

THE ICE PACK
KNOWING ME, KNOWING YOU

Promoting Social and Emotional Learning – Skills Development



Nursery Themes and Lessons What do I feel?	Primary 1 Themes and Lessons What do I feel?	Primary 2 Themes and Lessons What do I feel?	Primary 3 Themes and Lessons What do I feel?	Primary 4 Themes and Lessons What do I feel?	Primary 5 Themes and Lessons What do I feel?	Primary 6 Themes and Lessons What do I feel?	Primary 7 Themes and Lessons What do I feel?
Lesson 1: Emotions Safe Lesson 2: Joining in Achieving Lesson 3: Excluded Included HWB 0-01a HWB 0-02a HWB 0-04a HWB 0-05a HWB 0-06a HWB 0-44b	Lesson 1: Emotions Safe Lesson 2: How do I feel when I play with my friends? Healthy HWB 0-01a HWB 0-02a HWB 0-04a HWB 0-05a HWB 0-44b	Lesson 1: How do I feel? Included Lesson 2: Different feelings Nurtured Lesson 3: Feelings and choices Nurtured HWB 0-01a HWB 1-01a HWB 0-02a HWB 1-02a HWB 0-04a HWB 1-04a HWB 0-05a HWB 1-05a HWB 0-06a HWB 1-06a HWB 0-44b HWB 1-44b	Lesson 1: Actions and behaviours Safe Lesson 2: What is bullying? Respected HWB 0-01a HWB 1-01a HWB 0-02a HWB 1-02a HWB 0-04a HWB 1-04a HWB 0-05a HWB 1-05a HWB 0-06a HWB 1-06a HWB 0-44b HWB 1-44b	Lesson 1: How I feel about myself Achieving Lesson 2: Personal strengths Healthy HWB 0-01a HWB 1-01a HWB 0-02a HWB 1-02a HWB 0-04a HWB 1-04a	Lesson 1: Friends Nurtured Lesson 2: Gemma's story - Bullying Responsible Lesson 3: Billy's story - Friendship Nurtured Lesson 4: Knowing Myself Healthy HWB 1-01a HWB 2-01a HWB 1-03a HWB 2-03a HWB 1-04a HWB 2-04a HWB 1-05a HWB 2-05b HWB 1-08a HWB 2-08a HWB 2-44a HWB 2-44b HWB 2-45a	Lesson 1: My personal network Safe Lesson 2: Gemma's story - Bullying Responsible Lesson 3: Billy's story - Friendship Nurtured Lesson 4: Assumptions Respected Lesson 5: Disagreements Healthy HWB 1-01a HWB 2-01a HWB 1-03a HWB 2-03a HWB 1-04a HWB 2-04a HWB 1-05a HWB 2-05b HWB 1-08a HWB 2-08a HWB 2-44a HWB 2-44b HWB 2-45a HWB 1-45b HWB 2-45b	Lesson 1: My personal network Healthy Lesson 2: Bullying and Peer Pressure Nurtured Lesson 3: Billy's story - Friendship Respected Lesson 4: Friends in secondary school Active Lesson 5: Decision making Included HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-04a HWB 2-04a HWB 1-05a HWB 2-05b HWB 1-08a HWB 2-08a HWB 2-44a HWB 2-44b HWB 2-45a HWB 1-45b HWB 2-45b
What do I Need? Lesson 1: What do babies need? Active Lesson 2: What do plants need? Active Lesson 3: What do pets need? Active Lesson 4: What do children need? Safe HWB 0-03a HWB 0-05a HWB 0-07a HWB 0-16a HWB 0-19a	Lesson 1: What can I do by myself? Active Lesson 2: What I have learned Active HWB 0-03a HWB 0-07a HWB 0-13a HWB 0-16a HWB 0-19a	Lesson 1: What do I need help with? Achieving Lesson 2: Asking for help Healthy HWB 0-03a HWB 1-03a HWB 0-05a HWB 1-05a HWB 0-07a HWB 1-07a HWB 0-13a HWB 1-13a HWB 0-19a HWB 1-19a HWB 0-44b HWB 1-44b	Lesson 1: Getting the right help Healthy Lesson 2: Helping at home Active HWB 0-03a HWB 1-03a HWB 0-05a HWB 1-05a HWB 0-07a HWB 1-07a HWB 0-13a HWB 1-13a HWB 0-16a HWB 1-16a HWB 0-19a HWB1-19a HWB 0-44b HWB 1-44b	Lesson 1: Building on our strengths and abilities Healthy Lesson 2: Getting the right help Included HWB 0-03a HWB 1-03a HWB 0-05a HWB 1-05a HWB 0-16a HWB 1-16a HWB 0-19a HWB 1-19a	Lesson 1: Self-help skills Healthy Lesson 2: Inclusion/exclusion Included Lesson 3: Things I do - in school Achieving Lesson 4: Things I do - after school Achieving HWB 2-01a HWB 2-02a HWB 2-09a HWB 2-10a HWB 2-13a	Lesson 1: My Strengths Healthy Lesson 2: My home Responsible Lesson 3: Things which influences me Achieving Lesson 4: Inclusive design Included HWB 2-01a HWB 2-02a HWB 1-05a HWB 2-05a HWB 2-09a HWB 2-10a HWB 2-13a	Lesson 1: Skills and qualities Achieving Lesson 2: What kind of learner are you? Achieving Lesson 3: Barriers to learning Achieving HWB 2-10a HWB 2-13a HWB 1-19a
What do I Want? Lesson 1: Food I like Healthy Lesson 2: What do I like to do in nursery? Achieving Lesson 3: Positive behaviour Included HWB 0-03a HWB 0-13a HWB 0-15a HWB 0-19a	Lesson 1: What helps me to learn? Achieving Lesson 2: What activities help me to learn? Achieving HWB 0-03a HWB 0-13a HWB 0-19a	Lesson 1: Things I enjoy doing Achieving Lesson 2: Who do I like spending time with? Active HWB 0-03a HWB 1-03a HWB 0-13a HWB 1-13a HWB 0-15a HWB 1-15a HWB 0-19a HWB 0-44a HWB 1-44a	Lesson 1: Wants and needs Included Lesson 2: Things in common Included HWB 0-08a HWB 1-08a HWB 0-09a HWB 1-09a HWB 0-10a HWB 1-10a HWB 0-19a HWB 1-19a HWB 0-45b HWB 1-45b	Lesson 1: Role models Respected Lesson 2: How role models influence us Responsible HWB 0-19a HWB 0-44a HWB 1-44a	Lesson 1: Decision making Safe Lesson 2: Taking part in my community Achieving Lesson 3: Responsibilities in my community Responsible Lesson 4: What do we mean by work? Active HWB1-04a HWB 2-04a HWB 1-10a HWB 2-10a HWB 1-19a HWB 2-19a HWB 1-20a HWB 2-20a	Lesson 1: Being content and wanting more Nurtured Lesson 2: Consumerism Active Lesson 3: Advertising Active HWB1-04a HWB 2-04a HWB 2-19a	Lesson 1: Transitions Active Lesson 2: Action Planning Active Lesson 3: Travelling to secondary school Active Lesson 4: My transition plan Active HWB1-04a HWB 2-04a HWB 1-18a HWB 2-18a HWB 1-19a HWB 2-19a
What do I Value? Lesson 1: Unique Achieving Lesson 2: Identifying similarities and differences Achieving Lesson 3: Valuing my friends Nurtured HWB 0-03a HWB 0-05a HWB 0-10a HWB 0-44a	Lesson 1: What do I like and value about myself? Healthy Lesson 2: What do I like and value about my friends? Included Lesson 3: What do I like and value about someone at home? Included HWB 0-05a HWB 0-08a	Lesson 1: Celebrating difference Respected Lesson 2: Things I value Healthy HWB 0-05a HWB 1-05a HWB 0-10a HWB 1-10a	Lesson 1: Things I value about my school Safe Lesson 2: My contributions at home Active HWB 0-10a HWB 1-10a HWB 0-13a HWB 1-13a	Lesson 1: Who looks after us? Safe Lesson 2: How is care shown? Included HWB 0-03a HWB 1-03a HWB 0-05a HWB 1-05a HWB 0-08a HWB 1-08a HWB 0-13a HWB 1-13a HWB 0-44a	Lesson 1: Learning Achieving Lesson 2: What do I value? Safe Lesson 3: Our values Respected Lesson 4: Valuing money Respected HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-07a HWB 2-07a HWB 1-09a HWB 2-09a HWB 1-10a HWB 2-10a HWB 1-19a	Lesson 1: Children's rights Safe Lesson 2: Same or different Respected Lesson 3: Equal opportunities Included Lesson 4: Physical Wellbeing Healthy HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-03a HWB 2-03a HWB 1-04a HWB 2-04a HWB 1-06a HWB 2-06a HWB 1-09a HWB 2-09a HWB 1-10a HWB 2-10a HWB 1-19a	Lesson 1: Legal changes from 12–16 years Nurtured Lesson 2: Rights and responsibilities Responsible Lesson 3: Values Respected Lesson 4: My money Respected Lesson 5: Claire's story - Money Respected HWB 1-03a HWB 2-03a HWB 1-04a HWB 2-04a HWB 1-07a HWB 2-07a HWB 1-09a HWB 2-09a HWB 1-10a HWB 2-10a HWB 1-19a
What do I Think? Lesson 1: Recognising difference Respected Lesson 2: Celebrating difference Respected Lesson 3: Expressing myself Included Lesson 4: Communication skills Nurtured HWB 0-02a HWB 0-04a HWB 0-05a HWB 0-10a HWB 0-45b	Lesson 1: Same or different Respected Lesson 2: Just the same Respected Lesson 3: What do we mean by unique? Included HWB 0-02a HWB 0-10a HWB 0-13a	Lesson 1: What is fairness? Responsible Lesson 2: Class rules Responsible HWB 0-04a HWB 1-04a HWB 0-05a HWB 1-05a HWB 0-09a HWB 1-09a HWB 0-10a HWB 1-10a HWB 0-13a HWB 1-13a HWB 0-45b HWB 1-45b	Lesson 1: Rules in practice Nurtured Lesson 2: Is it fair? Respected HWB 0-04a HWB 1-04a HWB 0-09a HWB 1-09a HWB 0-10a HWB 1-10a HWB 0-13a HWB 1-13a	Lesson 1: People Nurtured Lesson 2: Accepting people Nurtured HWB 0-04a HWB 1-04a HWB 0-05a HWB 1-05a HWB 0-13a HWB 1-13a	Lesson 1: My emotions Healthy Lesson 2: What is the truth? Healthy Lesson 3: Different beliefs Healthy HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-09a HWB 2-09a HWB 1-47a	Lesson 1: Expressing ourselves Nurtured Lesson 2: Ways to reduce negative emotions Healthy Lesson 3: Stereotypes and discrimination Included HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-47a	Lesson 1: Emotional wellbeing Healthy Lesson 2: Positive emotions Healthy Lesson 3: Social media Achieving HWB 1-01a HWB 2-01a HWB 1-02a HWB 2-02a HWB 1-09a HWB 2-09a
What do I Choose to Say and Do? Lesson 1: Helping other children Responsible Lesson 2: Helping adults Responsible Lesson 3: Help I need Nurtured HWB 0-10a HWB 0-11a HWB 0-12a HWB 0-13a HWB 0-14a HWB 0-19a HWB 0-45b	Lesson 1: What are we good at? Achieving Lesson 2: How can I help other children? Nurtured Lesson 3: What happens when we help? Responsible HWB 0-10a HWB 0-11a HWB 0-13a HWB 0-14a HWB 0-19a	Lesson 1: Why do children come to school? Safe Lesson 2: My responsibilities Nurtured HWB 0-10a HWB 1-10a HWB 0-11a HWB 1-11a HWB 0-12a HWB 1-12a HWB 0-13a HWB 1-13a HWB 0-14a HWB 1-14a HWB 0-19a HWB 1-19a	Lesson 1: What are my responsibilities in school? Achieving Lesson 2: What are my responsibilities at home? Responsible Lesson 3: Pupil Voice Healthy HWB 0-10a HWB 1-10a HWB 0-11a HWB 1-11a HWB 0-12a HWB 1-12a HWB 0-13a HWB 1-13a HWB 0-14a HWB 1-14a HWB 0-19a HWB 1-19a HWB 0-45b HWB 1-45b	Lesson 1: I can contribute Achieving Lesson 2: My Goals Active HWB 0-10a HWB 1-10a HWB 0-11a HWB 1-11a HWB 0-13a HWB 1-13a HWB 0-19a HWB 1-19a	Lesson 1: Citizenship - Bullying Responsible Lesson 2: Citizenship - Actions and behaviours Responsible Lesson 3: Lewis's story - Volunteering Active HWB 1-09a HWB 2-09a HWB 1-12a HWB 2-12a HWB 1-13a HWB 2-13a HWB 1-14a HWB 2-14a	Lesson 1: Changes Safe Lesson 2: Citizenship - Social Responsibility Responsible Lesson 3: Citizenship - Community Involvement Achieving Lesson 4: Citizenship - National Issues Achieving HWB 1-09a HWB 2-09a HWB 1-12a HWB 2-12a HWB 1-13a HWB 2-13a HWB 1-14a HWB 2-14a HWB 1-19a	Lesson 1: I am a citizen Safe Lesson 2: Citizenship - Community Issues Responsible Lesson 3: Citizenship - Global Issues Responsible Lesson 4: Digital Citizenship Healthy HWB 1-09a HWB 2-09a HWB 1-12a HWB 2-12a HWB 1-13a HWB 2-13a HWB 1-14a HWB 2-14a