

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-01a *

I am aware of and able to express my feelings and am developing the ability to talk about them.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-02a *

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.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-03a *

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-04a *

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.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-05a *

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-06a *

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.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-07a *

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-08a *

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-09a *

As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-10a *

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.

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First Level HWB 1-11a *

I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-12a *

Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-14a *

I value the opportunities I am given to make friends and be part of a group in a range of situations.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-13a *

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-15a *

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-16a *

I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-17a *

I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.

Health and Well-being - Mental, emotional, social and physical wellbeing
First Level HWB 1-18a *

I know and can demonstrate how to travel safely.