**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.