

Curriculum for Excellence learning outcomes in Hothouse

Levels

0 = the preschool years and P1 or later for some

1 = end of P4 but earlier or later for some

2 = to the end of P7 but earlier or later for some

HWB = Health and Wellbeing Outcomes

EXA = Expressive Arts

Relationships, sexual health and parenthood

I understand that a wide range of different kinds of friendships and relationships exist.

HWB 2-44a

I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.

HWB 2-44b

I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing.

HWB 2-45a

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 / HWB 1-44b

I recognise that how my body changes can affect how I feel about myself and how I may behave.

HWB 2-47a

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 / HWB 1-47b

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.

HWB 2-48a

I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.

HWB 2-51a

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 / HWB 1-01a / 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 0-02a / HWB 1-02a / 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 0-03a / HWB 1-03a / 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 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a

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 / HWB 1-05a / HWB 2-05a / HWB 3-05a / HWB 4-05a

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 / HWB 1-06a / 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 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a**

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 / HWB 1-08a / HWB 2-08a / HWB 3-08a / HWB 4-08a

Social wellbeing

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 / HWB 1-10a / HWB 2-10a / HWB 3-10a / HWB 4-10a

I value the opportunities I am given to make friends and be part of a group in a range of situations.

HWB 0-14a / HWB 1-14a / HWB 2-14a / HWB 3-14a / HWB 4-14a

Physical wellbeing

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 / HWB 1-15a / 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 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a / HWB 4-16a

Drama

I can respond to the experience of drama by discussing my thoughts and feelings. I can give and accept constructive comment on my own and others' work.

EXA 0-15 / EXA 1-15 / EXA 2-15

I have experienced the energy and excitement of being part of an audience for other people's presentations/ performances.

EXA 0-01a / EXA 1-01a / EXA 2-01a