

Education unlocks good health and well-being

Curriculum links (ages 7-11)



England (Key Stage 2)

Personal, Social and Health Education

Health and Well-being

Pupils learn...

- **H2.** about the elements of a balanced, healthy lifestyle
- **H15.** that mental health, just like physical health, is part of daily life; the importance of taking care of mental health
- **H16.** about strategies and behaviours that support mental health
- **H17.** to recognise that feelings can change over time and range in intensity
- **H19.** a varied vocabulary to use when talking about feelings; about how to express feelings in different ways

Northern Ireland (Key Stage 2)

Personal Development and Mutual Understanding

Personal understanding and health

Pupils should be enabled to explore:

- their management of a range of feelings and emotions and the feelings and emotions of others
- how to sustain their health, growth and well-being and coping safely and efficiently with their environment

Scotland (Second Level)

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 2-01a**
- 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 2-02a**
- 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 2-04a**
- 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 2-06a**
- I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 2-07a**

Wales (Progression Step 3)

Health and Well-being

Developing physical health and well-being has lifelong benefits.

- I can explain the way in which physical and emotional changes are connected in different contexts, and I can monitor, review and adapt my behaviour to support my physical and emotional health, setting myself relevant targets.
- I can describe the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond to and/or manage these in order to actively reduce the risk of harm to myself.

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

- I can self-regulate my emotions in a healthy way using strategies that I have developed.



Theirworld

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

Please feel free to print, copy and distribute these materials in their entirety for non-commercial educational purposes only. However, alteration, modification, extraction or reproduction of any part of these materials and/or commercial use is prohibited.

We hope these materials will be of interest and use but ultimately defer to you to check and decide whether these materials are suitable. We do not provide any warranty or guarantee, or accept liability, as to the accuracy, performance and suitability of the materials or information provided for any particular purpose.