







Mindmate Overview 2025-2026 Teach Cycle B

	Feeling good & being me Autumn 1 	Friends & family Autumn 2 	Life changes Spring 1 	Strong emotions Spring 2 	Being the Same and Being Different Summer 1 	Solving problems (and making it better) Summer 2 
Cycle B Year 3 & 4 (Y3 objectives)	Goals and aspirations	Unkind behaviours	Coping with change	Strong emotions	Differing opinions	Working together
Cycle A Year 3 & 4 (Y4 objectives)	Feelings – intensity	Positive relationships	Emotions and change	Stress and anxiety	Know actions affect themselves and others	Difficult situations
Cycle B Year 5 & 6 (Y5 objectives)	Self-belief	Unhealthy friendships and relationships	Friendship changes	Strong emotions and mental health	Stigma	Needs and preferences
Cycle A Year 5 & 6 (Y6 objectives)	Well-being	Boundaries	Peer Pressure (Solving problems)	Intense Emotions	Body image	Moving on (Life changes)