myHappymind

NHS
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myHappymind Best Fit Long Term Plan

Introduction

This document will help you implement the myHappymind programme throughout the academic year. It includes a Long-Term Plan showing how the myHappymind modules can fit into your school calendar.

We understand that school timetables can be busy, so buffer weeks have been included to give you greater flexibility. You can use these weeks to catch up on core content or explore the bonus and additional resources available in the Resource Hub.

Looking for more lessons?
Buffer weeks can also provide dedicated time for delivering your PSHE lessons. myHappymind Plus is our additional programme, covering 100% of the PSHE objectives. Together, myHappymind and myHappymind Plus enable you to deliver one lesson from each programme per week, providing comprehensive coverage across wellbeing and PSHE.

To find out more about introducing myHappymind Plus in your school, please contact your Customer Happiness Manager or email hello@myhappymind.org.

We also recommend delivering an assembly at the start of each module. This provides an opportunity to introduce the new module across the school and reflect on learning from the previous one. All module assemblies are available in the Resource Hub.

Nursery

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain						Targeted Course myHappymind Places			myHappymind - Celebrate						
Spring	myHappymind - Appreciate				Buffer		myHappymind - Relate				Buffer					
Summer	myHappymind - Engage				Buffer			Targeted Course Ready To Shine By myHappymind								

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

Click each module title to navigate to the relevant lessons.

Reception/P1

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain *You can also complete our School Readiness Programme - Ready to Shine.						Targeted Course myHappymind Places			myHappymind - Celebrate						
Spring	myHappymind - Appreciate						myHappymind - Relate									
Summer	myHappymind - Engage						Buffer									

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

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					Targeted Course myHappymind Places				Buffer	myHappymind - Celebrate					
Spring	myHappymind - Appreciate					Buffer		myHappymind - Relate			Buffer					
Summer	myHappymind - Engage					Buffer										

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

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					Targeted Course myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate					Buffer		myHappymind - Relate		Buffer						
Summer	myHappymind - Engage					Buffer										

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

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	myHappymind - Meet Your Brain					Targeted Course myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate				Buffer		myHappymind - Relate				Buffer					
Summer	myHappymind - Engage				Buffer											

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

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					Targeted Course myHappymind Places				Buffer	myHappymind - Celebrate					
Spring	myHappymind - Appreciate				Buffer	myHappymind - Relate					Buffer					
Summer	myHappymind - Engage				Buffer											

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

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					Targeted Course myHappymind Places				myHappymind - Celebrate						
Spring	myHappymind - Appreciate				Buffer	myHappymind - Relate				Buffer						
Summer	myHappymind - Engage				Buffer											

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

Click each module title to navigate to the relevant lessons.

Year 6/P7 - Transition at the end of Year

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		Buffer				myHappymind - Relate		Buffer							
Summer	myHappymind - Engage		myHappymind - Be Your Best		myHappymind - Transition Programme (2 sessions a week)							Buffer				

Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.

Click each module title to navigate to the relevant lessons.

Year 6/P7 - Transition throughout the year

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	**Meet Your Brain**			**Meet Your Brain** Year 6 Transition module			myHappymind Places				**Celebrate**		**Celebrate** Year 6 Transition Module			
Spring	**Appreciate**		**Appreciate** Year 6 Transition Module		**Buffer**		**Relate**		**Relate** Year 6 Transition module		**Buffer**		Buffer weeks can be used to catch up on missed lessons or to consolidate learning. See our Resource Hub for **Extra resources:** Additional guides linked to each module containing practical activities. **Bonus Content:** including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	**Assessment Preperation - Be Your Best**					**Buffer**	**Engage**		**Engage** Year 6 Transition module		**Buffer**					

Click each module title to navigate to the relevant lessons.