

Introducing...









What is myHappyMind+?

We're thrilled to share some **BIG** news with you! At myHappyMind, we've been working hard to take our programme to the next level, and we're so excited to introduce **myHappyMind+**. This is our upgraded solution that will cover the **PSHE curriculum for primary schools** in the UK. To complement myHappyMind, the only NHS-endorsed mental health programme in the U.K. and to streamline your costs and subscriptions, **myHappyMind+** will be a game-changer for your school.

Here's what you can look forward to:

-  A comprehensive PSHE curriculum aligned with UK standards
-  Seamless integration with your current myHappyMind subscription
-  Launching in **April 2025**, just in time for the next academic year
-  All of the usual and fabulous interactive features of myHappyMind; made-for-you lessons, games and interactive activities guaranteed to breathe life into your PSHE delivery while saving your teachers time and you money!



myHappymind+ content pillars

myHappymind + is made up of **3 core content pillars** which run alongside the myHappymind core programme:



myHappymind – Core programme



myHappybody - Core Theme 1 - Health & Wellbeing



myHappyrelationships - Core Theme 2- Relationships



myHappyworld - Core Theme 3 - Living in the wider world

By using **myHappymind+**, your school will be compliant with the **Statutory Guidance for Relationships Education**. Additionally, the programme will also teach **non-statutory PSHE objectives**, providing a well-rounded curriculum.

*Please note that **myHappymind+** will not include content on sex education or puberty, which schools will need to source and deliver separately.*



How many lessons will be in myHappymind+?

myHappymind+ modules will be organised by Key Stages, providing you with the flexibility to tailor the objectives and lessons to meet the unique needs of your school.

Key Stage	Number of myHappymind + lessons in total for the Key Stage.	Number of myHappymind lessons	Total Number of lessons for both myHappymind and myHappymind+**
KS1 – Year 1&2	20	Year 1: 19 Year 2: 19	Year 1: 29 Year 2: 29
Lower KS2 – Year 3&4	17	Year 3: 21 Year 4: 21	Year 3: 29 Year 4: 30
Upper KS2 – Year 5&6	17	Year 5: 22 Year 6: 11 *Additional Transition Programme (12 Lessons) *Be Your Best (5 sessions) <i>*These can be completed at a flexible pace and do not need to follow a one-lesson-per-week schedule.</i>	Year 5: 31 Year 6: 36



Coverage

myHappymind

Core programme that teaches children preventive habits to look after their mental health.

myHappyworld

Maps to:

Core Theme 3 -Living in the wider world

Covers:

Shared Responsibilities
Communities
Media literacy and digital resilience
Economic Wellbeing: Money
Economic Wellbeing: Aspirations, work, career

Number of Lessons:

KS1 – 5 Lessons
LKS2 – 6 Lessons
UKS2 – 7 Lessons

myHappybody

Maps to:

Core Theme 1 - Health & Wellbeing

Covers:

Healthy Lifestyles (Physical wellbeing)
Mental Health
Ourselves Growing and changing
Keeping Safe
Drugs, alcohol and tobacco

Number of Lessons:

KS1 – 8 Lessons
LKS2 – 7 Lessons
UKS2 – 6 Lessons



myHappyrelationships

Maps to:

Core Theme 2 - Relationships

Covers:

Families and close positive relationships
Friendships
Managing hurtful behaviour and bullying
Safe relationships
Respecting self and others

Number of Lessons:

KS1 – 7 Lessons
LKS2 – 4 Lessons
UKS2 – 4 Lessons



What will myHappymind+ look like?

myHappymind+ will maintain the same engaging look and feel as the original myHappymind lessons, ensuring consistency and ease of use. Each lesson is fully interactive and ready for teachers to deliver straight away — just like myHappymind!

Comprehensive **lesson plans** accompany every session, providing teachers with the confidence to deliver engaging and effective lessons. Additionally, **worksheet activities** are included, serving as both a chance for students to consolidate their learning and a valuable tool for assessment and evidence gathering.

A detailed **mapping document** will clearly outline where each objective is addressed across the modules, making it easy for teachers to track coverage.

Teachers will also have access to **Long Term Planning** for each year group, helping them seamlessly integrate modules into their annual teaching schedules.



Sample Long Term Planning

Here is an example of how our programmes can be seamlessly integrated into your school year. This mapping demonstrates how both **myHappymind** and **myHappymind+** can be structured across the year to support your curriculum planning. We will provide a best-fit practice of how we suggest you split and teach myHappymind+ across each key stage. This is just a guide and you can split this to fit your school's needs.

Year 1

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- and Transition		Buffer						

Year 2

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		Keeping Safe		Media Literacy and Digital Resilience		myHappymind - Relate		Friendships		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			Safe relationships		Economic Wellbeing		Ourselves, Growing and Changing- and Transition		Buffer						

**Can we see some sample planning before fully committing?**

Yes, sample planning will be available for you to review before committing.

Is it possible to access a Long-Term Plan (LTP) before fully committing?

We can provide an example of an LTP to help you understand the programme structure. However, this is designed to be flexible for your school's needs.

Will myHappymind + cover Sex Education?

No, we will not be covering the objectives linked to sex or puberty. To aid your planning, the only objectives from the PSHE Association Curriculum Framework that will not be covered through myHappymind + are:

KS1- H25 & R13

KS2- H26, H30, H31, H32, H33, H34, H45, R2

All other objectives will be covered in full.

Does the LTP and planning reflect the government's review on RSE and gender questioning?

The programme is regularly reviewed to align with government guidelines, including updates on RSE and gender-related topics. Similarly to Sex Education and in line with the current guidance from the DfE, there will not be lessons or any mention of gender reassignment.

Our school has parents who prefer RSE content to be introduced at specific ages. Does the LTP align with this preference, or are alternative plans available?

The LTP can be adapted to meet your school's needs. We won't be covering any Sex Education objectives but will, however, cover the mandatory Relationships Education objectives.

We use a PSHE scheme that keeps us updated on DfE changes. Will myHappymind+ offer a similar service?

Yes, we will keep you up-to-date with significant changes from the Department for Education (DfE).



Will the lessons remain similar to the current myHappymind lessons, requiring minimal preparation time?

Yes, the lessons are designed to remain consistent in their format, ensuring they are easy to deliver with minimal preparation time. They will be about 30 minutes long.

Can I buy myHappymind + without the original myHappymind subscription?

Unfortunately, you can only purchase myHappymind + alongside your myHappymind subscription. You cannot use myHappymind + on its own. If you do not renew your myHappymind subscription you will lose access to myHappymind +.

Can we have a trial period for the programme?

A trial period won't be available. However, you can access and view a sample lesson and matching plans. Your Customer Happiness Manager will be able to support you with any questions.

When do I have to decide by to receive the special pricing?

We have limited spots for schools to benefit from the hugely reduced pricing before April 2025. Please speak to your Customer Happiness Manager to discuss this and see if spaces are still available!

What happens if my renewal is midway through the year?

We would look to pro-rata this to bring you in line with your myHappymind subscription.

My current PSHE Subscription doesn't expire on 1st April, can I start later?

We are happy for you to start myHappymind + at a time that is convenient to you, both practically and financially, as long as you commit to your start date prior to 1st April.

What is the benefit of signing up to myHappymind before 1st April?

The first 100 schools to sign up for myHappymind + will have a fixed price for life. Any schools joining after this may see a price increase year on year. We encourage you to sign up ASAP to benefit from this amazing offer.

