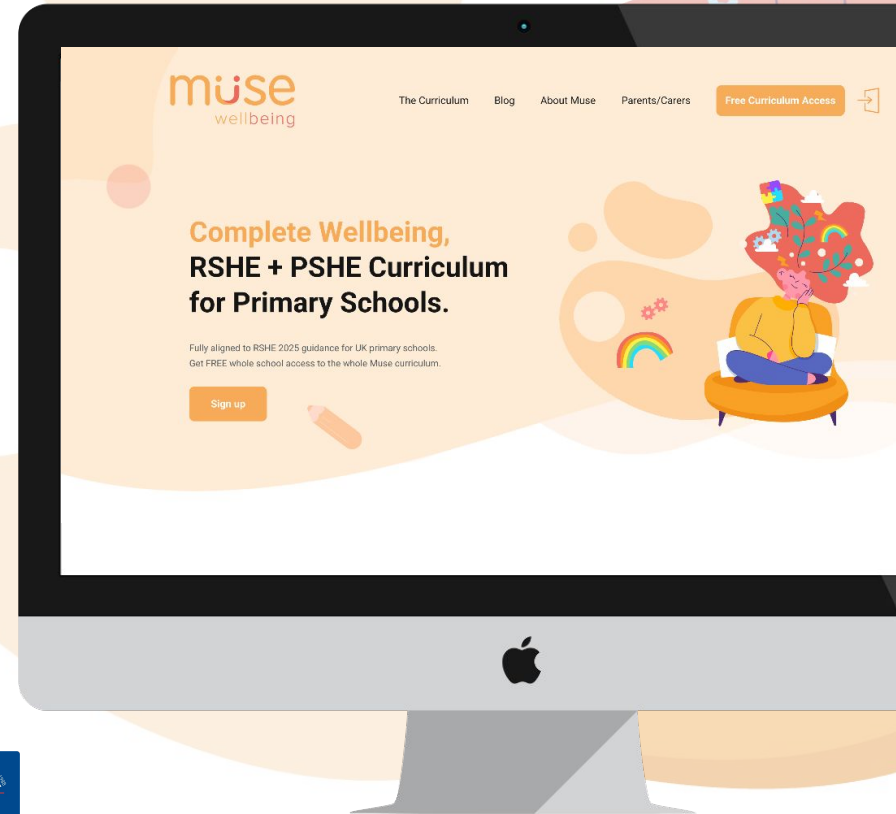




The complete PSHE, RSE and Wellbeing Curriculum for Primary Schools

Building healthier, happier and more connected school communities





A Whole School Solution for PSHE and RSE

Muse Wellbeing was founded in 2019 to equip schools with a high quality PSHE, RSE and wellbeing curriculum that inspires confident learners and supports whole school wellbeing. Now used by schools across the UK and in British schools around the world, Muse's 216+ lessons and resources continue to evolve through teacher feedback, ensuring every lesson is practical, relevant and ready to deliver.



David Morris
Muse Wellbeing Founder

UK trained primary school teacher, with the goal of supporting children's wellbeing and equipping teachers with trusted, high quality resources.



Together for Whole School Wellbeing

A strong PSHE and RSE curriculum helps children develop the knowledge and skills they need for a positive life both now and in the future. Teachers and school leaders are working to balance these priorities alongside a range of growing school community needs and increasing expectations.



Schools need a PSHE and RSE curriculum that is reliable, consistent and fully mapped to statutory guidance.



Teachers need classroom resources that are clear, robust and designed for confident, effective teaching.



Students need lessons that are engaging, build life skills, and strengthen mental health and wellbeing.



Communities need schools that prepare children for healthy, safe and connected lives within their local and wider communities.

**The
Children's
Society**

“1 in 6 children aged 5 to 16 years old are likely to have a mental health problem.”

PSHE
ASSOCIATION

“High quality PSHE is strongly linked to improved academic outcomes.”

A complete PSHE, RSE and Wellbeing solution for primary schools



216 PSHE and RSE lessons across Years 1 to 6

Full coverage for every year group, ensuring clear progression and consistency.



Engaging lesson slides and teacher resources

Ready-to-teach lessons with structured guidance, pupil activities and supporting resources.



2025 RSE Statutory guidance mapped

Fully aligned with DfE requirements, including the 2025 updates.



Trusted by over 350 schools primary schools

Over 350 schools, academies and institutions have already registered with Muse Wellbeing.



A complete
PSHE, RSE and
Wellbeing
solution for
primary schools



36
Weekly Lessons
From Year 1
To Year 6



200+
Complete
Learning
Experience

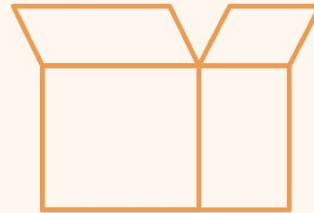


1,000s
Of Differentiated
Wellbeing
Resources



*"...Really fun and easy to use. My
students loved them in our Y2
class..."*

Sarah, Year 3 classroom teacher



Five core values embedded throughout



Mental and Physical Health



Positive and Respectful Relationships



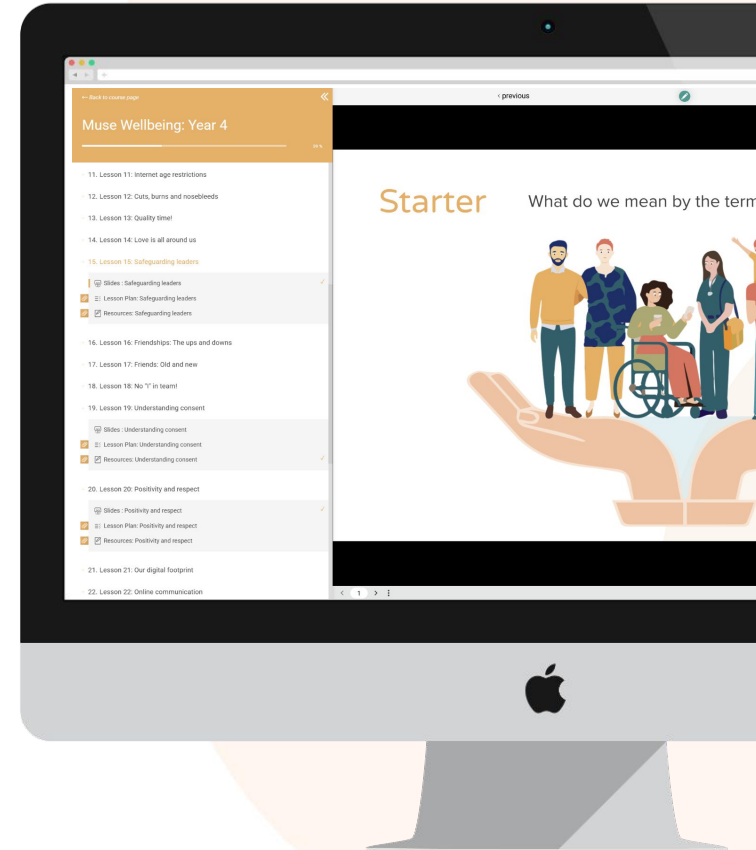
Global Citizenship and Community Care



Personal Growth and Economic Wellbeing



Digital Citizenship and Online Safety



Inside the Muse Wellbeing Portal

Your school's hub for PSHE, RSE and wellbeing learning.

- Access 216+ lessons
- Complete lesson slides
- Lessons plans and printable resources
- Whole-school resources and supporting documents

All in one place within the
Muse Wellbeing Portal.



Group

Reflect on your feelings, emotions and wellbeing now in our present time.

Self-respect is all about how we feel about ourselves. This feeling comes from within and can change over time. Sometimes, it even changes throughout the course of a day.



"Take a few moments to reflect on how you feel about yourself right now. What words, feelings or emotions come to mind?"



Share your thoughts with the class!



"Bullying is deliberate, hurtful behaviour that usually happens more than once."

Physical

Hurting somebody with actions like kicking, slapping or pushing.

Verbal

Leaving people out (excluding) or spreading hurtful rumours.

Social and Emotional

Saying unkind things about others, teasing or calling people names.



Bullying can happen online too. This is called cyberbullying.



What might bullying look like? How could you know if someone was being bullied?



“My class loved the lessons - really practical and clear. It’s great not having to search everywhere for PSHE resources all over the internet.”

Emily, Primary SEN Teacher

Four Steps for Powering Up Your School’s Wellbeing

1

Sign up for your school account

Register your school to create staff and teacher access.

2

Explore the Muse Portal

Navigate supporting documentation, lessons slides, teacher planning notes, learning resources and assessments from one central hub.

3

Choose Your Year Group

Fully aligned with DfE requirements, including the 2025 updates.

4

Deliver Lessons with Confidence

Over 350 schools, academies and institutions have already registered with Muse Wellbeing.



Get Started with Muse Wellbeing.

Join the Muse Wellbeing community and
support every child's potential to thrive.

[Get Started](#)

