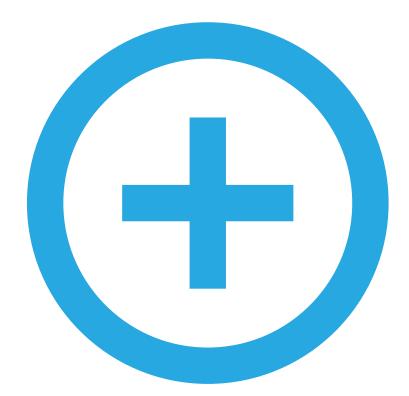
Theirworld

Education unlocks good health and well-being

Curriculum links (ages 11-16)



England

Personal, Social and Health Education

Health and Well-being

Students learn...

Key Stage 3

- **H2.** to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)
- H6. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary
- **H10.** a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support

Key Stage 4

- H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health
- H6. about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences
- **H7.** a broad range of strategies cognitive and practical for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns

Northern Ireland

Learning for Life and Work: Personal Development

Key Stage 3

Pupils should have opportunities to:

- explore the concept of Health as the development of a whole person
- investigate the influences on physical and emotional /mental personal health
- develop understanding about, and strategies to manage, the effects of change on body, mind and behaviour

Key Stage 4

Pupils should be enabled to:

- develop an understanding of how to maximise and sustain their own health and well-being
- reflect on, and respond to, their developing concept of self, including managing emotions and reactions to on-going life experiences

Scotland

Health and Well-being

Mental, emotional, social and physical well-being

- I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 3-01a/HWB 4-01a
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. **HWB 3-02a/HWB 4-02a**
- I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 3-04a/HWB 4-04a**
- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. **HWB 3-06a/HWB 4-06a**
- I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 3-07a/HWB 4-07a**

Wales

Health and Well-being

Developing physical health and well-being has lifelong benefits.

Progression Step 4

- I can modify my behaviour to support my physical and emotional health, and can work collaboratively to plan and refine strengths and areas for improvements.
- I can explain the behaviours, conditions and situations that affect my physical health and well-being and, through my actions, I can respond to and/or manage these in order to actively reduce the risk of harm to myself and to others.

Progression Step 5

- I can evaluate the connection between physical and emotional changes, independently selecting from a range of strategies to improve my physical and emotional health and that of others.
- I can apply my knowledge of the behaviours, conditions and situations that affect my physical health and well-being, to keep myself and others safe.

How we process and respond to our experiences affects our mental health and emotional well-being.

Progression Step 4

• I can identify different strategies to self-regulate my emotions in response to a range of experiences.

Progression Step 5

• I can use my self-awareness to appreciate the complexity of my emotions and apply strategies to self-regulate them in a healthy way and to connect with others.





Theirworld is a global children's charity committed to ending the global education crisis and unleashing the potential of the next generation. **Registered Charity 1092312**

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