

**Table 4: Scotland – Curriculum for Excellence: Health and Wellbeing**

Curriculum for Excellence Level	Second	Third	Fourth
School Stage	P5 - P7	S1	S4+
<b>Mental and emotional wellbeing</b>			
I am aware of and able to express my feelings and am developing the ability to talk about them	HWB 2-01a	HWB 3-01a	HWB 4-01a
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 2-02a	HWB 3-02a	HWB 4-02a
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 2-03a	HWB 3-03a	HWB 4-03a
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 2-04a	HWB 3-04a	HWB 4-04a
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 2-06a	HWB 3-06a	HWB 4-06a
I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss	HWB 2-07a	HWB 3-07a	HWB 4-07a
<b>Social wellbeing</b>			
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 2-11a	HWB 3-11a	HWB 4-11a
<b>Physical wellbeing</b>			
I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health	HWB 2-15a	HWB 3-15a	HWB 4-15a
I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible	HWB 2-16a	HWB 3-16a	HWB 4-16a
<b>Physical activity and health</b>			
I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity	HWB 2-27a	HWB 3-27a	
I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing	HWB 2-28a	HWB 3-28a	
I have investigated factors which can influence participation in physical activity and food choices, and the impact of activity on population health in the Scottish and wider contexts. can use this information to discuss policies and inform my own health choices			HWB 4-28a
<b>Planning for choices and changes</b>			
I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning		HWB 3-19a	

Source: Curriculum for Excellence: Health and Wellbeing - experiences and outcomes