



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

### 1 SKILL 1 GET GOOD AT 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 TACKLE YOUR THOUGHTS

*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

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

### **3 SKILL 3**

## **EMBRACE IMPERFECTION**

*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

### **4 SKILL 4**

## **TAME YOUR EMOTIONS**

*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

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

### **5 SKILL 5**

## **KNOW YOUR STRENGTHS**

*Learning outcomes - students should be able to:*

#### **Strand 1: Understanding myself and others**

1.2 reflect on their personal strengths and values and how they bring these into relationships

#### **Strand 4: Emotional well-being**

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

## 6 SKILL 6 CONNECT AND UPLIFT

*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

## 7 SKILL 7 REBOOT YOUR RESILIENCE

*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

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

4.4 discuss ways to support themselves and others in challenging times and where/how/when to seek support, if needed

## 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

