F1

AU	LF: To recognise that some things can be difficult and that it is okay to keep trying. **Learning Hero**	LF: To identify ways to help myself when something feels difficult. **myHappymind - Meet your brain**	LF: To understand that trying hard is important, even when something is challenging.	my Happy mind Pla es	LF: To recognise and name different feelings. **Learning hero**	LF: To notice how others may be feeling by looking at facial expressions and body language. **myHappymind - Celebrate**	LF: To think about ways to help and comfort others. **My happy mind - celebrate glitter jar**	**myHappy Relationships**
SP	LF: To talk about things I enjoy and what makes me unique. **myHappymind - Celebrate** strength in pics	LF: To understand that my choices affect what happens next. **My happy mind - love our life and world - celebrate**	To recognise how my body feels when I experience different emotions.	**myHappy Body** **Self care**	LF: To try new things with confidence and enthusiasm.	LF: To understand that effort and perseverance help me learn.	To talk about achievements that make me feel proud. **MHM Poster**	**myHappy World Occupations and community**
SU	LF: To recognise things that I enjoy and am becoming good at. **My happy minds- sorting activity - appreciate**	LF: To talk about something I am proud of. **My happy minds - gratitude mirror - appreciate**	LF: To recognise and celebrate that everyone has different strengths and talents.					

Ready To Shine
By myHappymind