

**A Progressive HEALTH & WELLBEING Curricular Pathway Incorporating:
The Knowing Me, Knowing You ICE Pack Resource**

Curriculum for Excellence HWB Organisers (6)

1. Mental, emotional, social & physical well-being includes

- Mental and emotional well-being
- Social wellbeing
- Physical wellbeing

2. Planning for Choices and Change includes:

- Expectations and aspirations
- Relevance of learning to future choices – personal planning
- Decision making – sustained positive destinations
- Develop skills and attributes
- Sustained positive destinations
- The world of work, training and lifelong learning

**3. Physical Education, physical activity and sport
(Not Included in this Pathway)**

4. Food and Health includes:

- Nutrition
- Safe and hygienic practices
- Food and the consumer

5. Substance misuse includes:

- Use of substances
- Action in unsafe situations
- Informed Choices
- Risk taking behaviour

6. Relationships, sexual health and parenthood Includes:

- Physical changes
- Sexual health and sexuality
- Role of parent/carer
- Positive Relationships
- How thoughts, feelings, attitudes, values and beliefs can influence decisions

Early Level Nursery

1. Mental, emotional, social and physical wellbeing – Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 0.01a - HWB 0.02a
HWB 0.04a - HWB 0.05a
HWB 0.06a - HWB 0.44b

Lessons:

1. Emotions
2. Joining in
3. Excluded

What do I need?

HWB 0.03a - HWB 0.05a
HWB 0.07a - HWB 0.16a
HWB 0.19a - HWB 0.51a

Lessons:

1. What do babies need?
2. What do plants need?
3. What do pets need?
4. What do children need?

What do I want?

HWB 0.03a - HWB 0.13a
HWB 0.15a - HWB 0.19a

Lessons:

1. Food I like
2. Positive Behaviour
3. What do I like to do at nursery

What do I value?

HWB 0.03a - HWB 0.05a
HWB 0.10a - HWB 0.44a

Lessons:

1. Unique
2. Valuing my friends
3. Identifying similarities and differences

What do I think?

HWB 0.02a - HWB 0.04a
HWB 0.05a - HWB 0.10a
HWB 0.45b

Lessons:

1. Recognising difference
2. Celebrating difference
3. Expressing myself
4. Communication skills

What do I choose to do and say?

HWB 0.10a - HWB 0.11a - HWB 0.12a
HWB 0.13a - HWB 0.14a - HWB 0.19a
HWB 0.45b

Lessons:

1. Helping other children
2. Helping adults
3. Help I need

2. Planning for Choices and Changes

HWB 0.19a - HWB 0.20a

Lessons to promote:

- daily experiences of the wider world of work

4. Food & Health: Safe & hygienic practices

HWB 0.15a - HWB 0.33a

Lessons to promote:

- daily routines for cleanliness, hygiene and safety

4. Food & Health: Nutrition

HWB 0.30a - HWB 0.32a

Lessons to promote:

- the experience of different foods
- eating and drinking to grow and keep healthy

6. Relationships & Sexual Health: Relationships in the family

HWB 0.05a - HWB 0.44a - HWB 0.44b - HWB 0.45a - HWB 0.47a - HWB 0.51a

Lessons to promote:

- family awareness
- similarities and differences
- feelings and emotions
- sharing and caring

6. Growth & Development: My body

HWB 0.09a - HWB 0.47a HWB 0.47b - HWB 0.48a

Lessons to promote:

- all children are different
- exploring and celebrating differences

6. Personal Safety: Who helps me?

HWB 0.02a - HWB 0.03a - HWB 0.17a - HWB 0.49a

Lessons to promote:

- emotions and feelings
- people we can turn to for help

Early Level Primary 1

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 0.01a - HWB 0.02a
HWB 0.04a - HWB 0.05a
HWB 0.44b

Lessons:

1. Emotions
2. How do I feel when I play with my friends

What do I need?

HWB 0.03a - HWB 0.07a
HWB 0.13a - HWB 0.16a
HWB 0.19a

Lessons:

1. What can I do by myself
2. What I have learned

What do I want?

HWB 0.03a - HWB 0.13a
HWB 0.19a

Lessons:

1. What helps me to learn?
2. What activities help me to learn?

What do I value?

HWB 0.05a - HWB 0.08a

Lessons:

1. What do I like and value about myself?
2. What do I like and value about my friends?
3. What do I like and value about someone at home?

What do I think?

HWB 0.02a - HWB 0.10a
HWB 0.13a

Lessons:

1. Same or different
2. Just the same
3. What do we mean by unique?

What do I choose to do and say?

HWB 0.10a - HWB 0.11a
HWB 0.13a - HWB 0.14a
HWB 0.19a

Lessons:

1. What are we good at?
2. How can I help other children?
3. What happens when we help?

2. Planning for Choices and Changes

HWB 0.19a HWB 0.20a

Lessons to promote:

- an understanding of the wider world of work

4. Food & Health: Food and the consumer

HWB 0.29a HWB 0.35a

Lessons to promote:

- preparation of food, eating a diversity of foods and where food comes from

5. Substance Misuse

HWB 0.17a HWB 0.38a - HWB 0.42a

Lessons to promote:

- what I should not touch or eat
- medicine and harmful substances and emergency situations

6. Relationships: Co-operation and the needs of others

HWB 0.01a - HWB 0.02a - HWB 0.09b - HWB 0.44a - HWB 0.44b
HWB 0.45a

Lessons to promote:

- relationships
- co-operation and respect

6. Growth & Development: My body

HWB 0.15a - HWB 0.47a HWB 0.47b - HWB 0.48a HWB 0.50a

Lessons to promote:

- body characteristics
- physical differences
- growth

6. Personal Safety: Keeping safe

HWB 0.03a - HWB 0.16a HWB 0.17a HWB 018a
HWB 0.49a

Lessons to promote:

- people who can help
- personal safety strategies

First Level Primary 2

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 1.01a - HWB 1.02a
HWB 1.04a - HWB 1.05a
HWB 1.44b

Lessons:
1. How do I feel?
2. Different Feelings

What do I need?

HWB 1.03a - HWB 1.05a
HWB 1.07a - HWB 1.13a
HWB 1.19a - HWB1.44b

Lessons:
1. What do I need help with?
2. Asking for help

What do I want?

HWB 1.03a - HWB 1.13a
HWB 1.15a - HWB 1.44a

Lessons:
1. Things I enjoy doing
2. Who do I like spending time with?

What do I value?

HWB 1.05a - HWB 1.10a

Lessons:
1. Celebrating difference
2. Things I value

What do I think?

HWB 1.04a - HWB 1.05a
HWB 1.09a - HWB 1.10a
HWB 1.13b - HWB1.45b

Lessons:
1. What is Fairness
2. Class rules

What do I choose to do and say?

HWB 1.10a - HWB 1.11a
HWB 1.12a - HWB 1.13a
HWB 1.14a - HWB 1.19a

Lessons:
1. Why do children come to school?
2. My responsibilities

2. Planning for Choices and Changes

HWB 1.20a

Lessons to promote:
• the wider world of work

4. Food and Health: Safe & hygienic practices

HWB 1.15a - HWB 1.33a

Lessons to promote:
• daily hygiene to improve my body's health & wellbeing

4. Food and Health: Nutrition

HWB 28a - HWB 29a - HWB 0.30a - HWB 0.30b

Lessons to promote:
• energy from food
• a healthy diet
• preparing foods and drinks

6. Relationships: Who am I?

HWB 1.14a - HWB 1.44a - HWB 1.44b - HWB 1.45a - HWB 1.45b

Lessons to promote:
• family and friends
• myself and my relationships with others

6. Growth & Development: Body image

HWB 0.10a - HWB 0.12a - HWB 0.47a - HWB 0.47b

Lesson to promote:
• self-worth
• positive body image

6. Personal Safety: Making choices

HWB 1.02a - HWB 1.42a

Lessons to promote:
• strategies that empower me to take appropriate action

First Level

Primary 3

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 1.01a - HWB 1.02a
HWB 1.04a - HWB 1.05a
HWB 1.06a - HWB 1.44b

Lessons:

1. Actions & behaviours
2. What is bullying?

What do I need?

HWB 1.03a - HWB 1.05a
HWB 1.07a - HWB 1.13a
HWB 1.16a - HWB 0.19a
HWB 1.44B

Lessons:

1. Getting the right help
2. Helping at home

What do I want?

HWB 1.08a - HWB 1.09a
HWB 1.10a - HWB 1.19a
HWB 1.45b

Lessons:

1. Wants and needs
2. Things in common

What do I value?

HWB 1.10a - HWB 1.13a

Lessons:

1. Things I value about my school
2. My contributions at home

What do I think?

HWB 1.04a HWB 1.09a
HWB 1.10a HWB 1.13a

Lessons:

1. Rules in practice
2. Is it fair?

What do I choose to do and say?

HWB 1.10a HWB 1.11a HWB 1.12a
HWB 1.13a HWB 1.14a HWB 1.19a
HWB 1.45b

Lessons:

1. What are my responsibilities in school and at home

2. Planning for Choices and Changes

HWB 1.19a - HWB 1.20a

Lessons to promote:

- my skills and abilities and the wider world of work

4. Food & Health: Food and the consumer

HWB 1.35a - HWB 1.37a

Lessons to promote:

- food journeys
- the effects of advertising and the media on my choices

6. Personal Safety: Keeping safe

HWB 1.17a - HWB 1.18a – HWB 1.49a

Lessons to promote:

- being able to identify individuals and situations of potential risk
- safe and unsafe risks

6. Growth & Development: Looking after our bodies

HWB 1.15a - HWB 1.47b - HWB 1.48a -
HWB 1.49a

Lessons to promote:

- looking after our body
- basic hygiene
- intimate care

6. Relationships: Feelings and responsibilities

HWB 1.01a - HWB 1.09a - HWB 1.44a - HWB 1.44b - HWB 1.45a
HWB 1.45b

Lessons to promote:

- how my actions impact on others
- my role in caring for and valuing myself and others

First Level

Primary 4

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 1.01a - HWB 1.02a
HWB 1.04a

Lessons:

1. How do I feel about myself
2. Personal strengths

What do I need?

HWB 1.03a - HWB 1.05a
HWB 0.16a - HWB 0.19a

Lessons:

1. Building on our strengths
2. Getting the right kind of help

What do I want?

HWB 1.44a

Lessons:

1. Role models
2. How roles models influence us

What do I value?

HWB 1.03a - HWB 1.05a
HWB 1.08a - HWB 1.13a
HWB 1.44a

Lessons:

1. Who looks after us?
2. How is care shown?

What do I think?

HWB 1.04a - HWB 1.05a
-HWB 1.13a

Lessons:

1. People
2. Accepting people

What do I choose to do and say?

HWB 1.10a - HWB 1.11a
HWB 0.13a - HWB 0.19a

Lessons:

1. I can contribute
2. My goals

2. Planning for Choices and Changes

HWB 1.19a - HWB 1.20a

Lessons to promote:

- my skills and abilities
- the wider world of work

4. Food & Health: Nutrition

HWB 1.32a

Lessons to promote:

- changing nutritional needs at different stages in life

5. Substance Misuse

HWB 1.38a

Lessons to promote:

- medicines and substance's which improve my health
- mv choices

6. Personal Safety: Communication

HWB 1.16a - HWB 1.17a HWB 1.45a

Lessons to promote:

- technologies for communications
- roles and strategies to keep safe

6. Growth & Development: Preparation for change

HWB 1.47a HWB 1.50a - HWB 1.51a

Lessons to promote:

- reproductive systems and birth in creatures
- how different creatures look after their young

6. Relationships: Conflict resolution

HWB 1.01a - HWB 1.03a HWB 1.44b - HWB 1.45a - HWB 1.45b

Lessons to promote:

- managing feelings and communicating effectively
- individuals and organisations that provide support

Second Level

Primary 5

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 2.01a - HWB 2.03a
HWB 2.04a - HWB 2.05a
HWB 2.08a - HWB 2.44a
HWB 2.44b - HWB 2.45a

Lessons:

1. Friends
2. Bullying
3. Friendships
4. Knowing Myself

What do I need?

HWB 2.01a - HWB 2.02a
HWB 2.09a - HWB 2.10a
HWB 2.13a

Lessons:

1. Self-help skills
2. Inclusion/Exclusion
3. Things I do in school
4. Things I do after school

What do I want?

HWB 2.04a - HWB 2.10a
HWB 2.19a - HWB 2.20a

Lessons:

1. Decision making
2. Taking part in my community
3. Responsibilities in my community
4. What do we mean by work

What do I value?

HWB 2.01a - HWB 2.02a
HWB 2.10a - HWB 2.19a
HWB 2.20a

Lessons:

1. Learning
2. What do I value
3. Valuing Money

What do I think?

HWB 2.01a - HWB 2.02a
HWB 2.09a

Lessons:

1. My emotions
2. What is the truth?
3. Different beliefs

What do I choose to do and say?

HWB 2.09a - HWB 2.12a
HWB 2.13a - HWB 2.14a

Lessons:

1. Citizenship_ Bullying
2. Citizenship – Actions & Behaviours
3. Lewis story: Volunteering

2. Planning for Choices and Changes

HWB 2.19a - HWB 2.20a

Lessons to promote:

- pupil leadership groups

4. Food and Health: Safe & hygienic practices

HWB 2.15a - HWB 2.33a

Lessons to promote:

- cleanliness
- hygiene and safety when preparing and storing food

4. Food & Health: nutrition

HWB 2.30a - HWB 2.36a

Lessons to promote:

- healthy eating advice
- food labelling systems

Substance Misuse

HWB 2.06a - HWB 2.07a - HWB 2.42a
HWB 2.45a

Lessons to promote:

- facing challenges and developing confidence
- responsible choices and appropriate actions

6. Relationships: Me and my family

HWB 2.02a - HWB 2.09a HWB 2.45a - HWB 2.51a

Lessons to promote:

- roles and responsibilities within a family
- gender issues
- feeling and behaviours

6. Growth & Development: Preparation for changes

HWB 2.15a - HWB 2.47a - HWB 2.48a - HWB 2.50a

Lessons to promote:

- changes during puberty
- the human reproductive system and birth

6. Personal Safety: Understanding safety

HWB 2.45b - HWB 2.49a

Lessons to promote:

- the meaning of safety
- potential problems in school

Second Level

Primary 6

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 2.01a - HWB 2.03a
HWB 2.04a - HWB 2.05a
HWB 2.08a - HWB 2.44a
HWB 2.44b - HWB 2.45a
HWB 2.45b

Lessons:

1. My personal network
2. Gemma's story: Bullying
3. Billy's story: Friendships
4. Assumptions & disagreements

What do I need?

HWB 2.01a - HWB 2.02a
HWB 2.05a - HWB 2.09a
HWB 2.10a - HWB 2.13a

Lessons:

1. My strengths
2. My Home
3. Things which influence me
4. Inclusive design

What do I want?

HWB 2.04a - HWB 2.19a

Lessons:

1. Being content and wanting more
2. Consumerism and advertising

What do I value?

HWB 2.01a - HWB 2.02a
HWB 2.03a - HWB 2.04a
HWB 2.06a - HWB 2.09A
HWB 2.10a

Lessons:

1. Children's rights
2. Same or different
3. Equal opportunities
4. Physical well-being

What do I think?

HWB 2.01a HWB 2.02a

Lessons:

1. Expressing ourselves
2. Ways to reduce negative emotions
3. Stereotypes and discrimination

What do I choose to do and say?

HWB 2.09a - HWB 2.12a
HWB 2.13a - HWB 2.14a

Lessons:

1. Changes
2. Citizenship: Social responsibility
3. Community Involvement
4. National Issues

2. Planning for Choices and Changes

HWB 2.19a - HWB 2.20a

Lessons to promote:

- pupil leadership groups

4. Food and Health: Food and the consumer

HWB 2.09a - HWB 2.34a

Lessons to promote:

- influences on food practices
- respect the different factors influencing people's food choices

4. Food & Health: Nutrition

HWB 2.32a

Lessons to promote:

- different nutritional needs
- the role of food groups

5. Substance Misuse

HWB 2.38a - HWB 2.40a - HWB 2.43a - HWB 2.47a

Lessons to promote:

- effects of alcohol and drugs
- impact on families
- body changes that influence behaviour

6. Relationships: Self-image

HWB 2.10a - HWB 2.47a - HWB 2.51a

Lessons to promote:

- influences and their effect on self-image
- stereotyping
- managing feelings and changing self-image

6. Growth & Development: Self-image

HWB 2.44a - HWB 2.44b - HWB 2.47a - HWB 2.48a - HWB 2.49a - HWB 2.50a

Lessons to promote:

- changes at puberty
- the reproductive system
- how relationships progress and risk of sexual behaviour

6. Personal Safety: Risk assessment and problem solving

HWB 2.16a - HWB 2.17a - HWB 2.45b - HWB 2.49a

Lessons to promote:

- safe and unsafe feelings
- appropriate responses and decisions
- support, abuse, feel, think, do

Second Level

Primary 7

1. Mental, emotional, social and physical well-being - Knowing Me, Knowing You Themed Lessons

What do I feel?

HWB 2.01a - HWB 2.02a
HWB 2.04a - HWB 2.05a
HWB 2.08a - HWB 2.44a
HWB 2.44b - HWB 2.45a
HWB 2.45b

Lessons:

1. My Network
2. Bullying and peer pressure
3. Billy's story: Friendships
4. Friends in Secondary school
5. Decision Making

What do I need?

HWB 2.10a - HWB 2.13a
HWB 2.19a

Lessons:

1. Skills and qualities
2. What kind of learners are you
3. Barriers to learning

What do I want?

HWB 2.04a - HWB 2.18a
HWB 2.19a

Lessons:

1. Transitions
2. Action Planning
3. Travelling to secondary school
4. My Transition plan

What do I value?

HWB 2.03a - HWB 2.04a
HWB 2.07a - HWB 2.09a
HWB 2.10a

Lessons:

1. Legal changes from 12 – 16 years
2. Right and responsibilities
3. Values
4. My Money
5. Claire's story: Money

What do I think?

HWB 2.01a - HWB 2.02a
HWB 2.09a

Lessons:

1. Emotional well-being
2. Positive emotions
3. Social media

What do I choose to do and say?

HWB 2.09a - HWB 2.12a
HWB 2.13a - HWB 2.14a

Lessons:

1. I am a citizen
2. Citizenship: Community involvement
3. Digital Citizenship

2. Planning for Choices and Changes

HWB 2.19a - HWB 2.20a

Lessons to promote:

- covered throughout weekly pupil leadership groups

4. Food & Health: Food & the consumer

HWB 2.14a - HWB 2.29a

Lessons to promote:

- Local and global issues affecting food choices
- The marketing and advertising of food

4. Food & Health: Nutrition

HWB 2.14a - HWB 2.29a

Lessons to promote:

- a diversity of food
- social situations and friendships

5. Substance Misuse

HWB 2.17a - HWB 2.39a - HWB 2.42a
HWB 2.49a

Lessons to promote:

- informed choices
- peer pressure, impact of risks on life choices

6. Relationships: Establishing friendships/dealing with transitions

HWB 2.05a - HWB 2.09aa HWB 2.11a - HWB 2.14a HWB 2.44a - HWB 2.45b

Lessons to promote:

- changing environments
- rights and responsibilities
- strategies for transition
- equality and diversity

Growth & Development: Body systems & sexual health

HWB 2.45a - HWB 2.47a HWB 2.48a – HWB 2.49a HWB 2.50a

Lessons to promote:

- menstruation, pregnancy and birth
- puberty
- the immune system
- heredity

Personal Safety: safety in a new environment

HWB 2.09b - HWB 2.14a - HWB 2.16a
HWB 2.45a - HWB 2.49a

Lessons to promote:

- personal safety
- new environments
- strategies for personal safety