

Best Fit Long Term Plan



Introduction

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

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

myHappymind – green

myHappybody – blue

myHappyrelationships – purple

myHappyworld – yellow

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

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



Reception

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 							
Spring	myHappymind - Appreciate 						myHappymind - Relate 						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 body 		myHappy relationships 		myHappy world 					

Click each module title to navigate to the relevant lessons.

Year 1

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

Click each module title to navigate to the relevant lessons.

Year 2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate		Keeping Safe		Media Literacy and Digital Resilience	myHappymind - Relate			Friendships		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 relationships		Economic Wellbeing			Ourselves, Growing and Changing- Transition	Buffer						

Click each module title to navigate to the relevant lessons.

Year 3

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 Lifestyles		myHappymind - Relate				Friendships	Families and close positive relationships	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage			Buffer		Communities	Shared responsibilities	Ourselves, Growing and Changing- Grief	Ourselves, Growing and Changing- Transition	Buffer						

Click each module title to navigate to the relevant lessons.

Year 4

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

Click each module title to navigate to the relevant lessons.

Year 5

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 						
Spring	myHappymind - Appreciate 			Healthy Lifestyles 		myHappymind - Relate 			Friendships 	Families and Close Positive Relationships 	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.					
Summer	myHappymind - Engage 			Buffer		Economic Wellbeing 		Ourselves, Growing and Changing- Grief 	Ourselves, Growing and Changing- Transition 	Buffer						

Click each module title to navigate to the relevant lessons.

Year 6

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - <u>Meet Your Brain</u> 			myHappymind <u>Places</u> 			Shared <u>responsibilities</u> 		Showing respect and managing hurtful behaviour 	myHappymind - <u>Celebrate</u> 		Communities 	Buffer			
Spring	myHappymind - <u>Appreciate</u> 		First Aid 	Drugs, Alcohol & Tobacco 	Media Literacy and Digital Resilience 		myHappymind - <u>Relate</u> 	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 - <u>Engage</u> 		myHappymind - <u>Be Your Best</u> 			Buffer		myHappymind - <u>Transition Programme</u> (2 sessions a week) 								

Click each module title to navigate to the relevant lessons.