



Backed by NHS

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, or completing lessons on puberty and sex education not covered by myHappymind Plus.














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.

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> 						<u>myHappymind - Celebrate</u> 									
Spring	<u>myHappymind - Appreciate</u> 			<u>myHappymind - Relate</u> 			<p>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.</p>									
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 					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/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 		Keeping Safe 		Media Literacy and Digital Resilience 	myHappyMind - Relate 			Friendships 		Buffer		<p>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.</p>			
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/P4

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> 			Buffer					
Spring	<u>myHappyMind - Appreciate</u> 		<u>Healthy Lifestyles</u> 		<u>myHappyMind - Relate</u> 			<u>Friendships</u> 	<u>Families and close positive relationships</u> 	<p>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.</p>							
Summer	<u>myHappyMind - Engage</u> 					Buffer			<u>Communities</u> 	<u>Shared responsibilities</u> 	<u>Ourselves, Growing and Changing- Grief</u> 	<u>Ourselves, Growing and Changing- Transition</u> 	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 									Showing respect and managing hurtful behaviour 	myHappyMind - Celebrate 						
Spring	myHappyMind - Appreciate 		First Aid 	Media Literacy and Digital Resilience 	myHappyMind - Relate 			Safe Relationships 	Buffer	<p>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.</p>							
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/P6

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

Click each module title to navigate to the relevant lessons.