# Mental and emotional wellbeing

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and postive realtionships. I know that it is not always possible to enjoy good mental health and this if this happends there is support available.

HWB 1-06a

#### **Social Wellbeing**

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.

HWB 1-13a

## Social Wellbeing

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 1-12a

#### **Food and Health**

I am discovering the different ways that advertising and the media can affect my choices.

HWB 1-37a

## responsible

#### P.E.P.A.S

I can follow and understand rules and procedures, developing my ability to achieve personal goals. I recognise and can adopt different roles in a range of practical activities

HWB 1-23a

## **Food and Health**

When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.

HWB 1-35a

#### P.E.P.A.S

I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.

HWB 1-24a

To support Rights Respecting Schools, here are the suggested articles in child friendly language that link to the wellbeing indicator 'RESPONSIBLE'

## Article 12

You have the right to give your opinion, and for adults to listen and take it seriously.

## Article 13

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

## Article 15

You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

#### Article 17

You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

#### Article 29

Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.