

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.



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