



Attainment Band :	Mental Health and Wellbeing	
	Knowledge and Understanding	Skills
Yellow Plus	<ul style="list-style-type: none"> <li>To learn about the nature of emotional wellbeing and how we can promote it;</li> <li>To learn how others' actions, life events and our circumstances can affect our mental health and wellbeing;</li> <li>To recognise personal strengths and how this promotes a positive self-concept.</li> <li>To learn about the nature of and influences on healthy and less healthy body image;</li> <li>To recognise the link between healthy self-esteem and healthy body image.</li> </ul>	<ul style="list-style-type: none"> <li>Self-regulation</li> <li>Clarifying own values</li> <li>Identify links between values and beliefs, decisions and actions</li> <li>Managing peer influence</li> <li>Negotiation</li> <li>Active listening skills</li> <li>Leadership</li> <li>Building and maintaining healthy relationships</li> <li>Self-improvement</li> <li>Managing peer influence</li> <li>Managing risk</li> <li>Recalling and applying knowledge creatively in new situations</li> <li>Self-regulation</li> <li>Managing peer influence</li> <li>Identifying thinking traps</li> <li>Formulating questions</li> </ul>
Yellow	<ul style="list-style-type: none"> <li>Explain self-esteem and someone can build their self-esteem</li> </ul>	
Blue	<ul style="list-style-type: none"> <li>Explain what factors affect a negative body image</li> <li>Suggest tips for helping someone cope with mental health problems</li> </ul>	
Green	<ul style="list-style-type: none"> <li>Suggest alternative strategies to support mental and emotional health and wellbeing</li> <li>Understand how mental health can affect someone</li> </ul>	
White	<ul style="list-style-type: none"> <li>Describe changes during puberty and adolescence</li> <li>Describe a positive and negative body image</li> </ul>	
	<ul style="list-style-type: none"> <li>Understand the difference between puberty and adolescence</li> <li>Understand what is meant by body image</li> </ul>	