Year 1

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14		
Autumn	myHappymind - Meet Your Brain					my Happy mind Places				Friendships and Showing Respect (Bullying)	myHappymind - Celebrate					
Spring	myHappymind - Appreciate				Healthy Lifestyles		Drugs and alcohol 1	myHappymind - Relate			Families and Trusted Relationships		Drugs and alcohol 2			
Summer	myHappymind - Engage					Protecting Our Communities	Protecting Our Communities	Changing and growing		Growing (Transition)	Ariel Trust - Telling Tales or Asking for Help *					

***Ariel Trust - choose session based on class needs:**

- Help-seeking – Sessions 1, 3, 4
- Emotions & Empathy – 1 & 2
- Bystander – Sessions 1 & 5

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PW ArielTrust6!

Click each module title to navigate to the relevant lessons.