

Year One Overview

My Happy Mind Units:

	Learning Objectives	Key Vocabulary	Depart of Education (DFE) Statutory Statements for Primary Schools
Meet My Brain x 5 Lessons	<ul style="list-style-type: none"> • We are learning what our brain looks like and how it helps us. • We are learning that the brain has 3 parts. • We are learning about how our brains help us. • We are learning what Neuroplasticity is. • We are learning how Team H-A-P help us be our best self • We are learning what happens when Team H-A -P is happy and sad. • We are learning how you can help Team H-A -P • We are learning more about Happy Breathing and how it helps us. • We are learning that our brain can react differently indifferent situations • We will be recapping and thinking about how we can use our new knowledge. 	<ul style="list-style-type: none"> • Brain • Team HAP • Hippocampus- Stores memories • Amygdala- keeps us safe from danger • Prefrontal Cortex- helps us to make decision and solve problems 	
Celebrate x 4 Lessons	<ul style="list-style-type: none"> • We are learning what character is. • We are learning how character makes us special. • We are learning more about Character Strengths. • We are learning why it is important to use our strengths. • We are learning more about the types of Character Strengths that we use most. • We are learning why it is important to use our strengths • We are learning how to use our strengths even more. • We are thinking about which strengths we use the most 	<ul style="list-style-type: none"> • Character Strengths • Love and Kindness • Bravery and Honesty Exploring and Learning • Teamwork and Friendship Love of Life • Our World • Unique, Special • Strengths Spotting 	
Appreciate x 3 Lessons	<ul style="list-style-type: none"> • We are learning what Appreciate means. • We are learning ways to show appreciation. • We are learning who we are grateful for • We are learning how important showing gratitude is. • We are learning how gratitude makes us feel • .We are learning how to show appreciation to ourselves • We are learning about Gratitude for Experiences. • We are learning why gratitude makes us feel good. 	<ul style="list-style-type: none"> • Appreciate • Grateful • Thankful • Gratitude Wheel • Ourselves • Others • Experiences • Team H-A-P 	<p>Families and people who care for me</p> <p>1. That families are important for children growing up safe and happy because they can provide love, security and stability.</p> <p>2. The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members,</p>

		<ul style="list-style-type: none"> • Attitude of Gratitude, Neuroplasticity 	<p>the importance of spending time together and sharing each other's lives.</p> <p>3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Caring friendships 1. How important friendships are in making us feel happy and secure, and how people choose and make friends.</p>
<p>Relate x 3 lessons</p>	<ul style="list-style-type: none"> • We are learning what Relate means. • We are learning how our Character Strengths and differences can help us relate. • We are learning more about how to Relate to people. • We are learning all about Active Listening. • We are learning how Relating to other people helps us to get along with them. • We are learning to think about other people's opinions 	<ul style="list-style-type: none"> • Character Strengths • Relate • Get Along • People • Active Listening • 'Stop, Understand and Consider' 	<p>Caring friendships 2. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.</p> <p>Caring friendships 3. That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.</p>
<p>Engage x 4 Lessons</p>	<ul style="list-style-type: none"> • We are learning what Engage means. • We are recapping which habits we have learnt to help us feel good. • We are learning how we can achieve our goals when we feel good. • We are learning how to set goals • We are learning how to stay focused when things get tough and don't go as planned. • We are learning about the importance of believing in ourselves and how this helps us to be our best self. • We are recapping everything we have learnt this year. • We are thinking about how we can share our learnings with other people. 	<ul style="list-style-type: none"> • Engage • Activity • Goal • Goal Setting • Feel Good • Do Good • Believe to Achieve • Happy Breathing • Team H-A-P, Habits 	

Yasmin and Tom Curriculum:

	Learning Objectives	Key Vocabulary	Department of Education (DFE) Statutory Statements for Primary Schools
Lesson 1: Introducing Yasmin and Tom	<ul style="list-style-type: none"> Describe some ways that boys and girls are similar or the same. Know that there is more than one way to be a boy and more than one way to be a girl. 	<ul style="list-style-type: none"> Differences Gender Similar Stereotypes 	Respectful, kind relationships 5. That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.
Lesson 2: Friendships and feelings	<ul style="list-style-type: none"> Describe what makes a good friend. Identify when friendship feels good. Describe how to solve a problem when a friendship goes wrong. 	<ul style="list-style-type: none"> Friendship Sad Empathy 	Caring friendships 1. How important friendships are in making us feel happy and secure, and how people choose and make friends. 2. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.
Lesson 3: Different families	<ul style="list-style-type: none"> Identify different types of families. Describe a similarity and difference between different types of families. 	<ul style="list-style-type: none"> Difference Families Family diversity Similarities 	Families and people who care for me 3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
Lesson 4: My brilliant body	<ul style="list-style-type: none"> Explain that all bodies are different. Say what is brilliant about our body. Explain what to do if someone says mean things about someone's body. Describe how to get help. 	<ul style="list-style-type: none"> Differences Similarities 	Science Curriculum

Lesson 5: Keeping safe	<ul style="list-style-type: none"> • Recognise when a situation is safe or unsafe. • Describe some ways that we can keep safe. 	<ul style="list-style-type: none"> • CEOP- Part of the crime agency that protects children • Help • NSPCC • Online • Safe • Unsafe 	<p>Online safety and Awareness</p> <p>1. That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the Online safety and awareness importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.</p> <p>Being Safe</p> <p>5. How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.</p>
Lesson 6: Sleeping well	<ul style="list-style-type: none"> • Know how important it is to get good quality sleep. • Know how to develop a routine before bedtime. 	<ul style="list-style-type: none"> • Relaxing • Routine • Sleep 	<p>Health protection and prevention</p> <p>3. The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.</p>
Lesson 7: Keeping clean	<ul style="list-style-type: none"> • Explain why it is important to keep clean. • Give two examples of things to keep ourselves clean at home and school. 	<ul style="list-style-type: none"> • Bacteria • Germs • Hygiene • viruses 	<p>Health protection and prevention</p> <p>5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>
Lesson 8: Safety in the sun	<ul style="list-style-type: none"> • Know how to protect ourselves when it is sunny. • Understand what happens if we don't protect ourselves in the sun. 	<ul style="list-style-type: none"> • protect • sunscreen • UV light 	<p>Health protection and prevention</p> <p>2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p>
Lesson 9: Good Manners	<ul style="list-style-type: none"> • Understand the practice of using good manners and being courteous to others. 	<ul style="list-style-type: none"> • Please • Thank you 	<p>Respectful, kind relationships</p> <p>7. The importance of courtesy and manners</p>

Additional Online Safety lesson: Is it ok to...

Special Themed Weeks:

- Welcome back to school- Look at class charter, Zones of Regulation
- Anti-Bullying Week
- Children In Need
- Children's Mental Health Week
- Safer Internet Day

- Comic Relief