

St Anne Stanley PSHE Overview 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p><b><u>My Happymind- Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- Our brains</li> <li>- Looking after our brains</li> <li>- Growing our brains</li> <li>- Understanding our brains</li> <li>- Recap on learning</li> <li>- Recap on learning</li> </ul> <p><b><u>My Happymind- Places</u></b></p> <ul style="list-style-type: none"> <li>- Recognise emotions</li> </ul>	<p><b><u>My Happymind- Places</u></b></p> <ul style="list-style-type: none"> <li>- My happy places</li> <li>- Self-regulation strategies</li> </ul> <p><b><u>My Happymind- Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- What are character strengths</li> <li>- Types of character strengths</li> <li>- Using our strengths</li> <li>- Character strengths in the real world</li> <li>- Recap on learning</li> </ul>	<p><b><u>My Happymind- Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- Gratitude for others</li> <li>- Gratitude for experiences</li> <li>- Gratitude for ourselves</li> <li>- Being appreciative</li> <li>- Being thankful</li> <li>- Recap on learning</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Our daily routines</li> </ul>	<p><b><u>My Happymind- Relate</u></b></p> <ul style="list-style-type: none"> <li>- Being a good friend</li> <li>- Active listening</li> <li>- Emotions and friendships</li> <li>- Listening skills</li> <li>- Following rules</li> <li>- Recap on learning</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Keeping ourselves clean</li> </ul>	<p><b><u>My Happymind- Engage</u></b></p> <ul style="list-style-type: none"> <li>- Setting goals</li> <li>- My goals</li> <li>- Perseverance</li> <li>- Our achievements</li> <li>- Celebrating successes</li> <li>- Recap on learning</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Families</li> </ul>	<p><b><u>My Happymind- Plus</u></b></p> <ul style="list-style-type: none"> <li>- Staying healthy</li> <li>- Staying safe</li> <li>- Making friends</li> <li>- Making friends</li> <li>- Different jobs</li> <li>- Responsibilities</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Recap on past lessons</li> </ul>
Year 1	<p><b><u>My Happymind- Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- Our brains</li> <li>- How our brains work</li> <li>- Parts of the brain</li> <li>- Happy breathing</li> <li>- Our best selves</li> </ul> <p><b><u>My Happymind- Places</u></b></p> <ul style="list-style-type: none"> <li>- Recognising emotions</li> <li>- Managing feelings</li> </ul>	<p><b><u>My Happymind- Places</u></b></p> <ul style="list-style-type: none"> <li>- Who can help us?</li> <li>- My happy places</li> </ul> <p><b><u>My Happymind- Plus</u></b></p> <ul style="list-style-type: none"> <li>- How I will help to end bullying</li> </ul> <p><b><u>My Happymind- Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- Celebrating ourselves and others</li> </ul>	<p><b><u>My Happymind- Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- What appreciate means</li> <li>- Showing gratitude to ourselves</li> <li>- Importance of gratitude</li> </ul> <p><b><u>My Happymind- Plus</u></b></p> <ul style="list-style-type: none"> <li>- My healthy hero habits</li> </ul>	<p><b><u>My Happymind- Relate</u></b></p> <ul style="list-style-type: none"> <li>- Good relationships</li> <li>- Active listening</li> <li>- Getting along</li> </ul> <p><b><u>My Happymind- Plus</u></b></p> <ul style="list-style-type: none"> <li>- My family</li> <li>- My support</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Families and care</li> </ul>	<p><b><u>My Happymind- Engage</u></b></p> <ul style="list-style-type: none"> <li>- Feel good/do good</li> <li>- Setting goals</li> <li>- Keeping focussed</li> <li>- Ourselves and others</li> </ul> <p><b><u>My Happymind- Plus</u></b></p> <ul style="list-style-type: none"> <li>- Looking after the environment</li> <li>- My responsibilities in my communities</li> </ul>	<p><b><u>My Happymind- Plus</u></b></p> <ul style="list-style-type: none"> <li>- Changes in me</li> <li>- Handling change</li> <li>- Transitions – my new class</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Staying healthy</li> <li>- Medicines</li> <li>- Who gives us medicines?</li> </ul>

		<ul style="list-style-type: none"> <li>- Types of character strengths</li> <li>- Growing our strengths</li> <li>- Using our strengths</li> </ul>	<ul style="list-style-type: none"> <li>- How to stop germs from spreading</li> <li><b><u>Relationship Education</u></b></li> <li>- Keeping clean</li> <li>- Growing and changing</li> </ul>			
Year 2	<p><b><u>My Happymind-Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- Our brains</li> <li>- How our brains work</li> <li>- Parts of the brain</li> <li>- Happy breathing Our best selves</li> </ul> <p><b><u>My Happymind-Places</u></b></p> <ul style="list-style-type: none"> <li>- Recognising emotions</li> <li>- Managing feelings</li> </ul>	<p><b><u>My Happymind-Places</u></b></p> <ul style="list-style-type: none"> <li>- My happy places</li> </ul> <p><b><u>My Happymind-Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- Celebrating ourselves and others</li> <li>- Types of character strengths</li> <li>- Growing our strengths</li> <li>- Positive feedback</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Differences: Boys and Girls</li> <li>- Differences: Male and female</li> </ul>	<p><b><u>My Happymind-Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- What appreciates means</li> <li>- Showing gratitude to ourselves</li> <li>- Importance of gratitude</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Keeping safe at home</li> <li>- Emergency services</li> <li>- Staying safe online</li> </ul> <p><b><u>My Happymind-Relate</u></b></p> <ul style="list-style-type: none"> <li>- Our differences</li> </ul>	<p><b><u>My Happymind-Relate</u></b></p> <ul style="list-style-type: none"> <li>- Relating to people</li> <li>- Active listening</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- What makes a good friend?</li> <li>- Disagreements with friends</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Naming the body parts</li> <li>- Risks</li> </ul>	<p><b><u>My Happymind-Engage</u></b></p> <ul style="list-style-type: none"> <li>- Feel good/do good</li> <li>- Setting goals</li> <li>- Keeping focussed</li> <li>- Ourselves and others</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Keeping secrets</li> <li>- Feeling unsafe</li> </ul>	<p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- My needs and wants</li> <li>- My future job</li> <li>- Growing and changing</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Risk</li> <li>- Hazardous substances</li> <li>- Safety rules</li> </ul>
Year 3	<p><b><u>My Happymind-Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- Our brains</li> <li>- Inside our brains</li> <li>- Train your brain</li> </ul>	<p><b><u>My Happymind-Places</u></b></p> <ul style="list-style-type: none"> <li>- My trusted adults</li> <li>- My happy places</li> </ul>	<p><b><u>My Happymind-Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- What is gratitude</li> <li>- Showing gratitude</li> </ul>	<p><b><u>My Happymind-Relate</u></b></p> <ul style="list-style-type: none"> <li>- Developing good relationships</li> </ul>	<p><b><u>My Happymind-Engage</u></b></p> <ul style="list-style-type: none"> <li>- Feeling good/doing good</li> <li>- Setting goals</li> </ul>	<p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Communities</li> <li>- Shared responsibilities</li> </ul>

	<ul style="list-style-type: none"> <li>- Structure of the brain</li> <li>- Looking after our brain</li> </ul> <p><b><u>My HappyMind-Places</u></b></p> <ul style="list-style-type: none"> <li>- Exploring emotions</li> <li>- My happy places</li> </ul>	<p><b><u>My HappyMind-Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- My character</li> <li>- Our character strengths</li> <li>- Using character strengths</li> <li>- Growing our strengths</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Differences: Male and female</li> </ul>	<ul style="list-style-type: none"> <li>- An attitude of gratitude</li> <li>- Developing appreciative habits</li> </ul> <p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Healthy food choices</li> <li>- Healthy habits</li> </ul>	<ul style="list-style-type: none"> <li>- Understanding our differences</li> <li>- Building friendships</li> <li>- Active listening</li> </ul> <p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Friendships</li> <li>- Families and positive relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Perseverance and resilience</li> <li>- Ourselves and others</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Personal space</li> <li>- Family Differences</li> </ul>	<ul style="list-style-type: none"> <li>- Growing and changing-grief</li> <li>- Growing and changing-transition</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Why people smoke</li> <li>- Physical effects of smoking</li> <li>- No smoking</li> </ul>
Year 4	<p><b><u>My HappyMind – Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- Our brains and mind</li> <li>- Train your brain</li> <li>- Structure of the brain</li> <li>- Looking after our brain</li> </ul> <p><b><u>My HappyMind-Places</u></b></p> <ul style="list-style-type: none"> <li>- Exploring emotions</li> <li>- My happy place</li> <li>- My trusted adults</li> </ul>	<p><b><u>My HappyMind-Place</u></b></p> <ul style="list-style-type: none"> <li>- Creating happy places</li> </ul> <p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Showing respect and managing behaviour</li> </ul> <p><b><u>My HappyMind-Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- My Character</li> <li>- Character Strengths</li> <li>- Types of strengths</li> <li>- Growing strengths</li> </ul>	<p><b><u>My HappyMind-Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- What is gratitude</li> <li>- Showing gratitude</li> <li>- An attitude of gratitude</li> <li>- Developing appreciative habits</li> </ul> <p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- First aid</li> <li>- Media literacy and digital resilience</li> </ul> <p><b><u>My HappyMind-Relate</u></b></p> <ul style="list-style-type: none"> <li>- We are all different</li> </ul>	<p><b><u>My HappyMind-Relate</u></b></p> <ul style="list-style-type: none"> <li>- Understanding our differences</li> <li>- Building friendships</li> <li>- Active listening</li> </ul> <p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Safer relationships</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Growing and changing</li> <li>- What is puberty?</li> <li>- Puberty changes</li> </ul>	<p><b><u>My HappyMind-Engage</u></b></p> <ul style="list-style-type: none"> <li>- Feeling good/doing good</li> <li>- Setting goals</li> <li>- Perseverance and resilience</li> <li>- Ourselves and others</li> </ul> <p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Keeping safe</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Effects of alcohol</li> </ul>	<p><b><u>My HappyMind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Economic wellbeing</li> <li>- Good spending choices</li> <li>- Future jobs</li> <li>- Ourselves-growing and changing</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Risks of alcohol</li> <li>- Limits to drinking alcohol</li> </ul>

<p>Year 5</p>	<p><b><u>My Happymind – Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- Our brains and mind</li> <li>- Happy breathing</li> <li>- Habits</li> <li>- A healthy brain</li> <li>- Keeping our brains healthy</li> </ul> <p><b><u>My Happymind- Places</u></b></p> <ul style="list-style-type: none"> <li>- Exploring emotions</li> <li>- My happy place</li> </ul>	<p><b><u>My Happymind- Place</u></b></p> <ul style="list-style-type: none"> <li>- My trusted adults</li> <li>- Creating happy places</li> </ul> <p><b><u>My Happymind- Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- My Character</li> <li>- Character Strengths</li> <li>- Types of strengths</li> <li>- Using character strengths</li> <li>- Growing strengths</li> </ul>	<p><b><u>My Happymind- Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- What is gratitude</li> <li>- Showing gratitude</li> <li>- An attitude of gratitude</li> <li>- Developing appreciative habits</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Bacteria and viruses</li> <li>- Identifying signs of illness</li> </ul> <p><b><u>My Happymind- Relate</u></b></p> <ul style="list-style-type: none"> <li>- We are all different</li> </ul>	<p><b><u>My Happymind- Relate</u></b></p> <ul style="list-style-type: none"> <li>- Understanding our differences</li> <li>- Building friendships</li> <li>- Active listening</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Friendships</li> <li>- Families and close positive relationships</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Puberty</li> <li>- Changes</li> <li>- Male and female changes</li> </ul>	<p><b><u>My Happymind- Engage</u></b></p> <ul style="list-style-type: none"> <li>- Feeling good/doing good</li> <li>- Setting goals</li> <li>- Working in a team</li> <li>- Ourselves and others</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Puberty and hygiene</li> <li>- Legal and illegal drugs</li> </ul>	<p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Keeping track of money</li> <li>- Future careers</li> <li>- Setting goals</li> <li>- Growing and changing-grief</li> <li>- Growing and changing-transition</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Attitudes to drugs</li> <li>- Peer pressure</li> </ul>
<p>Year 6</p>	<p><b><u>My Happymind- Meet Your Brain</u></b></p> <ul style="list-style-type: none"> <li>- How our brain works</li> <li>- Looking after our brains</li> <li>- Developing healthy habits</li> </ul>	<p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Children’s rights</li> <li>- Debate preparation</li> <li>- Respect/Managing hurtful behaviour</li> <li>- Challenging stereotypes</li> </ul>	<p><b><u>My Happymind- Appreciate</u></b></p> <ul style="list-style-type: none"> <li>- Gratitude</li> <li>- Sharing gratitude</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- First aid-calling 999</li> <li>- Drugs, alcohol and tobacco</li> <li>- Digital resilience</li> <li>- Staying safe online</li> </ul>	<p><b><u>My Happymind- Relate</u></b></p> <ul style="list-style-type: none"> <li>- Active listening</li> <li>- Getting along with others</li> </ul> <p><b><u>My Happymind-Plus</u></b></p> <ul style="list-style-type: none"> <li>- Economic wellbeing</li> </ul>	<p><b><u>My Happymind- Engage</u></b></p> <ul style="list-style-type: none"> <li>- Good habits</li> <li>- Goal setting</li> </ul> <p><b><u>My Happymind-Be Your Best</u></b></p> <ul style="list-style-type: none"> <li>- Creating a positive mindset</li> <li>- Getting mentally fit</li> </ul>	<p><b><u>My Happymind- Transition Programme (in preparation for secondary school)</u></b></p> <ul style="list-style-type: none"> <li>- Meet Your Brain</li> <li>- Celebrate</li> <li>- Appreciate</li> <li>- Relate</li> <li>- Engage</li> </ul>

	<p><b><u>My Happy Mind- Places</u></b></p> <ul style="list-style-type: none"> <li>- Exploring emotions</li> <li>- My happy place</li> <li>- My trusted adults</li> <li>- Creating happy places</li> </ul>	<p><b><u>My Happy Mind- Celebrate</u></b></p> <ul style="list-style-type: none"> <li>- Character strengths</li> <li>- Virtues and strengths</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Puberty</li> </ul>	<ul style="list-style-type: none"> <li>- Digital resilience – Online information</li> </ul>	<p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Understanding relationships</li> <li>- Pregnancy</li> <li>- Communicating in relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Remembering who YOU are</li> </ul> <p><b><u>Relationship Education</u></b></p> <ul style="list-style-type: none"> <li>- Dangers of cannabis</li> <li>- Substance abuse and advice</li> </ul>	
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