



Book A: Updated W4W SPHE Links to Learner Outcomes of the SPHE Junior Cycle Curriculum (2023)

1 SKILL 1 UNDERSTAND YOUR WELL-BEING

Learning outcomes - students should be able to:

Strand 1: Understanding myself and others

1.1 explore the physical, social and emotional changes that happen during adolescence

Strand 2: Making healthy choices

2.1 consider the multifaceted nature of health and wellbeing, and evaluate what being healthy might look like for different adolescents, including how food, physical activity, sleep/rest and hygiene contribute to health and wellbeing

Strand 4: Emotional well-being

4.1 discuss the fluid nature of emotional wellbeing and ways to nurture and protect it

4.2 recognise and acknowledge their emotions and recognise the links between thoughts, feelings and behaviour

2 SKILL 2 NURTURE NEUROPLASTICITY

Learning outcomes - students should be able to:

Strand 2: Making healthy choices

2.1 consider the multifaceted nature of health and wellbeing, and evaluate what being healthy might look like for different adolescents, including how food, physical activity, sleep/rest and hygiene contribute to health and wellbeing

Strand 4: Emotional well-being

4.1 discuss the fluid nature of emotional wellbeing and ways to nurture and protect it

3 SKILL 3 SAVOUR YOUR SLEEP

Learning outcomes - students should be able to:

Strand 2: Making healthy choices

2.1 consider the multifaceted nature of health and wellbeing, and evaluate what being healthy might look like for different adolescents, including how food, physical activity, sleep/rest and hygiene contribute to health and wellbeing

Strand 4: Emotional well-being

4.1 discuss the fluid nature of emotional wellbeing and ways to nurture and protect it

4.5 explore how emotional wellbeing can be affected by factors within our control, such as sleep, diet, exercise, substance use and online exposure, and factors beyond our control

4 SKILL 4 PRIORITISE POSITIVITY

Learning outcomes - students should be able to:

Strand 4: Emotional well-being

4.1 discuss the fluid nature of emotional wellbeing and ways to nurture and protect it

5 SKILL 5 CHOOSE KINDNESS

Learning outcomes - students should be able to:

Strand 1: Understanding myself and others

1.7 communicate in a respectful and effective manner and listen openly and sensitively to the views/feelings of others

Strand 4: Emotional well-being

4.1 discuss the fluid nature of emotional wellbeing and ways to nurture and protect it

6 SKILL 6 BE YOUR OWN BEST FRIEND

Learning outcomes - students should be able to:

Strand 1: Understanding myself and others

1.3 explore the range of influences and life experiences that can impact on self-image and self-esteem and identify ways to nurture a positive sense of self-worth

Strand 4: Emotional well-being

4.1 discuss the fluid nature of emotional wellbeing and ways to nurture and protect it

7 SKILL 7 TAME TECHNOLOGY

Learning outcomes - students should be able to:

Strand 2: Making healthy choices

2.7 assess the benefits and difficulties associated with their online world and discuss strategies for dealing with a range of scenarios that might arise

8 SKILL 8 BECOME WIRED FOR WELL-BEING

Learning outcomes - students should be able to:

Strand 1: Understanding myself and others

1.9 demonstrate self-management skills, including setting personal goals, delaying gratification, and self-regulation of thoughts, emotions and impulses

Strand 2: Making healthy choices

2.1 consider the multifaceted nature of health and wellbeing, and evaluate what being healthy might look like for different adolescents, including how food, physical activity, sleep/rest and hygiene contribute to health and wellbeing

