

Subject: PHSE	A1	A2	Sp1	Sp2	Su1	Su2
Topics	Meet your brain	Celebrate	Appreciate	Relate	Engage	Relationships
Rec	<p>Children will learn:</p> <ul style="list-style-type: none"> What the brain looks like. How the brain helps us with. How to look after their brain. How we can grow our brains. Recognise simple emotions that make us feel happy and calm. Recognise big emotions that might make us feel sad or upset. Help children recognise which emotions may make their team H-A-P work well together and not so well together. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What character strengths are. About the love and kindness strength. About the bravery, honesty, teamwork and friendship strengths. About the exploring and learning strengths and Love of life and our world strength. 	<p>Children will learn:</p> <ul style="list-style-type: none"> How to be grateful for other people. How being grateful makes you feel. To be grateful for activities and times we feel happy about. How to be grateful for ourselves. 	<p>Children will learn:</p> <ul style="list-style-type: none"> How to be a good friend. Why getting along with others is so important. Why listening is so important. What active listening is. About our emotions and how it feels when we are not getting along with others. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What goals are and how to set them. What big dream goals are. What to do when goals are tricky. 	<p>Children will learn:</p> <ul style="list-style-type: none"> Who is in their family and why family is important. That their are all types of families. How their family help and care for them. Identify different types of feelings and how they might look in themselves and others. How to tell someone when they are feeling different emotions. Identify what makes a good friendship. Identify when friendships go through a wobble and know what to do when this happens. Identify situations which are safe and which are not safe in real life. Know where to go for help if they're unsure of what is and isn't safe.
Year 1	<p>Children will learn:</p> <ul style="list-style-type: none"> Where their brain is in their body and what it looks like. That our brain helps us to control our body, manage our emotions and help solve problems. 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 it is nice to tell other people when they use their strengths, as it makes them feel good. That it is nice to tell other people when they use their strengths, as it makes them feel good. This is called Neuroplasticity. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What character strengths are and how they make us unique and special. About the 5 Character strengths and what they mean. Love and Kindness Bravery and Honesty Exploring and Learning Teamwork and Friendship Love of life and our world How 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. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What appreciate means, what types of things we appreciate, and how we show appreciation. That you can appreciate others, experiences and yourselves and not just material things. They will be able to say the categories on the Wheel of Gratitude. How to develop an Attitude of Gratitude. They will learn that showing gratitude makes them 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. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That relate means to get along with others and understand another person and that they can relate with family, friends, and teachers in different ways. How their character strengths help them get along with others and learn that it is okay that we are all different. What Active Listening is. What 'Stop, Understand and Consider' means and think about how this can help them with friendship issues. That Happy Breathing can help them if they have big emotions when falling out with friends. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What engage means. What types of things they can engage in. That when they engage in something and feel happy, they can do the activity better. That they 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 we do not always achieve our goals, but as long they have tried, they will learn something new. That just because they can't do something straight away, it doesn't mean they won't be able to in the future. 	<p>Children will learn:</p> <ul style="list-style-type: none"> Who is in their family and why family is important. That their are all types of families. Identify different types of feelings and how they might look in themselves and others. How to tell someone when they are feeling different emotions. Identify what makes a good friendship. Identify when friendships go through a wobble and know what to do when this happens. Identify situations which are safe and which are not safe in real life. Know where to go for help if they're unsure of what is and isn't safe.
Year 2	<p>Children will learn:</p> <ul style="list-style-type: none"> More about what their brain looks like and that it is fully grown by age 6. That our brain helps us to make good decisions and remember what we have learnt. That the Amygdala causes them to flight, fight 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. They'll learn about Neuroplasticity and think of examples of how they can use it to help them. How they can use Happy Breathing to help Team H-A-P work as a team, but also how Happy Breathing can help with Neuroplasticity. 	<p>Children will learn:</p> <ul style="list-style-type: none"> About the same 5 character strengths as Year 1, but they will be asked to think about what each strength means and some examples of the strengths in action. That 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 strengths if we practise using them. About how to recognise the strengths in themselves. How to think about which strengths they would like to grow or use more of. 	<p>Children will learn:</p> <ul style="list-style-type: none"> 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, themselves, others, and experiences. That 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. That Team H-A-P love 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. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That relate to different people in different ways and that different people relate differently, too. How their character strengths can help them get along with other people. They will learn that we all have different strengths, which is okay. That it is okay that some people react differently to them and that just because their reaction is different to theirs, it isn't wrong. How to spot the characteristics of a good friend and recognise this in themselves. How to Actively Listen and why this helps them to get along with others. They will look at what happens if they don't actively listen and how this can affect their 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 them with friendship issues by keeping them calm. 	<p>Children will learn:</p> <ul style="list-style-type: none"> When they feel good, they 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 practice setting goals as a class. How Happy Breathing can help when goals are tricky. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That everyone's family looks a little different. Understand how families come together to celebrate. How families care for each other. Identify those things about themselves that make them special and unique. To talk about the things they want to develop. Consider the strengths of others and know how to share those. Identify what a gender stereotype is and isn't. Discuss their views on gender and diversity. Identify when a gender stereotype is being used. Identify things that are the same about families and things that may be different. Explain how they would respond to others being unkind about their own family, or someone else's. Identify where to go for help if needed. Identify those things that make them a good friend. Identify things that would make them think that someone is not being a good friend. Know what to do if they are struggling with a friendship. Know what risky means. Be able to discuss risk and share their opinion on whether something is safe or not. Know where to go for help if needed.
Year 3	<p>Children will learn:</p> <ul style="list-style-type: none"> How to focus their mind to help them train their brain. Learn about Team H-A-P and their roles in more detail. How our emotions impact Team H-A-P and how to support their 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 Hippocampus stores the memory of this when we practice. About Neurons and Neural pathways and the role they play in learning. How to look after their brains to help them to be at their best. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That scientists discovered that we all have 24 character strengths but in different amounts. We all have 24 strengths but focus on the 5 main categories of character strengths and think about them like a pick and mix bag of sweets. That half of our character is set by genetics and the other half from our experiences. That 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 them to approach difficult situations. When they use their character strengths, they can be their best selves because they are feeling happy, safe, and calm, and this makes Team H-A-P happy. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That we can forget to appreciate what is around us and that Happy Breathing can help us appreciate the little things we may forget. The more they show gratitude, the easier it is - like Neuroplasticity. How to develop an Attitude of Gratitude, what happens when we give gratitude and how the giver and receiver feel. That Dopamine gets released in their brain when they give gratitude and that this helps Team H-A-P work together. How Dopamine can especially help the Amygdala stay calm and that even the thought of gratitude can release Dopamine. How when they appreciate themselves and feel good about their strengths, they will use them even more. They can use characters' strengths as a way to appreciate others too. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That their strengths can be really helpful in friendships by helping them to accept other people's differences and how this is a good thing. That when they face differences in opinions or challenges with friendships, it can be hard to remember we all have differences. They will learn how the skill 'Stop, Understand and Consider' can help them with friendships. That 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 when we see things from more 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 their friendships and what happens if they don't Actively Listen with their friendships. That when we listen to friends, they will know that we care for them. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That to engage means to pay attention and put effort into something. How their feelings affect their ability to do well in an activity and learn that they have to feel good to do good. What Big Dream Goals are. How to use perseverance and resilience to help them not give up on something. That they have to Believe to Achieve. How to set their own Big Dream Goals. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That everyone's family looks a little different. Understand how families come together to celebrate. How families care for each other. Identify those things about themselves that make them special and unique. To talk about the things they want to develop. Consider the strengths of others and know how to share those. Identify what a gender stereotype is and isn't. Discuss their views on gender and diversity. Identify when a gender stereotype is being used. Identify things that are the same about families and things that may be different. Explain how they would respond to others being unkind about their own family, or someone else's. Identify where to go for help if needed. Identify those things that make them a good friend. Identify things that would make them think that someone is not being a good friend. Know what to do if they are struggling with a friendship. Know what risky means. Be able to discuss risk and share their opinion on whether something is safe or not. Know where to go for help if needed.
Year 4	<p>Children will learn:</p> <ul style="list-style-type: none"> How to train their minds to focus on whatever they want. They will learn that this is Neuroplasticity, and they can do anything they put their mind to. Why strength 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 neuropathways to create a habit. That strengths can help them solve problems and that everyone uses different strengths. That strengths can always help them. That Team H-A-P loves it when we use our strengths because Dopamine gets released in the brain to help us perform at our best. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That scientists have discovered that we all have 24 character strengths, but in different amounts. Why strength 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 neuropathways to create a habit. That strengths can help them solve problems and that everyone uses different strengths. That strengths can always help them. That Team H-A-P loves it when we use our strengths because Dopamine gets released in the brain to help us perform at our best. 	<p>Children will learn:</p> <ul style="list-style-type: none"> How they 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 they 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 they can see everying they are grateful for it, it makes the problems we face a little easier to manage. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That when we use Stop, Understand and Consider, it gives them time to pause, understand where others are coming from and consider how to respond best. When they see things from different perspectives, their brain will remember, and grow, this helps children to build better relationships. That friends can help them 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 their friends when they help. That the skills needed to listen actively can help them 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 them to talk to friends too. 	<p>Children will learn:</p> <ul style="list-style-type: none"> The more we focus on feeling good and using the habits, the better we will do in all activities in and out of school. That Dopamine gets released in their brain when they set a goal and work towards it. Why it is important to think about what they have learnt even if they do not achieve the goal, so the Hippocampus can store this memory and make it easier next time. Why perseverance is easier to use on goals they are passionate about, but they can also use this skill on other goals. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That everyone's family looks a little different. Understand how families come together to celebrate. How families care for each other. Identify those things about themselves that make them special and unique. To talk about the things they want to develop. Consider the strengths of others and know how to share those. Identify what a gender stereotype is and isn't. Discuss their views on gender and diversity. Identify when a gender stereotype is being used. Identify things that are the same about families and things that may be different. Explain how they would respond to others being unkind about their own family, or someone else's. Identify where to go for help if needed. Identify those things that make them a good friend. Identify things that would make them think that someone is not being a good friend. Know what to do if they are struggling with a friendship. Know what risky means. Be able to discuss risk and share their opinion on whether something is safe or not. Know where to go for help if needed.

<p>Year 5</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> The difference between their brain and mind. More detail about each part of the brain and why they work the way they do. How they can train their brains in times of stress by using Happy Breathing when their Amygdala gets triggered. About how others react differently to them and that we all have different triggers that cause us to Fight, Flight or Freeze. About how to more intentionally look after their brains to keep them healthy. About the hormones in their brain and how they can manage them, including dopamine and cortisol. 	<p>Children will learn:</p> <ul style="list-style-type: none"> How the 24 character strengths are organised into 6 key virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence. That strength spotting shows children how strengths can be used in different ways. That they still have all 24 strengths, but when they use their Top 5 Team H-A-P feels at its best. How they can move their strengths around and grow strengths by practising them through Neuroplasticity. That when they stop and reflect on using their strengths, their Hippocampus will store it as a memory. They will learn that when faced with a similar situation, they can remember how that strength can help. How strength spotting can help Team H-A-P feel happy as when we use our strengths. Dopamine gets released, and we feel confident. They will also learn that using our strengths can help them manage their Cortisol levels. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What appreciation means and think of ways to show appreciation to others. What they should focus on when thinking about gratitude. They will explore 3 questions to help them 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 in is ourselves. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What their top 5 strengths are and which virtue they fall under. That when they see things from different perspectives, they are using their Prefrontal Cortex and then their brain can remember this and store it in their Hippocampus. That they can train their 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. 	<p>Children will learn:</p> <ul style="list-style-type: none"> That sometimes we need to think about what we are engaging in, and sometimes we do it on autopilot. When they engage in something and feel good. Team H-A-P love it because Dopamine is released in the brain, making it easier for us to succeed. Why their engagement levels may drop if their Amygdala takes over. How their feelings affect their ability to do well in an activity and how Cortisol or Dopamine is released. About the difference between a team and individual goal and how it is just as important to work as a team to set goals. Why the skill of perseverance is critical when working as part of a group. How understanding other people's character strengths can also help in team goals. 	<p>Children will learn:</p> <ul style="list-style-type: none"> To explain how healthy friendships make them feel. To explain what online bullying is. Know where to go for help if they see something that has upset them online. Explain what a safe secret is and what an unsafe secret is. Describe when keeping secrets is not a sign of a good friendship. Know where to go for help regarding secrets. Explain what peer pressure is. Evaluate whether certain situations are peer pressure or not. Respond appropriately when they feel like they are being peer pressured by a friend. Define what makes them an individual. Understand what makes others unique. Express why it is important to respect others individually and differences. Define what discrimination is. Understand that the law protects individuals who are commonly discriminated against. Know what to do if they witness discrimination. Recognise that they may sometimes feel pressurised into sharing their picture online. Recognise the importance of protecting their own and other's privacy online. Know to speak to a trusted adult if they feel uncomfortable with images being shared online.
<p>Year 6</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> About a growth mindset and self-regulation techniques in times of stress. To reflect on their stress points as they relate to transitioning to Secondary school (as these are different for everyone) and work through strategies to cope with these scenarios. To train their brain and how it grows each time. About the links between their thoughts, feelings and actions and how the thoughts they have can influence how we act. About calming their amygdala when facing stressful thoughts or having a tough time. How to manage their emotions to move forward positively and learn that they can train their minds just like their bodies. How to re-frame scary challenges to become exciting opportunities. 	<p>Children will learn:</p> <ul style="list-style-type: none"> What their top strengths are based on completing an official survey which will rank their strengths from 1-24. More about what each of the 24 strengths means and how they help them each day. How to grow their strengths to help them transition and overcome challenges. How their character strengths have helped them get to this point in their lives and how these skills and strengths are transferable to the Secondary School environment. 	<p>Children will learn:</p> <ul style="list-style-type: none"> How gratitude can help them think about all they have in their lives to be thankful for. How to build their resilience by looking at when their bucket is full vs when their bucket is empty. How focussing on their appreciation around the strengths work they have done can remind them of what they DO have during times of stress. To establish a new perspective on how gratitude can help them to build resilience when they face tough times. 	<p>Children will learn:</p> <ul style="list-style-type: none"> Relationship building powers i.e., how they go about making friendships today – what strengths they have here and what they can develop. How those skills are transferable to their 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. 	<p>Children will learn:</p> <ul style="list-style-type: none"> How to set goals linked to transition, which they can work toward to help them feel more comfortable with what is ahead. How to recognise their concerns and define strategies to overcome them. How they can use their strengths to leverage the opportunities that they are excited about. How to create goals around leveraging and practising the tools they have learned as they progress through to high school. 	<p>Children will learn:</p> <ul style="list-style-type: none"> To explain how healthy friendships make them feel. To explain what online bullying is. Know where to go for help if they see something that has upset them online. Explain what a safe secret is and what an unsafe secret is. Describe when keeping secrets is not a sign of a good friendship. Know where to go for help regarding secrets. Explain what peer pressure is. Evaluate whether certain situations are peer pressure or not. Respond appropriately when they feel like they are being peer pressured by a friend. Define what makes them an individual. Understand what makes others unique. Express why it is important to respect others individually and differences. Define what discrimination is. Understand that the law protects individuals who are commonly discriminated against. Know what to do if they witness discrimination. Recognise that they may sometimes feel pressurised into sharing their picture online. Recognise the importance of protecting their own and other's privacy online. Know to speak to a trusted adult if they feel uncomfortable with images being shared online.