETY- PEDESTRIAN POWER. Understanding the Hierarchy of Road Users.	Friendship and Bullying Y3-Y4 L3 What is bullying? PSHE Association	Money and wellbeing Y4 L1 How money is used PSHE Association	Relationships Y4 One Decision Lesson	Families KS2 L1 Family relationships PSHE Association
	Foundations for wellbeing Y4 L4 Different ways to manage worries PSHE Association	LCC STREET SMART ROAD SAFETY - PEDESTRIAN POWER. The Science of Stopping.	CONSENT	Money and wellbeing Y4 L2 Making decisions about money PSHE Association	Drug Education Y3-4 L1 Medicines and Household products	Families KS2 L2 Diverse families PSHE Association
	TEETH Oak Academy Y4 Healthy Teeth Lesson	Cycle Safety Y4 One Decision Lesson	NSPCC PANTS Building Confidence	Guardian Foundation: NewsWise ages 7-9 L4 How news affects feelings PSHE Association		Families KS2 L3 Family changes PSHE Association
	Healthy Living Y4 One Decision Lesson (Diet and Obesity)	Firework Safety KS2 L1 Firework safety PSHE Association	POLED Y4 Relationships What is a healthy friendship? (Teach from online portal)	Guardian Foundation: NewsWise ages 7-9 L6 Fake or real news? PSHE Association		Committed relationships and family life KS2 L1 Marriage and Partnership PSHE Association
	Change, loss and grief Y3-4 L2 How do people manage change and loss PSHE Association	Keeping Safe at home KS2 L2 Keeping safe at home PSHE Association	Breaking Down Barriers Y4 One Decision Lesson	YGAM 4: GAME ON		Rosie's story. What happens when families change? PSHE Association
	YGAM 1: POWER TO THE PLAYER	YGAM 2: LEVEL UP	YGAM 3: CHALLENGE EVERYTHING	HSBC money lesson	YGAM 5: THE GAMING DEBATE	YGAM 6: GAME DO, GAME DON'T
Y4 MENTAL HEALTH AND WELL BEING:	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	CELEBRATE That scientists have discovered that we all have 24 Character Strengths, but in different amounts. To identify our top Character	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	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	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	

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My Happy Mind	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 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>	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 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</i>	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, 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>	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 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>	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 <i>Vocab: Engage, Activity, Goal, Perseverance, Feel Good, Do Good, Believe to Achieve, Happy Breathing, Habits, Resilience, Dopamine</i>	
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		<i>Our World, Unique, Special, Strengths Spotting, Neuroplasticity, Team H-A-P, Dopamine, Habits, Neural Pathways</i>				
Y5 TOPICS	Looking after ourselves and others	Keeping Healthy and Safe	Key Charity 6 sessions – Respecting Boundaries, friendships and Bullying	Safe connections online	Me, my body and growing up	Embedding healthy habits and first aid
Y5 LESSONS	Looking out for others Y5 One Decision Lesson	TEETH Dental Care Oak Academy Lesson	Key 1: CONSENT	CEOP Play, Like, Share ages 8-10 L1 Block him right good, Alfie PSHE Association	Medway: Changing and Growing up Y4-Y5 L1 Time to change PSHE Association	Sun Safety PSHE Association
	Image sharing Y5 One Decision Lesson	DIET and OBESITY How to have a healthy and balanced week Y5 Oak Academy	Key 2: NSPCC PANTS	CEOP Play, Like, Share ages 8-10 L2 Who's Magnus PSHE Association	Medway: Changing and Growing up Y4-Y5 L2 Menstruation and wet dreams PSHE Association	First Aid Asthma and Allergies One Decision Lesson
	LCC STREET SMART ROAD SAFETY - PASSENGER POWER. Driver and Passenger Behaviour.	SMOKING Y5 One Decision Lesson	Key 3: BULLYING	CEOP Play, Like, Share ages 8-10 L3 They have fans, we have friends! PSHE Association	Medway: Changing and Growing up Y4-Y5 L3 Personal Hygiene PSHE Association	First Aid Recovery Position and CPR One Decision Lesson
	LCC STREET SMART ROAD SAFETY - PEDAL POWER. E-Scooters and E-Bikes	ALCOHOL Y5 One Decision Lesson		YGAM 3: GAME SAFELY	Medway: Changing and Growing up Y4-Y5 L4 Emotions and Feelings PSHE Association	
	YGAM 1: DO YOU KNOW YOUR DEVICE?	Water Safety One Decision lesson		YGAM 4	YGAM 5: GAMING AND THOSE AROUND US 1	The Importance of Sleep and rest PSHE Association
	Debt Aware	YGAM 2: IN THE KNOW: GAMES	Debt Aware	HSBC money lesson	Debt Aware	YGAM 6: GAMING AND THOSE AROUND US 2

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Y5 MENTAL HEALTH AND WELL BEING: 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,</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,</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	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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		<i>Temperance, Transcendence, Virtues, Strengths Spotting, Top Strengths, Neuroplasticity, Team H-A-P, Dopamine, Habits, Neural Pathways, Cortisol</i>	<i>Ourselves, Others, Experiences, Team H-A-P, Happy Breathing, Dopamine, Attitude of Gratitude, Neuroplasticity, Habit, 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>		
Y6 TOPICS	Looking after ourselves	Managing Money online and Spending	Drug Education: assessing risk and managing influences	Developing our AI literacy	Changes in Puberty and Sex Education	Looking to the future
Y6 LESSONS	LCC STREET SMART ROAD SAFETY - PEER POWER. Safer Streets	PSHE Association Money and Wellbeing Y6 L1 Money and Emotional Wellbeing	Medicines (PSHE Association)			Job skills (PSHE Association)
	LCC STREET SMART ROAD SAFETY - PERSONAL POWER. Transition to High School.	PSHE Association Money and Wellbeing Y6 L2 Being a critical Consumer	Legal and Illegal Drugs (PSHE Association)			Choosing a career (PSHE Association)
	Dental Hygiene Oak academy lesson	PSHE Association Online Financial Harms L1 Spending Influences	Influences and Pressure (PSHE Association)			Career Routines (PSHE Association)
	Choosing food carefully Y6 Oak Academy Lesson	PSHE Association Online Financial Harms L2 Wellbeing and support	Tobacco, Vaping and alcohol in the media (PSHE Association)		CONSENT Understanding boundaries (Oak Academy Lesson)	
	YGAM 1: AN INTRODUCTION TO GAMING	The Sleep Factor PSHE Association	YGAM 3: THE GAMING INDUSTRY	YGAM 4: GAMING OR GAMBLING PART 1	YGAM 5: GAMING OR GAMBLING PART 2	YGAM 6: THE BLURRED LINES
	Debt Aware 4	YGAM 2: GAMING: WHO'S DOING WHAT?	Debt Aware 5	HSBC money lesson	Debt Aware 6	BIKEABILITY
Y6 MENTAL HEALTH AND WELL BEING:	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	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	APPRECIATE The importance of gratitude. How to be grateful for ourselves, others and experiences. How to establish	RELATE How to have good relationships with others. Active Listening and how to use it to build relationships	ENGAGE How effectively we are using the habits learnt and how we can use them even more. How to help ourselves feel	

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My Happy Mind	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 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</i>	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 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>	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 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>	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. <i>Vocab: Character Strengths, Relate, Get along, People, Active Listening, 'Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives, Team H-A-P, Dopamine</i>	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 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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	Breathing, 'Fight, Flight, Freeze', Oxygen, Real Danger, Perceived Danger, Trigger					
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