

**Health and Well-being - Mental, emotional, social and physical wellbeing**  
**Second Level HWB 2-01a \***

**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**  
**Second Level HWB 2-02a \***

**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**  
**Second Level HWB 2-03a \***

**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**  
**Second Level HWB 2-04a \***

**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**  
**Second Level HWB 2-05a \***

**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**  
**Second Level HWB 2-06a \***

**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**  
**Second Level HWB 2-07a \***

**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**  
**Second Level HWB 2-08a \***

**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**  
**Second Level HWB 2-09a \***

**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**  
**Second Level HWB 2-10a \***

**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.**

**Health and Well-being - Mental, emotional, social and physical wellbeing**  
**Second Level HWB 2-11a \***

**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**  
**Second Level HWB 2-12a \***

**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**  
**Second Level HWB 2-14a \***

**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**  
**Second Level HWB 2-13a \***

**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**  
**Second Level HWB 2-15a \***

**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**  
**Second Level HWB 2-16a \***

**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**  
**Second Level HWB 2-17a \***

**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  
**Second Level HWB 2-18a \***

**I know and can demonstrate how to travel safely.**