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Progression Map



	EYFS SEN Foundation	KS1 Years - 1 & 2 P 3/4 SEN 1 & 2	Lower KS2 - Year 3 and 4 P 4/5 SEN 3 & 4	Upper KS2 - Years 5 and 6 P 6/7 SEN 5 & 6
Features	myHappyMind music embedded in lessons myHappyMind stories shared Module characters Group learning and activities shared Provision enhancements	myHappyMind music embedded in lessons Module characters Journals (including characters) to record reflections	myHappyMind mini videos embedded Module characters Journals (including characters) to record reflections	Module symbols Journals (without characters) to record reflections Y6 Additional module to support high school transition
Meet Your Brain	What the brain looks like The role of the brain The importance of looking after our brain	Learning about key parts of the brain What happens in their brain when they feel different emotions The benefits of calming strategies	Key parts of the brain and how they work How to support their brain when feeling different emotions Creating positive habits	The science behind the brain in more detail and understand how to react positively Use calming strategies independently
Celebrate	How Character Strengths make us unique and special Celebrate differences	Learn the 5 Character Strengths Identify their Character Strengths Celebrate others' Character Strengths	Identify Character Strengths in different scenarios Develop their Character Strengths	The importance of identifying Character Strengths in themselves and others How Character Strengths help in different situations How Character Strengths can support them through transition
Appreciate	What appreciation is How to show gratitude	What we should appreciate The benefits of showing gratitude	Develop the skill of gratitude The benefits of giving and receiving gratitude	The brain's reaction to giving and receiving gratitude at a deeper level Creating daily habits of gratitude How gratitude can help them through tough times
Relate	The importance of listening to others How to develop good listening skills	What relate means Celebrate differences in others What Active Listening is	Looking at different perspectives The importance of friendships The benefits of Active Listening	How to build successful friendships Skills needed to actively listen How relationships can support them through transition
Engage	What Goal Setting is Why goals are important	What it means to engage How to set goals	How to develop the skills of perseverance and resilience Reflect on goals whether they are achieved or not	Individual and team goals How to remain engaged with goals Independently create goals and know the steps and strategies needed to achieve these



If you have any questions, just get in touch with your Customer Happiness Manager, or contact us at hello@myhappymind.org or 01625 447547.

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