

# Personal Wellbeing Skills Ladder

## YEAR THREE / FOUR

	ECONOMIC WELLBEING	EMOTIONAL WELLBEING	PHYSICAL WELLBEING	RELATIONSHIPS
RECOGNISE	<p><b>PW24</b> Recognise why people work</p> <p><b>PW25</b> Identify the range of jobs carried out by the people they know</p> <p><b>PW26</b> Recognise what influences the choices people make about how money is spent</p>	<p><b>PW29</b> Face new challenges positively and know when to seek help</p>	<p><b>PW35</b> Show awareness of changes that take place as they grow</p> <p><b>PW36</b> Recognise that there are medicines and some other substances that can be used in a safe way to improve health</p>	<p><b>PW42</b> Identify strategies to respond to negative behaviour constructively and ask for help</p>
REFLECT	<p><b>PW27</b> Reflect on the range of skills needed in different jobs</p>	<p><b>PW30</b> Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements</p> <p><b>PW31</b> Reflect on own mistakes and make amends</p>	<p><b>PW37</b> Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p>	<p><b>PW43</b> Understand the nature and consequences of negative behaviours such as bullying, aggressiveness</p>
RESPOND	<p><b>PW28</b> Suggest how they can contribute to a range of activities that help them to become more enterprising</p>	<p><b>PW32</b> Talk about their views on issues that affect themselves and their class</p> <p><b>PW33</b> Begin to make responsible choices and consider consequences</p> <p><b>PW34</b> Develop strategies for managing and controlling strong feelings and emotions</p>	<p><b>PW38</b> Extend strategies to cope with risky situations</p> <p><b>PW39</b> Behave safely and responsibly in different situations</p> <p><b>PW40</b> Follow school rules about health and safety and know where to get help</p> <p><b>PW41</b> Begin to make informed lifestyle choices</p>	<p><b>PW44</b> Empathise with another viewpoint</p> <p><b>PW45</b> Form and maintain appropriate relationships with a range of different people</p>

# Personal Wellbeing Skills Ladder

## YEAR FIVE / SIX

	ECONOMIC WELLBEING	EMOTIONAL WELLBEING	PHYSICAL WELLBEING	RELATIONSHIPS
RECOGNISE	<p><b>PW46</b> Identify the skills they need to develop to make their own contribution in the working world in the future</p> <p><b>PW47</b> Recognise how people manage money and learn about basic financial capability</p>	<p><b>PW51</b> Recognise that people can feel alone and misunderstood and learn how to give appropriate support</p>	<p><b>PW57</b> Identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</p> <p><b>PW58</b> Recognise that when the body changes during puberty it can affect feelings and behaviour</p> <p><b>PW59</b> Recognise when physical contact is acceptable and unacceptable</p>	<p><b>PW63</b> Recognise that positive friendships and relationships can promote health and wellbeing</p> <p><b>PW64</b> Identify how to find information and advice through help lines</p> <p><b>PW65</b> Recognise how new relationships may develop</p>
REFLECT	<p><b>PW48</b> Make connections between their learning, the world of work and their future economic wellbeing</p>	<p><b>PW52</b> Talk, write and explain their views on issues that affect the wider environment</p> <p><b>PW53</b> Reflect on how to deal with feelings about themselves, their family and others in a positive way</p>	<p><b>PW60</b> Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene</p>	<p><b>PW66</b> Reflect on the many different types of relationships that exist</p> <p><b>PW67</b> Judge what kind of physical contact is acceptable or unacceptable in relationships</p>
RESPOND	<p><b>PW49</b> Look after their money and realise that future wants and needs may be met through saving</p> <p><b>PW50</b> Show initiative and take responsibility for activities that develop enterprise capability</p>	<p><b>PW54</b> Begin to set personal goals</p> <p><b>PW55</b> Take action based on responsible choices</p> <p><b>PW56</b> Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</p>	<p><b>PW61</b> Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p><b>PW62</b> Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</p>	<p><b>PW68</b> Manage changing emotions and recognise how they can impact on relationships</p> <p><b>PW69</b> Talk with a wide range of adults</p>