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.
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