

myHappymind Curriculum Progression



Whole-School Approach and Impact

Across all year groups, myHappymind provides a shared language and coherent framework for understanding emotions, behaviour and wellbeing. Learning is reinforced through assemblies, classroom practice, daily routines and adult modelling.

This progression supports pupils' personal development, behaviour and attitudes, contributes to a calm, orderly and inclusive school culture, and enables pupils to develop the emotional literacy and resilience needed to succeed in school and in life.

This document outlines how the myHappymind curriculum is used at Great Bardfield Primary School to support pupils' emotional wellbeing, behaviour and personal development from Reception to Year 6. The progression is informed directly by the myHappymind curriculum framework and its five core modules:

- **Meet Your Brain** (understanding how the brain works and emotional responses)
- **Celebrate** (building self-esteem and positive self-concept)
- **Appreciate** (gratitude, mindfulness and emotional regulation)
- **Relate** (relationships, empathy and social skills)
- **Engage** (motivation, perseverance and positive learning behaviours)

Learning is delivered progressively and consistently, ensuring knowledge, shared language and strategies are revisited and deepened over time, in line with pupils' developmental needs and **RSHE statutory guidance**.

Year Group	Focus:	Key myHappymind strands:	Summary
Reception (EYFS)	Emotional awareness, belonging and early self-regulation	Meet Your Brain Appreciate Relate	Children begin to recognise and name basic emotions and understand that all feelings are normal. Through stories, play and simple routines, pupils learn that their brain helps them think, feel and make choices. They practise early calming strategies, learn how to ask for help and begin to build positive relationships through sharing, turn-taking and kindness.
Year 1	Understanding emotions and managing simple challenges	Meet Your Brain Appreciate Celebrate	Pupils develop a wider emotional vocabulary and begin to understand how their brain reacts to different situations. They are taught simple strategies to help them calm down, focus and keep trying. Children learn to recognise their strengths, celebrate effort and understand how positive behaviour supports learning and friendships.

Year 2	Developing resilience and positive habits	Engage Celebrate Relate	Children build on their understanding of emotions by learning how habits are formed and how effort and practice support success. They explore resilience, managing disappointment and making positive choices. Pupils reflect more independently on their behaviour and learn how kindness, cooperation and respectful behaviour support a positive learning environment.
Year 3	Self-regulation and growing independence	Meet Your Brain Appreciate Engage	Pupils deepen their understanding of how thoughts, feelings and behaviours are connected. They practise a wider range of self-regulation and mindfulness strategies and learn when and how to use them independently. Children develop teamwork skills, empathy and problem-solving in friendships and learning situations.
Year 4	Emotional control and healthy relationships	Relate Appreciate Engage	Pupils learn to manage more complex emotions and social situations, including conflict, stress and peer pressure. They practise respectful communication, emotional control and responsibility for their actions. The curriculum supports pupils to understand the impact of behaviour on themselves and others and to make positive, informed choices.
Year 5	Resilience, self-awareness and peer influence	Celebrate Relate Engage	Children develop a deeper awareness of their emotional responses and personal strengths. They learn strategies to manage pressure, change and increasing independence, including within friendships and group situations. Pupils reflect on how emotions influence behaviour and decision-making and are encouraged to support the wellbeing of others.
Year 6	Emotional maturity, responsibility and transition	Meet Your Brain Appreciate Engage Relate	Pupils consolidate their understanding of emotional wellbeing, resilience and self-regulation in preparation for secondary school. They learn strategies to manage anxiety, increased expectations and change, and understand when and how to seek support. The curriculum promotes confidence, self-discipline and positive mental health, ensuring pupils are well prepared for the next stage of education.

Be Ready – Be Respectful – Be Safe