

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain						myHappymind Places		myHappymind - Celebrate							
Spring	myHappymind - Appreciate						myHappymind - Relate						<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>			
Summer	myHappymind - Engage						my Happy body		my Happy relationships		my Happy world					