







Mindmate Overview Cycle A and B - 2024-26

	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 A Year 3 & 4 (Y4 objectives)	Skills to maintain and keep positive relationships	Resisting pressure	Positive and negative effects on emotional wellbeing and mental health	Coping with difficult situations	Know actions affect themselves and others	Feelings - intensity
Cycle B Years 3 & 4 (Y3 objectives)	Goals and inspirations	Unkind behaviours	Introducing strong emotions, including anger	Dealing with difficult situations	Differing opinions	Life in KS2, new faces and new routines
Cycle A Year 5 & 6 (Y6 objectives)	Self-integrity	Celebrating friendship	Winning: what does it take?	Happiness	Body image/social media	Moving on
Cycle B Year 5 & 6 (Y5 objectives)	Self-belief	Unhealthy friendships and relationships	Aspirations to manage change positively	Strong emotions and mental health	Stigma	Talking it through - restorative justice