

Personal Wellbeing Skills Ladder

YEAR ONE / TWO

	ECONOMIC WELLBEING	EMOTIONAL WELLBEING	PHYSICAL WELLBEING	RELATIONSHIPS
RECOGNISE	<p>PW1 Identify the different types of work people do and learn about different places of work</p> <p>PW2 Recognise where money comes from and the choices people make to spend money on things they want and need</p>	<p>PW5 Recognise what they like and dislike</p> <p>PW6 Recognise what they are good at</p> <p>PW7 Recognise, name and manage their feelings in a positive way</p>	<p>PW11 Recognise why healthy eating and physical activity are beneficial</p> <p>PW12 Recognise that some substances can help or harm the body</p> <p>PW13 Recognise the simple physical changes to their bodies experienced since birth</p>	<p>PW18 Recognise that there are people who care for and look after them</p> <p>PW19 Identify different relationships that they have and why these are important</p> <p>PW20 Recognise how their behaviour affects other people</p>
REFLECT	<p>PW3 Understand that we cannot always afford the items we want to buy</p>	<p>PW8 Understand the difference between impulsive and considered behaviour</p>	<p>PW14 Reflect on the similarities and differences between people</p>	<p>PW21 Consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying</p>
RESPOND	<p>PW4 Contribute to enterprise activities</p>	<p>PW9 Share their opinions on things that matter to them</p> <p>PW10 Make positive real-life choices (television, games, money)</p>	<p>PW15 Demonstrate basic road safety skills</p> <p>PW16 Make simple choices that improve their health and well being e.g. healthy eating</p> <p>PW17 Manage basic personal hygiene</p>	<p>PW22 Seek help from an appropriate adult when necessary</p> <p>PW23 Develop positive relationships through work and play</p>