

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.

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.



Nursery

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 						 myHappy Places 			myHappymind - Celebrate 						
Spring	myHappymind - Appreciate 			myHappy Body 		myHappymind - Relate 				myHappy 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 			myHappy World 		Ready To Shine By myHappy mind										

Click each module title to navigate to the relevant lessons.

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 					myHappy mind Places 				Friendships and Showing Respect (Bullying) 	myHappymind - Celebrate 					
Spring	myHappymind - Appreciate 		Healthy Choices 		Buffer		myHappymind - Relate 		Families and Trusted 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 			Protecting Our Communities 	Protecting Our Communities 	Changing and Growing 		Changing and Growing (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 - Celebrate 			Buffer			
Spring	myHappymind - Appreciate 		Safe Choices 		Online Safety. 	myHappymind - Relate 			Friendships and Showing Respect 		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 			Changing and Growing (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 Places				myHappymind - Celebrate			Buffer			
Spring	myHappymind - Appreciate				Healthy Choices		myHappymind - Relate			Friendships and Showing Respect		Families and Trusted 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 (My Amazing Body)	Protecting Our Communities	Protecting Our Communities	Changing and Growing (Grief)	Changing and Growing (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 				Friendships and Showing Respect (Bullying) 	myHappymind - Celebrate 					
Spring	myHappymind - Appreciate 		First Aid 	Online Safety 	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 		Safe Choices 	Changing and Growing (Period) 	Economic Wellbeing 		Changing and Growing (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 Choices</u> 		<u>myHappymind - Relate</u> 				<u>Friendships and Showing Respect</u> 	<u>Families and Trusted 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 and Careers</u> 			<u>Changing and Growing (Grief)</u> 	<u>Changing and Growing (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 			Protecting Our Communities 		Friendships and Showing Respect (Bullying) 	myHappymind - Celebrate 		Protecting Our Communities 	Buffer				
Spring	myHappymind - Appreciate 	First Aid 	Safe Choices (Drug Education) 	Online Safety 		myHappymind - Relate 		Safe relationships 	Changing and Growing (Sex Ed - How Life Begins) 	Changing and Growing (Sex Ed - Caring for Babies and Making Choices) 	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.