

THE ICE PACK KNOWING ME, KNOWING YOU

Promoting Social and Emotional Learning – Skills Development



Nursery Themes and Lessons What do I feel?				Primary 1 Themes and Lessons What do I feel?				Primary 2 Themes and Lessons What do I feel?				Primary 3 Themes and Lessons What do I feel?				Primary 4 Themes and Lessons What do I feel?				Primary 5 Themes and Lessons What do I feel?				Primary 6 Themes and Lessons What do I feel?				Primary 7 Themes and Lessons What do I feel?			
Lesson 1: Emotions Safe Lesson 2: Joining in Achieving Lesson 3: Excluded Included				Lesson 1: Emotions Safe Lesson 2: How do I feel when I play with my friends? Healthy				Lesson 1: How do I feel? Included Lesson 2: Different feelings Nurtured Lesson 3: Feelings and choices Nurtured				Lesson 1: Actions and behaviours Safe Lesson 2: What is bullying? Respected				Lesson 1: How I feel about myself Achieving Lesson 2: Personal strengths Healthy				Lesson 1: Friends Nurtured Lesson 2: Gemma's story - Bullying Responsible Lesson 3: Billy's story - Friendship Nurtured Lesson 4: Knowing Myself Healthy				Lesson 1: My personal network Safe Lesson 2: Gemma's story - Bullying Responsible Lesson 3: Billy's story - Friendship Nurtured Lesson 4: Assumptions Respected Lesson 5: Disagreements Healthy				Lesson 1: My personal network Healthy Lesson 2: Bullying and Peer Pressure Nurtured Lesson 3: Billy's story - Friendship Respected Lesson 4: Friends in secondary school Active Lesson 5: Decision making Included			
HWB 0-01a HWB 0-05a	HWB 0-02a HWB 0-06a	HWB 0-04a HWB 0-44b		HWB 0-01a HWB 0-05a	HWB 0-02a HWB 0-44b	HWB 0-04a		HWB 0-01a HWB 1-02a HWB 0-05a HWB 1-44b	HWB 1-01a HWB 0-04a HWB 1-05a	HWB 0-02a HWB 1-04a HWB 0-44b		HWB 0-01a HWB 1-02a HWB 0-05a HWB 1-06a	HWB 1-01a HWB 0-04a HWB 1-05a HWB 0-44b	HWB 0-02a HWB 1-04a HWB 0-06a HWB 1-44b		HWB 0-01a HWB 0-02a HWB 0-04a	HWB 1-01a HWB 1-02a		HWB 0-01a HWB 2-01a HWB 1-03a HWB 2-03a HWB 1-04a HWB 2-05b HWB 1-05a HWB 2-08a HWB 2-45a	HWB 1-03a HWB 2-04a HWB 1-08a HWB 2-44b		HWB 1-01a HWB 2-01a HWB 1-03a HWB 2-04a HWB 1-05a HWB 2-05b HWB 1-08a HWB 2-08a HWB 2-44a HWB 2-45a	HWB 1-03a HWB 2-04a HWB 1-08a HWB 2-44b HWB 2-45b		HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-04a HWB 2-05b HWB 1-08a HWB 2-08a HWB 2-44a HWB 2-45a	HWB 1-02a HWB 2-04a HWB 1-08a HWB 2-44b HWB 2-45b					
What do I Need?				What do I Need?				What do I Need?				What do I Need?				What do I Need?				What do I Need?				What do I Need?				What do I Need?			
Lesson 1: What do babies need? Active Lesson 2: What do plants need? Active Lesson 3: What do pets need? Active Lesson 4: What do children need? Safe				Lesson 1: What can I do by myself? Active Lesson 2: What I have learned Active				Lesson 1: What do I need help with? Lesson 2: Asking for help Healthy				Lesson 1: Getting the right help Healthy Lesson 2: Helping at home Active				Lesson 1: Building on our strengths and abilities Healthy Lesson 2: Getting the right help Included				Lesson 1: Self-help skills Healthy Lesson 2: Inclusion/exclusion Included Lesson 3: Things I do - in school Achieving Lesson 4: Things I do - after school Achieving				Lesson 1: My Strengths Healthy Lesson 2: My home Responsible Lesson 3: Things which influences me Achieving Lesson 4: Inclusive design Included				Lesson 1: Skills and qualities Achieving Lesson 2: What kind of learner are you? Achieving Lesson 3: Barriers to learning Achieving			
HWB 0-03a HWB 0-16a	HWB 0-05a HWB 0-19a	HWB 0-07a		HWB 0-03a HWB 0-16a	HWB 0-07a HWB 0-19a	HWB 0-13a		HWB 0-03a HWB 1-05a HWB 0-13a HWB 1-19a	HWB 1-03a HWB 0-07a HWB 1-13a HWB 0-44b	HWB 0-05a HWB 1-07a HWB 0-16a HWB 1-44b		HWB 0-03a HWB 1-05a HWB 0-13a HWB 0-44b	HWB 1-03a HWB 0-07a HWB 1-13a HWB 0-19a HWB 1-44b	HWB 0-05a HWB 1-07a HWB 0-16a HWB 1-19a		HWB 0-03a HWB 1-05a HWB 0-16a HWB 0-19a	HWB 1-03a HWB 0-16a HWB 1-19a		HWB 2-01a HWB 2-10a	HWB 2-02a HWB 2-13a		HWB 2-01a HWB 2-05a HWB 2-13a	HWB 2-02a HWB 2-09a	HWB 1-05a HWB 2-10a		HWB 2-10a HWB 2-13a HWB 1-19a					
What do I Want?				What do I Want?				What do I Want?				What do I Want?				What do I Want?				What do I Want?				What do I Want?							
Lesson 1: Food I like Healthy Lesson 2: What do I like to do in nursery? Achieving Lesson 3: Positive behaviour Included				Lesson 1: What helps me to learn? Achieving Lesson 2: What activities help me to learn? Achieving				Lesson 1: Things I enjoy doing Achieving Lesson 2: Who do I like spending time with? Active				Lesson 1: Wants and needs Included Lesson 2: Things in common Included				Lesson 1: Role models Respected Lesson 2: How role models influence us Responsible				Lesson 1: Decision making Safe Lesson 2: Taking part in my community Achieving Lesson 3: Responsibilities in my community Responsible Lesson 4: What do we mean by work? Active				Lesson 1: Being content and wanting more Nurtured Lesson 2: Consumerism Active Lesson 3: Advertising Active				Lesson 1: Transitions Active Lesson 2: Action Planning Active Lesson 3: Travelling to secondary school Active Lesson 4: My transition plan Active			
HWB 0-03a HWB 0-19a	HWB 0-13a	HWB 0-15a		HWB 0-03a HWB 0-13a HWB 0-19a	HWB 0-13a	HWB 0-19a		HWB 0-03a HWB 1-13a HWB 0-19a	HWB 1-03a HWB 0-15a HWB 0-44a	HWB 0-13a HWB 1-15a HWB 1-44a		HWB 0-08a HWB 1-09a HWB 0-19a HWB 1-45b	HWB 1-08a HWB 0-10a HWB 1-19a	HWB 0-09a HWB 1-10a HWB 0-45b		HWB 0-19a	HWB 0-44a HWB 1-44a		HWB 1-04a HWB 2-10a HWB 1-20a	HWB 2-04a HWB 1-19a HWB 2-19a		HWB 1-04a HWB 2-04a HWB 2-19a		HWB 2-18a HWB 1-19a	HWB 2-04a HWB 1-19a	HWB 1-18a HWB 2-19a					
What do I Value?				What do I Value?				What do I Value?				What do I Value?				What do I Value?				What do I Value?				What do I Value?							
Lesson 1: Unique Achieving Lesson 2: Identifying similarities and differences Achieving Lesson 3: Valuing my friends Nurtured				Lesson 1: What do I like and value about myself? Healthy Lesson 2: What do I like and value about my friends? Included Lesson 3: What do I like and value about someone at home? Included				Lesson 1: Celebrating difference Respected Lesson 2: Things I value Healthy				Lesson 1: Things I value about my school Safe Lesson 2: My contributions at home Active				Lesson 1: Who looks after us? Safe Lesson 2: How is care shown? Included				Lesson 1: Learning Achieving Lesson 2: What do I value? Safe Lesson 3: Our values Respected Lesson 4: Valuing money Respected				Lesson 1: Children's rights Safe Lesson 2: Same or different Respected Lesson 3: Equal opportunities Included Lesson 4: Physical Wellbeing Healthy				Lesson 1: Legal changes from 12–16 years Nurtured Lesson 2: Rights and responsibilities Responsible Lesson 3: Values Respected Lesson 4: My money Respected Lesson 5: Claire's story - Money Respected			
HWB 0-03a HWB 0-44a	HWB 0-05a	HWB 0-10a		HWB 0-03a HWB 0-05a HWB 0-08a	HWB 0-08a			HWB 0-05a HWB 1-10a	HWB 1-05a HWB 0-10a	HWB 0-10a HWB 1-10a		HWB 0-10a HWB 0-13a	HWB 1-10a HWB 1-13a		HWB 0-03a HWB 1-05a HWB 0-13a HWB 1-44a	HWB 1-03a HWB 0-08a HWB 1-13a HWB 0-44a		HWB 1-01a HWB 2-02a HWB 1-09a HWB 2-10a	HWB 2-01a HWB 1-07a HWB 2-09a HWB 1-19a		HWB 1-01a HWB 2-01a HWB 1-02a HWB 1-03a HWB 2-03a HWB 1-04a HWB 2-04a HWB 1-06a HWB 1-09a HWB 2-09a HWB 1-10a HWB 1-19a		HWB 1-01a HWB 2-02a HWB 1-10a	HWB 2-01a HWB 1-07a HWB 2-07a HWB 1-09a HWB 2-09a HWB 1-10a HWB 1-19a	HWB 1-02a HWB 2-03a HWB 1-04a HWB 2-04a HWB 1-07a HWB 2-07a HWB 1-09a HWB 2-09a HWB 1-10a HWB 2-10a HWB 1-19a						
What do I Think?				What do I Think?				What do I Think?				What do I Think?				What do I Think?				What do I Think?				What do I Think?							
Lesson 1: Recognising difference Respected Lesson 2: Celebrating difference Respected Lesson 3: Expressing myself Included Lesson 4: Communication skills Nurtured				Lesson 1: Same or different Respected Lesson 2: Just the same Respected Lesson 3: What do we mean by unique? Included				Lesson 1: What is fairness? Responsible Lesson 2: Class rules Responsible				Lesson 1: Rules in practice Nurtured Lesson 2: Is it fair? Respected				Lesson 1: People Nurtured Lesson 2: Accepting people Nurtured				Lesson 1: My emotions Healthy Lesson 2: What is the truth? Healthy Lesson 3: Different beliefs Healthy				Lesson 1: Expressing ourselves Nurtured Lesson 2: Ways to reduce negative emotions Healthy Lesson 3: Stereotypes and discrimination Included				Lesson 1: Emotional wellbeing Healthy Lesson 2: Positive emotions Healthy Lesson 3: Social media Achieving			
HWB 0-02a HWB 0-10a	HWB 0-04a HWB 0-45b	HWB 0-05a		HWB 0-02a HWB 0-10a HWB 0-13a	HWB 0-10a HWB 0-19a	HWB 0-13a		HWB 0-04a HWB 1-05a HWB 0-10a HWB 1-13a	HWB 1-04a HWB 0-09a HWB 1-10a HWB 0-45b	HWB 0-05a HWB 1-09a HWB 0-13a HWB 1-45b		HWB 0-04a HWB 1-09a HWB 0-13a	HWB 1-04a HWB 0-10a HWB 1-13a	HWB 0-09a HWB 1-10a		HWB 0-04a HWB 1-05a HWB 0-13a HWB 1-13a	HWB 1-04a HWB 0-13a HWB 1-13a		HWB 1-01a HWB 2-02a HWB 1-47a	HWB 2-01a HWB 1-09a HWB 2-09a		HWB 1-01a HWB 2-02a HWB 1-04a	HWB 2-01a HWB 1-13a HWB 2-13a		HWB 1-09a HWB 2-12a HWB 1-14a	HWB 2-09a HWB 1-13a HWB 2-14a	HWB 1-12a HWB 2-13a				
What do I Choose to Say and Do?				What do I Choose to Say and Do?				What do I Choose to Say and Do?				What do I Choose to Say and Do?				What do I Choose to Say and Do?				What do I Choose to Say and Do?				What do I Choose to Say and Do?							
Lesson 1: Helping other children Responsible Lesson 2: Helping adults Responsible Lesson 3: Help I need Nurtured				Lesson 1: What are we good at? Achieving Lesson 2: How can I help other children? Nurtured Lesson 3: What happens when we help? Responsible				Lesson 1: Why do children come to school? Safe Lesson 2: My responsibilities Responsible Lesson 3: Pupil Voice Healthy				Lesson 1: What are my responsibilities in school? Achieving Lesson 2: What are my responsibilities at home? Responsible Lesson 3: Pupil Voice Healthy				Lesson 1: I can contribute Achieving Lesson 2: My Goals Active				Lesson 1: Citizenship - Bullying Responsible Lesson 2: Citizenship - Actions and behaviours Responsible Lesson 3: Lewis's story - Volunteering Active				Lesson 1: Changes Safe Lesson 2: Citizenship - Social Responsibility Responsible Lesson 3: Citizenship - Community Involvement Achieving Lesson 4: Citizenship - National Issues Achieving				Lesson 1: I am a citizen Safe Lesson 2: Citizenship - Community Issues Responsible Lesson 3: Citizenship - Global Issues Responsible Lesson 4: Digital Citizenship Healthy			
HWB 0-10a HWB 0-13a HWB 0-45b	HWB 0-11a HWB 0-14a	HWB 0-12a HWB 0-19a		HWB 0-10a HWB 0-11a HWB 0-14a	HWB 0-11a HWB 0-19a	HWB 0-13a		HWB 0-10a HWB 1-11a HWB 0-13a HWB 1-14a HWB 0-45b	HWB 1-10a HWB 0-12a HWB 1-13a HWB 0-19a HWB 1-45b	HWB 0-11a HWB 1-12a HWB 0-14a HWB 1-19a		HWB 0-10a HWB 1-11a HWB 0-13a HWB 1-14a HWB 0-45b	HWB 1-10a HWB 0-12a HWB 1-13a HWB 0-19a HWB 1-45b	HWB 0-11a HWB 1-12a HWB 0-14a HWB 1-19a		HWB 0-10a HWB 1-11a HWB 0-13a HWB 1-19a	HWB 1-10a HWB 0-13a HWB 1-13a		HWB 1-09a HWB 2-12a HWB 1-14a	HWB 2-09a HWB 1-13a HWB 2-14a		HWB 1-09a HWB 2-12a HWB 1-14a	HWB 2-09a HWB 1-13a HWB 2-14a	HWB 1-12a HWB 2-13a HWB 1-19a		HWB 1-09a HWB 2-12a HWB 1-14a	HWB 2-09a HWB 1-13a HWB 2-14a	HWB 1-12a HWB 2-13a HWB 2-14a			