

Year Three Overview

My Happy Mind

	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 how our brain and mind work together. • We are learning what Neuroplasticity is. • We are learning more about the Team in our brain, Team H-A-P. • We are learning about the role of the Amygdala. • We are learning how to train your brain. • We are learning why the Amygdala behaves the way it does • We are learning how the brain is structured. • We are learning what Neurons and Neural Pathways are. • We are learning how to look after our brains. • We are learning that Happy Breathing is a key way to look after our brains. 	<ul style="list-style-type: none"> • Brain cells • Hippocampus- Stores memories • Amygdala- keeps us safe from danger • Prefrontal Cortex- helps us to make decision and solve problems • Happy Breathing • Neuroplasticity • Fight, Flight and Freeze • Mind • Focus • Neuron • Neural • Pathway 	
Celebrate x 4 Lessons	<ul style="list-style-type: none"> • We are learning what character is • We are learning where our character comes from. • We are learning which Character Strengths we have. • We are learning which strengths we use the most. • We are learning why it is important to use our strengths. • We are learning what Character Strengths we use the most. • We are learning why it is important to use our strengths. • We are learning how you can use your strengths in difficult situations. • We are learning we can grow our strengths. 	<ul style="list-style-type: none"> • Character Strengths • Love and Kindness • Bravery and Honesty Exploring and Learning • Teamwork and Friendship Love of Life and Our World • Unique, Special • Strengths Spotting • Neuroplasticity • Team HAP • Genetics 	
Appreciate x 3 Lessons	<ul style="list-style-type: none"> • We are learning what appreciation means. • We are learning why gratitude is important. • We are learning how to develop an Attitude of Gratitude. 	<ul style="list-style-type: none"> • Appreciate • Grateful • Thankful • Wheel of Gratitude • Ourselves 	Families and people who care for me 1. That families are important for children growing up safe and happy because they can provide love, security and stability.

	<ul style="list-style-type: none"> • We are learning how it feels to give and receive gratitude. • We are learning how to continue to think about Gratitude and build our habit. • We are learning which hormone gets released when we give or receive Gratitude. • We are learning how to appreciate ourselves. • We are learning about how we can use our Character Strengths to appreciate ourselves. 	<ul style="list-style-type: none"> • Others • Experiences • Team H-A-P • Happy Breathing • Dopamine • Attitude of Gratitude • Neuroplasticity 	<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, 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</p> <p>1. How important friendships are in making us feel happy and secure, and how people choose and make friends.</p>
Relate x 3 lessons	<ul style="list-style-type: none"> • We are learning how to understand and celebrate our differences. • We are learning what Stop, Understand and Consider means and how it can help. • We are learning how to better understand differences. • We are learning how seeing things from a different perspective can get easier • We are learning what makes a good friend. • We are learning how friends help us solve problems. • We are learning how Active Listening can help us to relate with others. 	<ul style="list-style-type: none"> • Character Strengths • Relate • Get Along • People • Active Listening • 'Stop, Understand and Consider' • Team HAP • Friendships • Relationships • Differences • Happy Breathing 	<p>Caring friendships</p> <p>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>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>
Engage x 4 Lessons	<ul style="list-style-type: none"> • We are learning about what activities we engage in. • We are learning how to feel good. • We are learning how we can feel good and do good. • We are learning what Big Dream Goals are. • We are learning how perseverance and resilience help us. • We are learning how to stay keep focussed our goals. • We are recapping everything we have learnt about ourselves this year. • We are reflecting on how positive habits help us to be at our best. 	<ul style="list-style-type: none"> • Engage • Activity • Goal • Goal Setting • Feel Good • Do Good • Believe to Achieve • Happy Breathing • Habits • Perseverance • Resilience • Big Dream Goals 	

Yasmine and Tom Curriculum:

	Learning Objectives	Key Vocabulary	Depart of Education (DFE) Statutory Statements for Primary Schools
Lesson 1: Yasmine and Tom recap and ground rules for Year 3	<ul style="list-style-type: none"> • Contribute to small group discussions. • Identify one person we can talk with about growing up. 	<ul style="list-style-type: none"> • Boundary • Differences • Similar • Stereotypes 	Families and people who care for me 1. That families are important for children growing up safe and happy because they can provide love, security and stability. 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, the importance of spending time together and sharing each other's lives. 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 2: Me, myself and I	<ul style="list-style-type: none"> • Show respect to others who are different to me. • Tell you at least one thing I am good at. • Tell you one thing I can do to make myself feel better if I am feeling down. 	<ul style="list-style-type: none"> • Self-conscious • Self-esteem 	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 3: What makes a good friend?	<ul style="list-style-type: none"> • Name two things that make a good friend. • Name two things that would make me think someone is not a good friend. • Explain what I need to do to be a good friend. 	<ul style="list-style-type: none"> • Bullying • Healthy relationship • Relationship • Unhealthy relationship 	Caring friendships 1. How important friendships are in making us feel happy and secure, and how people choose and make friends. 4. The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
Lesson 4: Families and getting on	<ul style="list-style-type: none"> • Name one thing that most families have in common and one way in which families can be different. 	<ul style="list-style-type: none"> • Adoption • Differences • Divorce 	Families and people who care for me

with our families	<ul style="list-style-type: none"> Identify who I talk to if I am worried about anyone or anything in my family. 	<ul style="list-style-type: none"> Families Family diversity Separation Similarities 	<p>4. That stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up.</p> <p>6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>
Lesson 5: My personal and private body parts and keeping safe	<ul style="list-style-type: none"> Label the personal and private parts of bodies. Explain the difference between safe and unsafe touches. Know that no one has the right to touch us in a way that feels unsafe, not even someone in our family. 	<ul style="list-style-type: none"> Nipples Penis Private Testicles Vulva 	<p>Being Safe</p> <p>6. How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.</p> <p>7. How to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>Where to get advice e.g. family, school and/or other sources.</p>
Lesson 6: People who can help us on and offline	<ul style="list-style-type: none"> Identify someone I can ask for help if I need it. Explain what the CEOP reporting symbol means. 	<ul style="list-style-type: none"> CEOP Consent Help NSPCC Online Safe Unsafe 	<p>Being Safe</p> <p>6. How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.</p> <p>7. How to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>Where to get advice e.g. family, school and/or other sources.</p>
Lesson 7: Being safe in the sun	<ul style="list-style-type: none"> Explain the benefits and dangers of the sun. Know how to protect ourselves from the harmful rays of the sun. 	<ul style="list-style-type: none"> Factor SPF Sunscreen UV Light (UV rays) 	<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 8: Hidden sugar	<ul style="list-style-type: none"> • Identify healthier snack choices and explain the reason for their choice. • Interpret food labels to understand sugar content. • Understand what happens if you have a poor diet and the risks involved. 	<ul style="list-style-type: none"> • Healthy diet • Hidden sugar • Poor diet • Tooth decay 	Healthy eating 4. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Lesson 9: Getting physical	<ul style="list-style-type: none"> • Understand the benefits of exercise and how it can help the mind and body. • Know that it is important to exercise every day. 	<ul style="list-style-type: none"> • Benefit • Endorphins • Exercise • Growth mindset • Mood • Serotonin 	Physical health and fitness 1. The characteristics and mental and physical benefits of an active lifestyle.
Lesson 10: PANTS resources	https://learning.nspcc.org.uk/research-resources/schools/pants-teaching		

Additional Online Safety lesson: Autocompleter

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