

PSHE and RSE Long Term Plan 2025-2026

EYFS							
Cycle A 2025-2026		Autumn		Spring		Summer	
Kapow EYFS themes		Self-regulation		Building relationships		Managing self	
Happy Mind		Meet your brain	Celebrate	Appreciate	Relate	Engage	
Nursery	Happy Mind Nursery planning	<p>What the brain looks like The role of the brain The importance of looking after our brain STORY- BERTY AND BETTY’S PLAY DATE</p> <p>LEARNING ACTIVITIES-6</p>	<p>How Character Strengths make us unique and special Celebrate difference STORY- CHARLIE'S RAINBOW ADVENTURE</p> <p>LEARNING ACTIVITIES- 5</p>	<p>What appreciation is How to show gratitude STORY-ARABELLA AND HER FRIENDS AT THE SEASIDE</p> <p>LEARNING ACTIVITIES- 6</p>	<p>The importance of listening to others How to develop good listening skills STORY- OSCAR'S MAGNIFICENT EARS</p> <p>LEARNING ACTIVITIES-5</p>	<p>What Goal Setting is Why goals are important STORY-ERNIE'S BIRTHDAY TREE</p> <p>LEARNING ACTIVITIES- 5</p>	
Reception	Kapow and Happy Mind Reception planning	<p>L1 what our brain looks like. What our brain helps us with L2 How to look after our brain. L3 How we can grow our brains 3 LESSONS</p>	<p>L1 Learn what Character Strengths are. This will also be referred to as their superpowers .We are learning about the Love and Kindness Strength. L2 Learn about the Character Strengths of Bravery and Honesty, and Teamwork and Friendship. L3 Learn about the Character Strengths Exploring and Learning, and Love of Life and Our World.</p> <p>3 LESSONS</p> <p>My feelings: L1 Identifying my feelings L3 Coping strategies</p>	<p>L1 How to be grateful for other people. How being grateful makes you feel. L2 Learn to be grateful for activities and times we feel happy about. L3 Learn how to be grateful for ourselves.</p> <p>3 LESSONS</p> <p>Special relationships: L2 Special people L3 Sharing L4 I am unique L6 Similarities and differences</p>	<p>L1 How to be a good friend. Why getting along with others is so important. L2 Why listening is so important. What Active Listening is. L3 Learn about our emotions and how it feels when we are not getting along with others</p> <p>3 LESSONS</p> <p>My family and friends: L1 Festivals L2 Sharing L3 What makes a good friend</p>	<p>L1 What goals are. How to set goals. L2 What Big Dream Goals are. L3 What to do when goals are tricky.</p> <p>3 LESSONS</p> <p>Taking on challenges: L1 Why do we have rules? L2 Building towers L5 Team races 3 LESSONS</p>	<p>My wellbeing: L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthily 3 LESSONS</p>

			L4 Emotional adjectives L5 Facial expressions 4 LESSONS	4 LESSONS	L4 Being a good friend 4 LESSONS		
KS1 and KS2							
Cycle A 2025-2026		Autumn		Spring		Summer	
Kapow KS1 and KS2 Themes		Family and Friendships		Health and Wellbeing	Safety and the changing body	Citizenship	Economic wellbeing Identity (Yr 6 only)
Happy Mind KS1 and KS2 Themes		Meet your brain	Celebrate	Appreciate	Relate	Engage	
Year 1	Year 1 Kapow and Happy Mind planning	<p>L1 What our brain looks like and how it helps us. We are learning that the brain has 3 parts.</p> <p>L2 How our brains help us. What Neuroplasticity is. How Team H-A-P help us be our best self.</p> <p>L3 What happens when Team H-A -P is happy and sad. How you can help Team H-A -P</p> <p>L4 Happy Breathing and how it helps us. How our brain can react differently in different situations</p> <p>L5 Recapping and thinking about how we can use our new knowledge</p> <p>5 LESSONS</p>	<p>L1 What character is. How character makes us special.</p> <p>L2 Why is important to use our strengths</p> <p>L3 Types of Character Strengths that we use most. Why it is important to use our strengths</p> <p>L4 How to use our strengths even more. Which strengths we use the most.</p> <p>4 LESSONS</p> <p>L1 What is family?</p> <p>L2 What are friendships? L5 Friendship problems</p> <p>L6 Healthy friendships</p> <p>L7 Gender stereotypes</p> <p>5 LESSONS</p>	<p>L1 What Appreciate means. We are learning ways to show appreciation. Who we are grateful for.</p> <p>L2 How important showing gratitude is. How gratitude makes us feel. How to show appreciation to ourselves</p> <p>L3 We are learning about Gratitude for Experiences. Why gratitude makes us feel good</p> <p>3 LESSONS</p> <p>L1 Understanding my emotions</p> <p>L3 Ready for bed L5 Handwashing & personal hygiene</p> <p>L6 Sun safety</p> <p>L7 Allergies</p>	<p>L1 What Relate means. How our Character Strengths and differences can help us relate</p> <p>L2 How to Relate to people. We are learning all about Active Listening.</p> <p>L3 How Relating to other people helps us to get along with them. Think about other people's opinions</p> <p>3 LESSONS</p> <p>L1 Adults in school</p> <p>L2 Adults outside school</p> <p>L4 Making an emergency phone call</p> <p>L5 Appropriate contact</p> <p>L6 Safety with substances</p>	<p>L1 What Engage means. We are recapping which habits we have learnt to help us feel good.</p> <p>L2 How we can achieve our goals when we feel good. How to set goals.</p> <p>L3 How to stay focused when things get tough and don't go as planned. The importance of believing in ourselves and how this helps us to be our best self.</p> <p>L4 We are thinking about how we can share our learnings with other people.</p> <p>4 LESSONS</p> <p>L1 Rules</p> <p>L4 Similar, yet different</p>	<p>L1 What is money?</p> <p>L4 Saving and spending</p> <p>2 LESSONS</p>

				4 LESSONS	5 LESSONS	2 LESSONS	
Year 2	Year 2 Kapow and Happy Mind planning	<p>L1 What our brain looks like and how it helps us. We are learning that the brain has 3 parts.</p> <p>L2 How our brains grow. What Neuroplasticity is. How Team H-A-P helps us be our best self.</p> <p>L3 Which emotions might impact Team H-A-P. How you can help Team H-A-P</p> <p>L4 How Happy Breathing helps us. We are learning that our brain reacts differently indifferent situations. How Neuroplasticity can help Happy Breathing.</p> <p>L5 We will be recapping and thinking about how we can use our new knowledge</p> <p>5 LESSONS</p>	<p>L1 We are learning all about character and why it matters.</p> <p>L2 Which Character Strengths we use the most. Why it's important to use Character Strengths</p> <p>L3 How we can grow our strengths.</p> <p>L4 Sharing your strengths with others and giving positive feedback.</p> <p>4 LESSONS</p> <p>L2 Families are all different</p> <p>L4 Unhappy friendships</p> <p>L5 Introduction to manners and courtesy</p> <p>L6 Change and loss</p> <p>L7 Gender stereotypes: Careers and jobs</p> <p>5 LESSONS</p>	<p>L1 What Gratitude means. How we can show gratitude. Who we may be grateful for</p> <p>L2 Importance of showing gratitude to ourselves. How Gratitude helps Team H-A-P</p> <p>L3 Why it is important to be grateful for experiences.</p> <p>3 LESSONS</p> <p>L1 Experiencing different emotions</p> <p>L5 Developing a growth mindset</p> <p>L6 Healthy diet</p> <p>L7 Looking after our teeth</p> <p>4 LESSONS</p>	<p>L1 How we can have good relationships with other people. How our differences can help us.</p> <p>L2 How we relate with others. How to use our strengths to relate to others</p> <p>L3 We are learning about Active Listening and how it helps us to relate to others</p> <p>L4 We are learning about other people's reactions. How Happy Breathing can help with our friendships</p> <p>4 LESSONS</p> <p>L2 Communicating online</p> <p>L3 Secrets and surprises</p> <p>L4 Appropriate contact: My private parts</p> <p>L5 Appropriate contact: My private parts are private</p> <p>L8 Staying safe with medicine</p> <p>5 LESSONS</p>	<p>L1 How we can use everything that you have learnt to feel good and do good</p> <p>L2 We will be learning when we feel good, we do good. How to set goals</p> <p>L3 How we can keep focused on our goals when things get tough.</p> <p>L4 We are recapping everything we have learnt this year.</p> <p>4 LESSONS</p> <p>L1 Rules beyond school</p> <p>L5 Similar yet different- my local community</p> <p>L7 Giving my opinion</p> <p>3 LESSONS</p>	<p>L2 Exploring needs</p> <p>L3 Exploring wants</p> <p>2 LESSONS</p>

<p>YEAR 3 AND 4 CLASSES</p>	<p>Year 3 Kapow and Happy Mind planning</p>	<p>L1 How our brain and mind work together. What Neuroplasticity is L2 We are learning more about the Team in our brain, Team H-A-P and the role of the Amygdala L3 How to train your brain. Why the Amygdala behaves the way it does L4 How the brain is structured. What Neurons and Neural Pathways are. L5 How to look after our brains. We are learning that Happy Breathing is a key way to look after our brains 5 LESSONS</p>	<p>L1 What character is. We are learning where our character comes from. Which Character Strengths we have. L2 Which strengths we use the most. Why it is important to use our strengths L3 Which strengths we use the most. Why it is important to use our strengths L4 How you can use your strengths in difficult situations. We are learning we can grow our strengths 4 LESSONS</p> <p>L1 Healthy families L2 Friendship conflicts L3 Friendship: conflict vs bullying L5 Learning who to trust L6 Respecting differences in others L7 Stereotyping gender 6 LESSONS</p>	<p>L1 What appreciation means. Why gratitude is important. L2 How to develop an Attitude of Gratitude. How it feels to give and receive gratitude. L3 How to continue to think about Gratitude and build our habit. Which hormone gets released when we give or receive Gratitude L4 How to appreciate ourselves. How we can use our Character Strengths to appreciate ourselves. 4 LESSONS</p> <p>L1 My healthy diary L3 Wonderful me L5 Resilience: breaking down barriers L7 Diet and dental health 4 LESSONS</p>	<p>L1 How to understand and celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help. L2 How to better understand differences. How seeing things from a different perspective can get easier L3 What makes a good friend. How friends help us solve problems L4 How Active Listening can help us to relate with others. 4 LESSONS</p> <p>L1 First Aid: emergencies and calling for help L4 Cyberbullying L7 Influences L8 Keeping safe out and about 4 LESSONS</p>	<p>L1 What activities we engage in. How to feel good. L2 How we can feel good and do good. What Big Dream Goals are L3 How perseverance and resilience help us. How to stay focused on our goals. L4 We are recapping everything we have learnt about ourselves this year. Reflecting on how positive habits help us to be at our best 4 LESSONS</p> <p>L1 Rights of the child L5 Charity L6 Local democracy 3 LESSONS</p>	<p>L2 Budgeting L5 Career quest 2 LESSONS</p>

<p>Year 4 AND 5 CLASS</p>	<p>Year 4 Kapow and Happy Mind planning</p>	<p>L1 How you can train your mind. How your brain can grow. The different parts of our brains L2 We are learning more about how Team H-A-P works. What is real and perceived danger. What triggers our Amygdala. L3 How to calm your Amygdala L4 What Neurons and Neural Pathways are. How to form habits L5 How to look after our brains. We are continuing to develop our Happy Breathing habit. 5 LESSONS</p>	<p>L1 We are learning about character and Character Strengths. Which strengths we use the most. Why it is important to use our Character Strengths L2 Which Character Strengths we use most. Why it is important to use our strengths, How you can use your Character Strengths in difficult situations. L3 Why it is important to use and spot our Character Strengths. How we can use Character Strengths in lots of different ways. L4 How we can grow our strengths. We are learning more about Neuroplasticity and how it helps us. 4 LESSONS L1 Respect and manners L2 Healthy friendship L4 Bullying L6 Stereotypes: Disability L8 Change and loss 5 LESSONS</p>	<p>L1 What appreciation means and the 3 categories of gratitude. Why gratitude is important. How to create a habit of giving gratitude. L2 How to develop an Attitude of Gratitude. How it feels to give and receive gratitude. What the Gratitude Domino Effect is. L3 Which hormone gets released when we give or receive gratitude. How to create a habit of giving gratitude. How gratitude can help us face problems. L4 How to appreciate ourselves. How our Character Strengths can help us to appreciate ourselves. 4 LESSONS L1 Looking after our teeth L3 Celebrating mistakes L5 My happiness L6 Emotions L7 Mental health 5 LESSONS</p>	<p>L1 How to understand and celebrate our differences. What Stop, Understand and Consider means and how it can help. L2 How to better understand differences. How we can use our strengths indifferent ways L3 What makes a good friend. How friends help us solve problems. Why it is important to show gratitude to friends. L4 How Active Listening can help us to relate with others. How Active Listening can help us to Stop, Understand and Consider. 4 LESSONS L1 Internet safety: Age restrictions L2 Share aware L4 Privacy and security L7 Introducing puberty L8 Tobacco 5 LESSONS</p>	<p>L1 What we engage in. How we can help ourselves to feel good. L2 How we can Feel Good and Do Good. What Big Dream Goals are. Why setting goals make us feel so good L3 How perseverance and resilience help us. How to stay focussed on our goals. How we already have the skills of perseverance and resilience L4 Recapping everything we have learnt about ourselves this year. 4 LESSONS L1 What are human rights? L5 Diverse communities 2 LESSONS</p>	<p>L1 Value for money L3 Looking after money 2 LESSONS</p>
<p>YEAR 5 AND 6 CLASSES</p>	<p>Year 5 Kapow and Happy Mind planning</p>	<p>L1 All about our brains. How you can train your mind. How each part of Team H-A-P</p>	<p>L1 We are learning about our Character Strengths and their main types through Virtues. Which strengths we</p>	<p>L1 What appreciation means. Why gratitude is important. How to</p>	<p>L1 How to understand and celebrate our differences. What</p>	<p>L1 The habits we've learnt so far. Learning about what we engage in. We</p>	<p>L4 Risks handling money online 1 LESSON</p>

	<p>YEAR 5 AND 6 SEPERATE FOR SUMMER HAPPY MIND</p>	<p>L2 Why the Amygdala behaves the way it does. What triggers our Amygdala. L3 How to calm our Amygdala. What Neurons and Neural Pathways are. How habits can be formed L4 How to look after our brains. How Happy Breathing is really good for our brains L5 What happens in our brain when we are feeling stressed. The role of Cortisol. How to manage our Cortisol levels 5 lessons</p>	<p>use the most. Why it is important to use our strengths. L2 Exploring the strengths in even more detail. Which strengths we use most. Why it is important to use our strengths. L3 We are learning about the strengths in more detail. How to grow our strengths. How we use our Top 5 Strengths. L4 How we can use our strengths indifferent situations. How strengths help us to be at our best. L5 How our strengths can help us when we are worried about something. 5 lessons</p> <p>L2 Friendship skills L3 Marriage L4 Respecting myself L5 Family life L6 Bullying L8 Stereotypes: Race and religion 6 LESSONS</p>	<p>develop a deeper sense of gratitude L2 What happens when we give and receive gratitude. What the Gratitude Domino Effect is. What 3 things are important to appreciate. L3 Which hormone gets released when we give or receive gratitude. How to create a habit of giving gratitude. How gratitude can help us to face problems. L4 How to appreciate ourselves. The links between Character Strengths and Gratitude for ourselves 4 lessons</p> <p>L2 The importance of rest L5 Taking responsibility for my feelings L6 Healthy meals L7 Sun safety 4 LESSONS</p>	<p>‘Stop, Understand and Consider’ means and how it can help. L2 How to better understand differences. How we can use our strengths in different ways L3 What makes a good friend. How friends help us solve problems. Why it is important to show gratitude to friends L4 How Active Listening can help us to relate to others. How Active Listening can help us to Stop, Understand and Consider. 4 lessons</p> <p>L1 Online friendships L2 Staying safe online L3 Puberty L4 Menstruation L6 First Aid: Bleeding L7 Alcohol, drugs and tobacco: Making decisions 6 LESSONS</p>	<p>are learning how we can feel good L2 How we can Feel Good and Do Good. What Big Dream Goals are. How our feelings affect our engagement levels. L3 How perseverance and resilience help us. How to stay focussed on our goals. How we already have the skills of perseverance and resilience L4 We are bringing our myHappyMind journey to an end for the year. We are recapping on everything we have learnt about ourselves this year 4 lessons</p> <p>YEAR 6 complete 4 lessons from transition planning Relate and Engage Transition: Relate L1 How we make friends. What matters in friendships. How our strengths can help us make friends and keep friends. Relate L2 What friendships are. How friendships are formed. Why</p>	<p>Year 6 only : L2: Identity and body image</p>
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						<p>friendships are so meaningful.</p> <p>Engage L3 What it takes to feel good. How we feel affects what we achieve. How to set goals.</p> <p>Engage L4 To use Goal Setting to support us through transitions. Learning to develop Goal Setting skills and work towards key goals. Learning to make links between Goal Setting and building your strengths.</p> <p>Both classes: L1: Breaking the law L6 Parliament 2 LESSONS</p>	
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2026-2027