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| **Curriculum For Excellence: HWB**  **Experiences and Outcomes: EARLY LEVEL** | **Please tick ✓** | | | **Comments** |
| **Mental and Emotional wellbeing** | | | | |
| I am aware of and able to express my feelings and am developing the ability to talk about them.  **HWB 0-01a** |  |  |  |  |
| 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 0-02a** |  |  |  |  |
| 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.  **HWB 0-03a** |  |  |  |  |
| 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 0-04a** |  |  |  |  |
| 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.  **HWB 0-05a** |  |  |  |  |
| 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 0-06a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.  **HWB 0-07a** |  |  |  |  |
| I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.  **HWB 0-08a** |  |  |  |  |
| **Social wellbeing** | | | |
| 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.  **HWB 0-09a** |  |  |  |  |
| 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.  **HWB 0-10a** |  |  |  |  |
| 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.  **HWB 0-11a** |  |  |  |  |
| Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.  **HWB 0-12a** |  |  |  |  |
| Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.  **HWB 0-13a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I value the opportunities I am given to make friends and be part of a group in a range of situations.  **HWB 0-14a** |  |  |  |  |
| **Physical activity and health** | | | |
| I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.  **HWB 0-15a** |  |  |  |  |
| I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.  **HWB 0-16a** |  |  |  |  |
| I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.  **HWB 0-17a** |  |  |  |  |
| **Planning for choices and changes**  **Expectations and Aspirations** | | | |
| In everyday activity and play, I explore and make choices to develop my learning and interests. I am encouraged to use and share my experiences **HWB 0-19a** |  |  |  |  |
| I can describe some of the kinds of work that people do and I am finding out about the wider world of work.  **HWB 0-20a** |  |  |  |  |
| I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.  **HWB 0-21a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I am developing my movement skills through practice and energetic play.  **HWB 0-22a** |  |  |  |  |
| I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules.  **HWB 0-23a** |  |  |  |  |
| I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.  **HWB 0-24a** |  |  |  |  |
| I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors.  **HWB 0-25a** |  |  |  |  |
| **Relevance of learning to future choices** | | | |
| **Physical activity and health** |  | | |
| **Diet, rest and Sleep** |
| I know that being active is a healthy way to be.  **HWB 0-27a** |  |  |  |  |
| I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body.  **HWB 0 -28a** |  |  |  |  |
| **Substance Misuse** |  | | |
| **Use of substances** |
| I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances.  **HWB 0-38a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| **Action in unsafe situations** |  | | |
| I can show ways of getting help in unsafe situations and emergencies.  **HWB 0-42a** |  |  |  |  |
| **Relationships, sexual health and parenthood** |  | | |
| **Positive Relationships** |  |
| I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.  **HWB 0-44a** |  |  |  |  |
| I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.  **HWB 0-44b** |  |  |  |  |
| I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults**.**  **HWB 0-45a** |  |  |  |  |
| I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.  **HWB 0-45b** |  |  |  |  |
| **Sexual health and sexuality** |  | | |
| I am aware of my growing body and I am learning the correct names for its different parts and how they work.  **HWB 0-47b** |  |  |  |  |
| I am learning what I can do to look after my body and who can help me.  **HWB 0-48a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.  **HWB 0-49a** |  |  |  |  |
| **Role of Parent/carer** |  | | |  |
| I am learning about where living things come from and about how they grow, develop and are nurtured.  **HWB 0-50a** |  |  |  |  |
| I am able to show an awareness of the tasks required to look after a baby.  **HWB 0-51a** |  |  |  |  |