

POSITIVE LIVING

Key Concepts

Positive Living is based on the following key concepts;

Relationships

Relationships affect **everything** we do in our lives

Relationship skills have to be learnt and **practiced**

Relationships can cause strong feelings and **emotions**

Emotional Well-being

Our self esteem and identity is affected by different factors

Self-esteem changes with personal circumstances, such as family, friends and achievement

Self-esteem can be affected by the way our personal qualities, skills and achievements are evaluated by others

Staying Safe

Risk can be positive and negative so we need to think carefully about risk to ourselves and others

Pressure can be used positively or negatively to influence others in situations involving risk

Risk involves the confidence to try new ideas and face challenges safely, individually and in groups

Positive Contribution

We all have a part to play

Diversity helps us appreciate that in our communities, there are similarities as well as differences between people of different race, religion, culture, ability or disability, gender and age

Being Healthy

Happy and healthy lifestyles depend on information and making positive choices

Happy, healthy lifestyles are linked to our physical and emotional health

Dealing with growth and change are normal parts of life

Enjoy and Achieve

Experiencing the positive feelings of the process of achieving

Recognising that learning and achieving are lifelong activities that should and can be enjoyable and fun

Key Skills

Positive Living should allow the children to identify and develop the following skills set.

Critical Reflection

Pupils should begin to;

Reflect critically on their own and others' values

Reflect on their own and others' strengths and achievement

Identify and use strategies for setting and meeting personal targets

Reflect on feelings and identify positive ways of managing strong emotions

Develop self-awareness by reflecting critically on personal behaviour and its impact on others

Developing Relationships

Pupils should begin to:

Use social skills to build and maintain a range of positive relationships

Reflect upon what makes these successful and apply this to new situations

Decision-making and Managing risk

Pupils should begin to to:

Make informed choices about safety, health and wellbeing

Evaluate personal choices and make changes if necessary

Assess and manage risk to minimise harm in risky situations and demonstrate how to help others do so

Use strategies to resist unhelpful peer influence and pressure