



## Subject Map: MindMate Y1-Y6 coverage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Being the same & being different: I know the people in my class are all different (0.5 hours)	Feeling good & being me: Recognise feelings (0.5 hours)	Solving problems: Setting goals and target (0.5 hours)	Strong emotions: Recognise what is fair/unfair, right/wrong (0.5 hours)	Friends & Family: Recognise how others show feelings & know how to respond (0.5 hours)	Life Changes & Transition: New school/class (0.5 hours)
<b>Year 2</b>	Being the same & being different: Beginning to understand empathy (0.5 hours)	Feeling good & being me: Celebrating strengths (0.5 hours)	Solving problems: Not giving up/perseverance (0.5 hours)	Strong emotions- Talking about what makes us feel sad (0.5 hours)	Friends & Family: Impact of behaviour on others (0.5 hours)	Life Changes & Transition: Loss; losing a loved object/person/pet (0.5 hours)
<b>Year 3</b>	Being the same & being different: Differing opinions (0.5 hours)	Feeling good & being me: Celebrating strengths (0.5 hours)	Solving problems: Dealing with difficult situation (0.5 hours)	Strong emotions: Introducing strong emotions, including anger (0.5 hours)	Friends & Family: Understanding how actions impact others (0.5 hours)	Life Changes & Transition: Life in KS2; new faces/new routines (0.5 hours)
<b>Year 4</b>	Being the same & being different: Know actions affect themselves and others (0.5 hours)	Feeling good & being me: Celebrating strengths (0.5 hours)	Solving problems: Coping with difficult situations (0.5 hours)	Strong emotions: Resisting pressure (0.5 hours)	Friends & Family: Skills to maintain and keep positive relationships (0.5 hours)	Life Changes & Transition: Positive and negative effects on emotional wellbeing and mental health (0.5 hours)
<b>Year 5</b>	Being the same & being different: Stigma (0.5 hours)	Feeling good & being me: Self-belief (0.5 hours)	Solving problems: Talking it through; restorative justice (0.5 hours)	Strong emotions: Strong emotions and mental health (0.5 hours)	Friends & Family: Unhealthy friendships and relationships (0.5 hours)	Life Changes & Transition: Aspirations to manage change positively (0.5 hours)
<b>Year 6</b>	Being the same & being different: Body image/social media (0.5 hours)	Feeling good & being me: Self-integrity (0.5 hours)	Solving problems: Winning; what does it take? (0.5 hours)	Strong emotions: Happiness (0.5 hours)	Friends & Family: Celebrating friendship (0.5 hours)	Life Changes & Transition: Moving on (0.5 hours)