



## HSL PSHE, RSE and Mind Up Curriculum 2025/ 2026

### Our Vision:

Jesus said: *'I have come that they may have life and have it to the full.'*

Promoting *life-long learning*

Developing *life-giving relationships*

Exploring *life-enhancing faith*

Inspiring *life-enriching aspiration*

Opportunities for *life*

This bespoke, inclusive curriculum is designed to meet the needs of all of our children in our school community.

The programmes we predominantly use are SCARF (Safety, Caring, Achievement, Resilience, Friendship) underpinned with Mind Up.

Additional lessons are drawn from Picture News, The National College, Project Evolve and The Difference Project.



## Nursery

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>Autumn 1:</b> <b>Me and My Relationships</b> <u>SCARF – Mind Up</u>	<u>Marvellous me!</u>  Nursery – Introduction to brain breaks.	<u>I'm special</u>	Mind Up – Getting Focused – Session 1 - How the Brain works	Mind Up – Getting Focused – Session 1 - How the Brain works	Black History Month Mind Up – Getting Focused – Session 2 – Mindful awareness	World Mental Health Day 10th Oct 25  <u>People who are special to me</u>	Mind Up – Getting Focused Session 2 Mindful awareness
<b>Autumn 2:</b> <b>Valuing Difference</b> <u>SCARF – Mind Up</u>	<u>Me and my friends</u>	Anti-bullying week 10-14 <sup>th</sup> Nov Theme: Power For Good	UK Parliament Week 23-30 <sup>th</sup> Nov.	<u>Friends and family</u>	<u>Including everyone</u>	Mind Up – Getting Focused Session 3 – The core practise of controlling your breathing Part 1	Mind Up – Getting Focused Session 3 – The core practise of controlling your breathing Part 2
<b>Spring 1:</b> <b>Keeping Safe</b> <u>SCARF Mind Up</u>	<u>People who help me and keep me safe</u>	Mind Up - Sharpening your senses -Session 4 – Mindful listening	Mind Up -Sharpening your senses - Session 5 – Mindful seeing	<u>Safety Indoors and Outdoors</u>	<u>What's safe to go into my body</u>	Children's Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026	



<p><b>Spring 2:</b>  <b>Rights and Respect</b>  <u>SCARF</u> –  <u>Mind Up</u></p>	<p><u>Looking after myself</u></p>	<p>Vocations:  Careers and Aspirations  Worship</p>	<p><u>Looking after others</u></p>	<p><u>Looking after my environment</u></p>	<p>Mind Up  Sharpening your senses  Session 6  Mindful smelling and  Session 7  Mindful Tasting</p>		
<p><b>Summer 1:</b>  <b>Being My Best</b>  <u>SCARF</u> –  <u>Mind Up</u></p>	<p>Earth Day  Worship  <u>What does my body need?</u></p>	<p><u>I can keep trying</u></p>	<p><u>I can do it!</u></p>				
<p><b>Summer 2:</b>  <b>Growing and Changing</b>  <u>SCARF</u> –  <u>Mind Up</u></p>	<p>Water Safety  Week</p>	<p><u>Growing and changing in nature</u></p>	<p><u>When I was a baby</u></p>	<p><u>Girls, boys and families</u></p>			<p>(PE SESSION?)  Mind Up-  Sharpening your senses  Session 9  Mindful  Movement 1 and 2</p>



## Reception

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <u>SCARF – Mind Up –</u>	<u>All about me</u>  <u>What makes me special</u>	<b>Mind Up – Getting Focused – Session 1 - How the Brain works</b>	<u>Me and my special people</u>	<b>Mind Up – Getting Focused – Session 1 - How the Brain works</b>	Black History Month  <b>Mind Up – Getting Focused – Session 2 – Mindful awareness</b>	World Mental Health Day 10th Oct 25  <u>Who can help me?</u>	<u>My feelings</u>  <u>My feelings (2)</u>
<b>Autumn 2:</b> <b>Valuing Difference</b> <u>SCARF - Mind Up –</u>	<u>I'm special, you're special</u>  <u>Same and different</u>	Anti-bullying week 10-14 <sup>th</sup> Nov Theme: Power For Good	UK Parliament Week 23-30 <sup>th</sup> Nov.	<u>Same and different families</u>  <u>Same and different homes</u>	<u>I am caring</u>  <u>I am a friend</u>	<b>Mind Up – Getting Focused Session 3 – The core practise of controlling your breathing.</b>	<b>Mind Up – Session 4 Mindful Listening.</b>
<b>Spring 1:</b> <b>Keeping Safe</b> <u>SCARF – Mind Up</u>	<u>What's safe to go onto my body</u>	<u>Keeping Myself Safe - What's safe to go into my body (including medicines)</u>	<u>Safe indoors and outdoors</u>	<u>Listening to my feelings</u>	<u>People who help to keep me safe</u>	Children's Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026 <u>Keeping safe online</u>	



<p><b>Spring 2:</b>  <b>Rights and Respect</b>  <u>SCARF – Mind Up –</u></p>	<p><b>Mind Up</b>          -Sharpening your senses          Session 5 – Mindful seeing</p>	<p>Vocations:          Careers and Aspirations          Worship</p> <p><u>Looking after my special people</u></p> <p><u>Looking after my friends</u></p>	<p><u>Being helpful at home and caring for our classroom</u></p> <p><u>Caring for our world</u></p>	<p><u>Looking after money (1): recognising, spending, using</u></p> <p><u>Looking after money (2): saving money and keeping it safe</u></p>	<p><b>Mind Up</b>          Sharpening your senses          Session 6          Mindful smelling</p>		
<p><b>Summer 1:</b>  <b>Being My Best</b>  <u>SCARF – Mind Up –</u></p>	<p><b>Earth Day</b>          Worship  <u>Bouncing back when things go wrong</u></p>	<p><u>Yes, I can!</u></p>	<p><u>Healthy eating</u></p> <p><u>My healthy mind</u></p>	<p><u>Move your body</u></p> <p><u>A good night's sleep</u></p>	<p><b>Mind Up</b>          Sharpening your senses          Session 7          Mindful tasting</p>		
<p><b>Summer 2:</b>  <b>Growing and Changing</b>  <u>SCARF – Mind Up –</u></p>	<p><b>Water Safety</b>          Week  <u>Seasons</u></p>	<p><u>Life stages - plants, animals, humans</u></p> <p><u>Life Stages: Human life stage - who will I be?</u></p>	<p><b>Mind Up-</b>          Sharpening your senses          Session 8 and 9          Mindful Movement 1</p>	<p><u>Where do babies come from?</u></p>	<p><b>Mind Up-</b>          Sharpening your senses          Session 8 and 9          Mindful Movement 2</p>	<p><u>Getting bigger</u></p> <p><u>Me and my body - girls and boys</u></p>	



**Year 1**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <u>SCARF – Mind Up –</u>	<u>Why we have classroom rules</u>  <u>How are you listening?</u>	<b>Mind Up – Getting Focused – Session 1 - How the Brain works</b>	<u>Thinking about feelings</u>  <u>Our feelings</u>	<b>Mind Up – Getting Focused – Session 2 – Mindful awareness</b>	Black History Month  <b>Mind Up – Getting Focused</b>  <b>Session 3 – The core practise of controlling your breathing</b>	World Mental Health Day 10th Oct 25  <u>Feelings and bodies</u>  <u>Good friends</u>	<b>Mind Up -Sharpening your senses -Session 4 – Mindful listening</b>
<b>Autumn 2:</b> <b>Valuing Difference</b> <u>SCARF – Mind Up –</u>	<u>Same or different?</u>	Anti-bullying week 10-14 <sup>th</sup> Nov Theme: Power For Good <u>Unkind, tease or bully?</u>	UK Parliament Week 23-30 <sup>th</sup> Nov.	<u>Harold's school rules</u>	<u>It's not fair!</u>	<u>Who are our special people?</u>  <u>Our special people balloons</u>	<b>Mind Up -Sharpening your senses Session 5 – Mindful seeing</b>
<b>Spring 1:</b> <b>Keeping Safe</b> <u>SCARF – Mind Up –</u>	<u>Super sleep</u>	<u>Who can help? (1)</u>	<u>Good or bad touches?</u>	<u>Sharing pictures</u>  <u>What could Harold do?</u>	<u>Harold loses Geoffrey</u>	Children's Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026	



<p><u>Spring 2:</u> <b>Rights and Respect</b> <u>SCARF –</u> <u>Mind Up –</u></p>	<p><u>Harold has a bad day</u></p>	<p>Vocations: Careers and Aspirations Worship</p> <p><u>Around and about the school</u></p> <p><u>Taking care of something</u></p>	<p><u>Harold's money</u></p> <p><u>How should we look after our money?</u></p>	<p>(PE SESSION?) Mind Up- Sharpening your senses Session 8 Mindful Movement 1</p>	<p><u>Basic first aid</u></p>		
<p><u>Summer 1:</u> <b>Being My Best</b> <u>SCARF –</u> <u>Mind Up –</u></p>	<p>Earth Day Worship</p> <p><u>I can eat a rainbow</u></p> <p><u>Eat well</u></p>	<p><u>Harold's wash and brush up</u></p>	<p><u>Catch it! Bin it! Kill it!</u></p>	<p>Mind Up It's all about attitude Session 10 Perspective Taking</p>	<p><u>Harold learns to ride his bike</u></p>	<p><u>Pass on the praise!</u></p>	
<p><u>Summer 2:</u> <b>Growing and Changing</b> <u>SCARF –</u> <u>Mind Up –</u></p>	<p>Water Safety Week</p> <p><u>Healthy me</u></p>	<p><u>Then and now</u></p> <p><u>Taking care of a baby</u></p>	<p>Mind Up Unit 3: It's all about attitude. Lesson 11 – Choosing Optimism</p>	<p><u>Who can help? (2)</u></p>	<p>Mind Up Unit 3: It's all about attitude – Lesson 12. Appreciating Happy Experiences</p>	<p><u>Surprises and secrets</u></p>	<p><u>Keeping privates private</u></p>



**Year 2**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <b>SCARF –</b> <b>Mind Up –</b>	<u>Our ideal classroom (1)</u>  <u>How are you feeling today?</u>	<b>Mind Up –</b> <b>Getting Focused –</b> <b>Session 1 -</b> <b>How the Brain works</b>	<u>Let's all be happy!</u>  <u>Being a good friend</u>	<b>Mind Up –</b> <b>Getting Focused –</b> <b>Session 2 –</b> <b>Mindful awareness</b>	Black History Month  <u>Types of bullying</u>	World Mental Health Day 10th Oct 25  <u>Don't do that!</u>	<b>Mind Up</b> <b>Sharpening your senses</b> <b>Session 6</b> <b>Mindful smelling</b>
<b>Autumn 2:</b> <b>Valuing Difference</b> <b>SCARF –</b> <b>Mind Up –</b>	<u>What makes us who we are?</u>  <u>My special people</u>	Anti-bullying week 10-14 <sup>th</sup> Nov Theme: Power For Good	UK Parliament Week 23-30 <sup>th</sup> Nov.	<u>How do we make others feel?</u>  <u>When someone is feeling left out</u>	<u>An act of kindness</u>  <u>Solve the problem</u>	<b>Mind Up</b> <b>Sharpening your senses</b> <b>Session 7</b> <b>Mindful tasting</b>	<b>Mind Up-</b> <b>Sharpening your senses</b> <b>Session 9</b> <b>Mindful movement 2</b>
<b>Spring 1:</b> <b>Keeping Safe</b> <b>SCARF –</b> <b>Mind Up –</b>	<u>Harold's picnic</u>	<u>How safe would you feel?</u>	<u>What should Harold say?</u>	<u>I don't like that!</u>	<u>Fun or not?</u>	Children's Mental Health Week. 9-15 <sup>th</sup> Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026 <u>Should I tell?</u>	
<b>Spring 2:</b> <b>Rights and Respect</b> <b>SCARF –</b> <b>Mind Up –</b>	<u>Getting on with others</u>	Vocations: Careers and Aspirations Worship  <u>When I feel like erupting</u>	<u>Feeling safe</u>  <u>Playing games</u>	<u>Harold saves for something special</u>	<u>How can we look after our environment?</u>		





<p><u>Summer 1:</u>  <b>Being My Best</b>  <u>SCARF</u> –  <u>Mind Up</u> –</p>	<p>Earth Day  Worship  <u>You can do it!</u></p>	<p><u>My day</u></p>	<p><u>Harold's postcard - helping us to keep clean and healthy</u></p>	<p><u>Harold's bathroom</u></p>	<p><u>What does my body do?</u></p>	<p><u>Basic first aid</u></p>	
<p><u>Summer 2:</u>  <b>Growing and Changing</b>  <u>SCARF</u> –  <u>Mind Up</u> –</p>	<p>Water Safety  Week  <u>A helping hand</u>  <u>Sam moves away</u></p>	<p>Mind Up  Taking action mindfully  Session 13  Expressing Gratitude</p>	<p><u>Haven't you grown!</u>  <u>My body, your body</u></p>	<p>Mind Up  Taking action mindfully  Session 14  Performing Acts of Kindness</p>	<p><u>Respecting privacy</u>  <u>Some secrets should never be kept</u>  .</p>	<p>Mind Up  Taking action mindfully  Session 15  Taking mindful action in the world</p>	



**Year 3**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <u>SCARF</u> – <u>Mind Up</u> –	<b>Mind Up – Getting Focused</b> – Session 1 - How the Brain works	<b>Mind Up – Getting Focused</b> – Session 2 – Mindful awareness	<b>Mind Up – Getting Focused</b> Session 3 – The core practise of controlling your breathing	<b>Mind Up</b> -Sharpening your senses -Session 4 – Mindful listening	Black History Month  <u>As a rule</u>  <u>Looking after our special people</u>  <u>How can we solve this problem?</u>	World Mental Health Day 10th Oct 25  <u>Friends are special</u>  <u>Thanks</u>  <u>Dan's dare</u>	<b>Mind Up</b> -Sharpening your senses Session 5 – Mindful seeing
<b>Autumn 2:</b> <b>Valuing Difference</b> <u>SCARF</u> – <u>Mind Up</u> – Sharpening your senses	<u>Respect and challenge</u>	Anti-bullying week 10-14 <sup>th</sup> Nov Theme: Power For Good	UK Parliament Week 23-30 <sup>th</sup> Nov.	<u>Family and friends</u>	<u>My community</u>	<u>Our friends and neighbours</u>	<u>Let's celebrate our differences</u> <u>Zeb</u>
<b>Spring 1:</b> <b>Keeping Safe</b> <u>SCARF</u> – <u>Mind Up</u> –	<u>Safe or unsafe?</u>  <u>Danger or risk?</u>	<u>The Risk robot</u>	<u>Super Searcher</u>	<u>Help or harm?</u>  <u>Alcohol and cigarettes: the facts</u>		Children's Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026	



<p><u>Spring 2:</u> <b>Rights and Respect</b> <u>SCARF – Mind Up –</u></p>	<p>(PE Session?) Mind Up – Sharpening your senses Session 8 Mindful movement 1</p>	<p>Vocations: Careers and Aspirations Worship</p> <p><u>Helping each other to stay safe</u></p>	<p><u>Recount task</u></p>	<p><u>Our helpful volunteers</u></p> <p><u>Can Harold afford it?</u></p>	<p><u>Earning money</u></p> <p><u>Harold's environment project</u></p>		
<p><u>Summer 1:</u> <b>Being My Best</b> <u>SCARF – Mind Up –</u></p>	<p>Earth Day Worship</p> <p><u>Derek cooks dinner! (healthy eating)</u></p>	<p><u>Poorly Harold</u></p>	<p><u>Body team work</u></p>	<p><u>For or against?</u></p>	<p><u>I am fantastic!</u></p>	<p><u>Top talents</u></p>	
<p><u>Summer 2:</u> <b>Growing and Changing</b> <u>SCARF – Mind Up –</u></p>	<p>Water Safety Week</p> <p>Mind Up It's all about attitude Session 10 Perspective Taking.</p>	<p><u>Relationship tree</u></p> <p><u>Body space</u></p>	<p>Mind Up It's all about attitude Session 11 Choosing optimism</p>	<p><u>None of your business!</u></p> <p><u>Secret or surprise?</u></p>	<p>Mind Up It's all about attitude Session 12 Appreciating Happy experiences</p>	<p><u>My changing body</u></p> <p><u>Basic first aid</u></p>	



**Year 4**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <b>SCARF –</b> <b>Mind Up –</b>	<b>Mind Up –</b> <b>Getting Focused</b> – Session 1 - <b>How the Brain works</b>	<u>Human machines</u>  <u>Ok or not ok? (part 1)</u>	<b>Mind Up –</b> <b>Getting Focused</b> – Session 2 – <b>Mindful awareness</b>	<u>Ok or not ok? (part 2)</u>  <u>An email from Harold!</u>	Black History Month  <u>Different feelings</u>	World Mental Health Day 10th Oct 25	<u>Under pressure</u>
<b>Autumn 2:</b> <b>Valuing Difference</b> <b>SCARF –</b> <b>Mind Up –</b>	<u>Can you sort it?</u>  <u>What would I do?</u>	Anti-bullying week 10-14 <sup>th</sup> Nov 2025 Theme: Power For Good  <u>The people we share our world with</u>  <u>That is such a stereotype!</u>	UK Parliament Week 24-30 <sup>th</sup> Nov 2025	<b>Mind Up</b> <b>Sharpening your senses</b> Session 6 <b>Mindful smelling</b>	<b>Mind Up</b> <b>Sharpening your senses</b> Session 7 <b>Mindful tasting</b>	<u>Friend or acquaintance?</u>  <u>Islands</u>	<b>Mind Up-</b> <b>Sharpening your senses</b> Session 9 <b>Mindful Movement 2</b>
<b>Spring 1:</b> <b>Keeping Safe</b> <b>SCARF –</b> <b>Mind Up –</b>	<u>Danger, risk or hazard?</u>  <u>How dare you!</u>	<u>Keeping ourselves safe</u>	<u>Raisin challenge (2)</u>	<u>Picture wise</u>		Children’s Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026	



						<u>Medicines: check the label!</u>	
<b>Spring 2:</b> <b>Rights and Respect</b> <u>SCARF – Mind Up</u>	<u>Who helps us stay healthy and safe?</u>  <u>It's your right</u>	<b>Vocations:</b> Careers and Aspirations Worship  <u>How do we make a difference?</u>	<u>In the news!</u>	<u>Safety in numbers</u>	<u>Why pay taxes?</u>		
<b>Summer 1:</b> <b>Being My Best</b> <u>SCARF – Mind Up –</u>	Earth Day Worship  <u>What makes me ME!</u>	<u>Making choices</u>	<u>SCARF hotel</u>	<u>Harold's Seven Rs</u>	<u>My school community (1)</u>	<u>Basic first aid</u>	
<b>Summer 2:</b> <b>Growing and Changing</b> <u>SCARF – Mind Up –</u>	Water Safety Week Worship  <u>Moving house</u>	<u>My feelings are all over the place!</u>	<u>All change!</u>	<u>Preparing for changes at puberty</u>	<u>Secret or surprise?</u>  <u>Together</u>	Mind Up  Taking action mindfully  Session 13  Expressing Gratitude & Session 14 Acts of Kindness	Mind Up  Taking action mindfully  Session 15 Taking mindful action in the world



**Year 5**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <u>SCARF – Mind Up –</u>	<b>Mind Up –Getting Focused – Session 1 - How the Brain works</b>	<u>Collaboration Challenge!</u>  <u>Give and take</u>	<u>How good a friend are you?</u> <u>Relationship cake recipe</u>	<b>Mind Up –Getting Focused – Session 2 – Mindful awareness</b>	Black History Month-  <u>Our emotional needs</u>	World Mental Health Day 10th Oct 25 <b>Mind Up – Getting Focused Session 3 – The core practise of controlling your breathing. (link to well- being and Mental Health).</b>	<u>Being assertive</u>
<b>Autumn 2:</b> <b>Valuing Difference</b> <u>SCARF – Mind Up –</u>	<u>Qualities of friendship</u>  <u>Kind conversations</u>	Anti-bullying week 10-14 <sup>th</sup> Nov Theme: Power For Good	UK Parliament Week 23-30 <sup>th</sup> Nov.	<u>Happy being me</u>  <u>The land of the Red People</u>	<b>Mind Up -Sharpening your senses Lesson 4 Mindful Listening</b>	<b>Mind Up -Sharpening your senses Session 5 – Mindful seeing</b>	<u>Is it true?</u>  <u>Stop, start, stereotypes</u>
<b>Spring 1:</b> <b>Keeping Safe</b> <u>SCARF – Mind Up –</u>	<u>Spot bullying</u>	<u>Play, like, share</u>	<u>Decision dilemmas</u>	<u>Ella's diary dilemma</u>	<u>Vaping: healthy or unhealthy?</u>	Children's Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026	



						<u>Would you risk it?</u>	
<b>Spring 2:</b> <b>Rights and Respect</b> <u>SCARF – Mind Up –</u>	<u>What's the story?</u>  <u>Fact or opinion?</u>	Vocations: Careers and Aspirations Worship  <u>Mo makes a difference</u>	<u>Rights, respect and duties</u>	<u>Spending wisely</u>  <u>Lend us a fiver!</u>	(PE Session?) Mind Up – Sharpening your senses Session 8 Mindful movement 1		
<b>Summer 1:</b> <b>Being My Best</b> <u>SCARF – Mind - Up</u>	Earth Day Worship  <u>It all adds up!</u>	<u>Different skills</u>	<u>My school community (2)</u>	<u>Independence and responsibility</u>	<u>Star qualities?</u>	<u>Basic first aid, including Sepsis Awareness</u>	
<b>Summer 2:</b> <b>Growing and Changing</b> <u>SCARF – Mind Up –</u>	Water Safety Week Worship  <u>How are they feeling?</u>	<u>Taking notice of our feelings</u>	<u>Dear Ash</u>	<u>Growing up and changing bodies</u>  <u>Changing bodies and feelings</u>	Session 12 Appreciating Happy Experiences  <u>Is this normal?</u>	<u>Making babies (Non-statutory)</u>	



## Year 6

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
<b>Autumn 1:</b> <b>Me and My Relationships</b> <u>SCARF – Mind Up</u>	<u>Mind Up – Getting Focused – Session 1 - How the Brain works</u>	<u>Working together</u>  <u>Solve the friendship problem</u>	<u>Behave yourself</u>  <u>Assertiveness skills</u>	<u>Don't force me</u>	Black History Month  <u>Mind Up – Getting Focused – Session 2 – Mindful awareness</u>	World Mental Health Day 10th Oct 25	<u>Acting appropriately</u>
<b>Autumn 2:</b> <b>Valuing Difference</b> <u>SCARF – Mind Up</u>	<u>OK to be different</u>	Anti-bullying week 10-14 <sup>th</sup> Nov 2025 Theme: Power For Good	UK Parliament Week 24-30 <sup>th</sup> Nov 2025	<u>We have more in common than not</u>	<u>Respecting differences</u>  <u>Tolerance and respect for others</u>	<u>Advertising friendships!</u>	<u>Boys will be boys? - challenging gender stereotypes</u>
<b>Spring 1:</b> <b>Keeping Safe</b> <u>SCARF – Mind Up</u>	<u>Think before you click!</u>  <u>To share or not to share?</u>	<u>Rat Park</u>	<u>What sort of drug is...?</u>	<u>Drugs: it's the law!</u>	<u>Alcohol: what is normal?</u>	Children's Mental Health Week. 9-15th Feb 2026  Safer Internet Day: Feb 10 <sup>th</sup> 2026	
<b>Spring 2:</b> <b>Rights and Respect</b> <u>SCARF –</u>	<u>Two sides to every story</u>  <u>Fakebook friends</u>	<u>Vocations: Careers and Aspirations</u> <u>Worship</u>	<u>Happy shoppers - caring for the environment</u>	<u>Democracy in Britain 1 - Elections</u>	<u>Democracy in Britain 2 - How (most) laws are made</u>		





<a href="#">Mind Up</a>		<a href="#">What's it worth?</a>					
<b>Summer 1:</b> <b>Being My Best</b> <b>SCARF –</b> <b>Mind - Up</b>	<b>Earth Day Worship</b>  <a href="#">This will be your life!</a>  <a href="#">Our recommendations</a>	<b>Mind Up- Sharpening your senses</b> <b>Session 7</b> <b>Mindful smelling and Tasting.</b>  <b>(Carry out as part of PE session).</b> <b>Mind Up- Sharpening your senses</b> <b>Session 9</b> <b>Mindful Movement 2</b>	<a href="#">What's the risk? (1)</a>  <a href="#">What's the risk? (2)</a>	<b>SATS week</b> <b>Mindfulness breathing and awareness/stress /anxiety calming measures (SATS)</b>	<a href="#">Basic first aid, including Sepsis Awareness</a>	<a href="#">Five Ways to Wellbeing project</a>	
<b>Summer 2:</b> <b>Growing and Changing</b> <b>SCARF –</b> <b>Mind Up –</b>	<b>Water Safety Week Worship</b>  <a href="#">I look great!</a>	<a href="#">Media manipulation</a>  <a href="#">Pressure online</a>	<a href="#">Helpful or unhelpful?</a> <a href="#">Managing change</a>	<b>Mind Up</b> <b>Its all about attitude</b> <b>Session 13</b> <b>Expressing Gratitude</b>	<a href="#">Help! I'm a teenager - get me out of here!</a>	<b>Mind Up</b> <b>Taking action mindfully</b> <b>Session 14 and session 15.</b>	