



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

1 SKILL 1 EXCEL 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

2 SKILL 2 CULTIVATE OPTIMISM

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

3 SKILL 3 GET GOOD AT STRESS

Learning outcomes - students should be able to:

Strand 2: Making healthy choices

2.4 demonstrate skills and strategies to help make informed choices that support health and wellbeing and apply them in real-life situations that may be stressful and/or involve difficult peer situations

Strand 4: Emotional well-being

4.3 consider the impact of stress and draw upon a variety of techniques to help self-regulate emotions and cope with the day-to-day stresses of life

4 SKILL 4 MAKE YOUR GOALS WORK FOR YOU

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

5 SKILL 5 EVOLVE WITH INTENT

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

6 SKILL 6 STOP AND DROP

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

7 SKILL 7 BELIEVE YOU MAKE A DIFFERENCE

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

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

