PLAYBACK
LEARNING ACADEMY

THE ICE PACK
KNOWING ME, KNOWING YOU

Promoting Social and Emotional Learning – Skills Development

Nursery
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

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

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

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

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

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

Primary 1
Themes and Lessons
What do I feel?

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

What do I Need?

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

What do I Want?

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

What do I Value?

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

What do I Think?

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

What do I Choose to Say and Do?

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

Primary 2
Themes and Lessons
What do I feel?

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 0-44b
HWB 1-44b

What do I Need?

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

What do I Want?

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

What do I Value?

Lesson 1: Celebrating difference **Respected**
Lesson 2: Things I value **Healthy**

HWB 0-05a HWB 1-05a HWB 0-10a
HWB 1-10a

What do I Think?

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

What do I Choose to Say and Do?

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

Primary 3
Themes and Lessons
What do I feel?

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

What do I Need?

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

What do I Want?

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

What do I Value?

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

What do I Think?

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

What do I Choose to Say and Do?

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

Primary 4
Themes and Lessons
What do I feel?

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

What do I Need?

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

What do I Want?

Lesson 1: Role models **Respected**
Lesson 2: How role models influence us **Responsible**

HWB 0-19a HWB 0-44a HWB 1-44a

What do I Value?

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
HWB 1-44a

What do I Think?

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

What do I Choose to Say and Do?

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

Primary 5
Themes and Lessons
What do I feel?

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

What do I Need?

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

What do I Want?

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

What do I Value?

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

What do I Think?

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

What do I Choose to Say and Do?

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

Primary 6
Themes and Lessons
What do I feel?

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

What do I Need?

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

What do I Want?

Lesson 1: Being content and wanting more **Nurtured**
Lesson 2: Consumerism **Active**
Lesson 3: Advertising **Active**

HWB1-04a HWB 2-04a HWB 2-19a

What do I Value?

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

What do I Think?

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

What do I Choose to Say and Do?

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

Primary 7
Themes and Lessons
What do I feel?

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: 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: 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: 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: 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: 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

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