

Awareness

Rationale

In recent years there have been substantial advances in the science of well-being with a vast array of new evidence as to the factors that affect happiness and ways in which we can measure happiness more accurately. We now have an opportunity to use this evidence to make better choices and to increase well-being in our personal lives, homes, schools, workplaces and communities.

The research shows that we need a change of priorities, both at the societal level and as individuals. Happiness and fulfilment come less from material wealth and more from relationships; less from focussing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us.

Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".

Learning

Year 1

Identify that exercise is good for our minds.
Begin to set realistic goals to achieve.
Identify whether a target has been met.

Year 2

Explain the reasons why a target has or has not been met.

Year 3

Set more challenging goals and evaluate his/her achievements.
Create a 'steps to success' approach to achieving success.

Year 4

Understand the importance of mental health.

Year 5

Identify situations where people may need support with their mental health.

Year 6

Explain the various aspects of mental health.

Key Vocabulary

