

KiVa Mapping
Curriculum for Wales
Unit 1

Unit 1 Lesson Overview

Lesson 1	<p>know what KiVa stands for a positive school environment</p> <p>understand that every student has the right to a safe learning environment</p> <p>know more about him/herself and his/her classmates</p>
Lesson 2	<p>know what is meant by emotions</p> <p>have thought about the kinds of emotions and different situations in which we experience them</p> <p>understand the difference between emotions and actions</p>
Lesson 3	<p>know what a group is and recognise the characteristics of a friendly group</p> <p>have learned new things about his/her classmates by taking part in the exercises</p> <p>know how to join group and how to help others included in the group</p> <p>have thought about different emotions she/he may have as a group</p>
Lesson 4	<p>have thought about both the ways and importance of taking other people into consideration</p> <p>have thought about the positive characteristics there are in other people and also in him/herself</p>
Lesson 5	<p>understand what bullying is and how it differs from accidentally inflicted harm / arguing / playful teasing</p> <p>understand what bullying may feel like</p> <p>know the most common consequences of being bullied</p> <p>know that in this school bullying will not be tolerated and that it will be intervened in immediately</p>
Lesson 6	<p>understand the meaning of bystanders in bullying situations</p> <p>have thought about his/her own behaviour in bullying situations and she/he is motivated to change it</p> <p>understand that it is everyone's responsibility to reduce bullying</p>
Lesson 7	<p>have identified ways to support the victim</p> <p>have thought about why it might be hard to take the victim's side</p> <p>understand that even small gestures/actions can make the victim feel better</p>
Lesson 8	<p>understand that bullying is not the victim's fault and that no one should give in to being bullied</p> <p>know what assertiveness means and how being assertive can reduce bullying</p> <p>know ways of how to act in bullying situations</p>
Lesson 9	<p>think about topics covered</p>
Lesson 10	<p>have reviewed the antibullying rules of the class created during the school year</p> <p>be committed to following the rules during the next school year</p> <p>have received positive feedback on his/her actions as a group member</p>

Unit 1 Mapping against the Health and Well-being Area of Learning

Health and Well-being	
What Matters Statements	KiVa lessons
<p>Developing physical health and well-being has lifelong benefits. This Area can help learners to understand the factors that affect physical health and well-being. This includes health-promoting behaviours such as physical activity, including but not limited to sport; balanced diet; personal care and hygiene; sleep; and protection from infection. It also includes an understanding of health-harming behaviours. From this understanding, learners can develop positive, informed behaviours that encourage them both to care for and respect themselves and others. These behaviours support learners' sense of self-worth, their overall mood and energy levels. Learners will be encouraged to develop the confidence, motivation, physical competence, knowledge and understanding that can help them lead healthy and active lifestyles which promote good physical health and well-being.</p>	<p>N/A</p>
<p>How we process and respond to our experiences affects our mental health and emotional well-being. This Area can help learners explore the connections between their experiences, mental health and emotional well-being. By being provided with opportunities to explore the complexities of these connections, learners can be enabled to recognise that feelings and emotions are neither fixed nor consistent. Having an awareness of our own feelings and emotions is the foundation upon which <i>empathy</i> can be developed. This can enable us to act in a way which supports the mental health and emotional well-being of others. Supporting learners to develop strategies which help them to regulate their emotions can contribute towards good mental health and emotional well-being. By learning how to communicate their feelings, learners will be better placed to create a culture where talking about mental health and emotional well-being is normalised.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being along is different from being together and that both of them are important.</p> <p>Lesson 2 – know what is meant by emotions, have thought about the kinds of emotions and different situations in which we experience them + understand the difference between emotions and actions</p> <p>Lesson 3 – know what a group is and recognise the characteristics of a friendly group + have thought about different emotions s/he may have as a group</p> <p>Lesson 5 - understand what bullying is and how it differs from accidentally inflicted harm / arguing / playful teasing + understand what being bullied may feel like</p> <p>Lesson 6 - understand the meaning of bystanders in bullying situations</p> <p>Lesson 9 – think about the topics covered</p>

	Lesson 10 – have reviewed the antibullying rules of the class created during the school year
<p>Our decision-making impacts on the quality of our lives and the lives of others.</p> <p>This Area can help learners to understand how decisions and actions impact on themselves, on others and on wider society, both now and in the future. It can also help learners understand the factors that influence decision-making, thus placing them in a better position to make more informed and considered decisions.</p> <p>Learning and experience in this Area can enable learners to develop the critical-thinking skills necessary to consider their decision-making in terms of possible implications, including risks, for themselves and others. This can offer learners opportunities to engage in collective decision-making and to understand the importance of their contributions to this process.</p> <p>A key decision that affects learners for life is around their career pathways.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being along is different from being together and that both of them are important.</p> <p>Lesson 2 - understand the difference between emotions and actions</p> <p>Lesson 3 - know what a group is and know the characteristics of a friendly group</p> <p>Lesson 4 – have thought about both the ways and importance of taking other people into consideration</p> <p>Lesson 5 - understand what bullying is and how it differs from accidentally inflicted harm / arguing / playful teasing + understand what being bullied may feel like</p> <p>Lesson 6 - have thought about his/her own behaviour in bullying situations and she/he is motivated to change it + understand that it's everyone's responsibility to reduce bullying</p> <p>Lesson 7 – have identified ways to support the victim, understand that even small gestures/actions can make the victim feel better</p> <p>Lesson 8 – understand that bullying is not the victim's fault and that no one should give in to being bullied, know what assertiveness means and how being assertive can reduce bullying + know ways of how to act in bullying situations</p> <p>Lesson 9 – think about the topics covered</p>
<p>How we engage with social influences shapes who we are and affects our health and well-being.</p> <p>This Area can help learners understand the important role of <i>social influences</i> on their lives. These influences are comprised of rules, <i>social norms</i>, <i>attitudes</i> and <i>values</i> that are created and reinforced by different</p>	Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being along is different from being together and that both of them are important.

<p>social groups. It is through interaction with social groups that we experience these influences. They affect our identity, <i>values</i>, behaviours and health and well-being, and often do so without our being aware of it. Learners will need to engage critically with these social influences within their own culture, as well as those of others, in order to understand how norms and values develop. This can enable them to understand how their own behaviours, relationships and experiences are shaped.</p>	<p>Lesson 2 - have thought about the kinds of emotions and different situations in which we experience them</p> <p>Lesson 7 – understand why it might be difficult to take the victims side</p> <p>Lesson 8 – know ways of how to act in bullying situations</p> <p>Lesson 9 – think about the topics covered</p>
<p>Healthy relationships are fundamental to our well-being. This Area can help learners understand and value how feelings of belonging and connection that come from healthy relationships have a powerful effect on health well-being. Learners need to recognise when relationships are unhealthy and need to be aware of how to keep safe, and seek support for themselves and others. Learners will be encouraged to understand that, throughout their lives, they will experience a range of relationships. They will also be encouraged to develop their abilities to form, nurture and maintain relationships. As a result, they will see how healthy relationships are vital for a healthy body and mind, allowing us to thrive.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being along is different from being together and that both of them are important.</p> <p>Lesson 2 - have thought about the kinds of emotions and different situations in which we experience them</p> <p>Lesson 4 – have thought about both the ways and importance of taking other people into consideration</p> <p>Lesson 6 - have thought about his/her behaviour in bullying situations</p> <p>Lesson 9 – think about the topics covered</p>

KiVa Mapping
Curriculum for Wales
Unit 2

Unit 2 Lesson Overview

Lesson 1	<p>know that KiVa stands for a positive school environment</p> <p>understand that everyone has the right to a safe learning environment</p> <p>understand that being alone is different from being together and that both of them are important</p>
Lesson 2	<p>know what a group is and know the characteristics of a friendly group</p> <p>understand characteristics of good communication in a group</p> <p>understand that sometimes in a group you end up behaving in a manner you don't really want to</p> <p>understand that in a group people have different kinds of roles and that the group itself contributes to defining those roles</p> <p>know how to join a group and how to help others to be included in the group</p> <p>have thought about what kind of a group his/her own class is</p>
Lesson 3	<p>know what bullying is and able to recognise bullying situations</p> <p>also know what is not bullying (a conflict/fight)</p> <p>know about different forms of bullying</p> <p>know how common a problem bullying is</p> <p>understand that even though bullying is common it is not acceptable</p> <p>know who to tell about bullying and how it is tackled at school</p>
Lesson 4	<p>understand the concept of hidden bullying</p> <p>understand what mixed messages are</p> <p>know what cyberbullying is</p> <p>understand that hidden bullying is harmful and forbidden</p> <p>know ways to protect him/herself from online bullying</p>
Lesson 5	<p>understand what being bullied may feel like</p> <p>know the most common consequences of being bullied</p> <p>understand that being bullied might affect your life after many years</p> <p>have thought about the well-being of his/her class as a group and the possible changes that have taken place</p>
Lesson 6	<p>have thought about his/her own attitudes towards bullying</p> <p>have noticed that most of the children in the class have an attitude against bullying</p> <p>have understood that you don't always act according to your actual attitude (peer pressure)</p> <p>know the roles in bullying situations</p> <p>have thought about his/her own behaviour in bullying situations</p>

Lesson 7	<p>have identified ways to support the victim</p> <p>have thought about why it might be hard to take the victims side</p> <p>understand that even small gestures/actions can make the victim feel better</p> <p>have tried out different ways of behaving in a bullying situation</p>
Lesson 8	<p>know what s/he could do if s/he gets bullied</p> <p>know what not to do is s/he gets bullied</p> <p>know what assertiveness is</p> <p>know what happens in his/her school if a teacher finds out that someone is being bullied</p> <p>know that it may feel difficult to tell anyone about bullying (shame)</p>
Lesson 9	<p>have revised the anti-bullying rules of the class created during the school year</p> <p>have thought about what the rules mean in his/her class</p> <p>have thought about what the class could do in the future so that there would be no more bullying</p> <p>know the consequences for breaking the rules</p>
Lesson 10	<p>have thought about how s/he feels the situation in the class has changed</p> <p>have seen how others experience it</p> <p>have thought of how s/he has contributed to the change / the fact that the situation has remained the same</p>

Unit 2 Mapping against the Health and Well-being Area of Learning

Health and Well-being	
What Matters Statements	KiVa lessons
<p>Developing physical health and well-being has lifelong benefits. This Area can help learners to understand the factors that affect physical health and well-being. This includes health-promoting behaviours such as physical activity, including but not limited to sport; balanced diet; personal care and hygiene; sleep; and protection from infection. It also includes an understanding of health-harming behaviours. From this understanding, learners can develop positive, informed behaviours that encourage them both to care for and respect themselves and others. These behaviours support learners' sense of self-worth, their overall mood and energy levels. Learners will be encouraged to develop the confidence, motivation, physical competence, knowledge and understanding that can help them lead healthy and active lifestyles which promote good physical health and well-being.</p>	N/A
<p>How we process and respond to our experiences affects our mental health and emotional well-being. This Area can help learners explore the connections between their experiences, mental health and emotional well-being. By being provided with opportunities to explore the complexities of these connections, learners can be enabled to recognise that feelings and emotions are neither fixed nor consistent. Having an awareness of our own feelings and emotions is the foundation upon which <i>empathy</i> can be developed. This can enable us to act in a way which supports the mental health and emotional well-being of others. Supporting learners to develop strategies which help them to regulate their emotions can contribute towards good mental health and emotional well-being. By learning how to communicate their feelings, learners will be better placed to create a culture where talking about mental health and emotional well-being is normalised.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being along is different from being together and that both of them are important.</p> <p>Lesson 2 – have thought about what kind of group his/her own class is</p> <p>Lesson 3 – know what bullying is and able to recognise bullying situations, also know what is not bullying, know who to tell about bullying and how it is being tackled in school</p> <p>Lesson 5 - understand what being bullied may feel like + understand that being bullied might affect your life after many years</p> <p>Lesson 10 – have thought about how s/he feels the situation in class has changed</p>
<p>Our decision-making impacts on the quality of our lives and the lives of others.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment +</p>

<p>This Area can help learners to understand how decisions and actions impact on themselves, on others and on wider society, both now and in the future. It can also help learners understand the factors that influence decision-making, thus placing them in a better position to make more informed and considered decisions.</p> <p>Learning and experience in this Area can enable learners to develop the critical-thinking skills necessary to consider their decision-making in terms of possible implications, including risks, for themselves and others. This can offer learners opportunities to engage in collective decision-making and to understand the importance of their contributions to this process.</p> <p>A key decision that affects learners for life is around their career pathways.</p>	<p>understand that being along is different from being together and that both of them are important.</p> <p>Lesson 3 – know who to tell about bullying and how it is being tackled in school</p> <p>Lesson 4 – know what cyberbullying is + knows ways to protect him/herself online</p> <p>Lesson 5 - understand what being bullied may feel like, know the most common consequences of being bullied + understand that being bullied might affect your life after many years</p> <p>Lesson 7 – have identified ways to support the victim, understand that even small gestures/actions can make the victim feel better</p> <p>Lesson 8 – know what s/he could do if s/he gets bullied, know what not to do if s/he gets bullied + know that it might be difficult to tell anyone about bullying (shame)</p>
<p>How we engage with social influences shapes who we are and affects our health and well-being.</p> <p>This Area can help learners understand the important role of <i>social influences</i> on their lives. These influences are comprised of rules, <i>social norms</i>, <i>attitudes</i> and <i>values</i> that are created and reinforced by different social groups. It is through interaction with social groups that we experience these influences. They affect our identity, <i>values</i>, behaviours and health and well-being, and often do so without our being aware of it. Learners will need to engage critically with these social influences within their own culture, as well as those of others, in order to understand how norms and values develop. This can enable them to understand how their own behaviours, relationships and experiences are shaped.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being along is different from being together and that both of them are important.</p> <p>Lesson 2 - know what a group is and know the characteristics of a friendly group, understand characteristics of good communication in a group, + understand that sometimes in a group you end up behaving in a manner you don't really want to</p> <p>Lesson 4 – knows ways to protect him/herself online</p> <p>Lesson 6 - have understood that you don't always act according to your actual attitude (peer pressure), know the roles in bullying situations + have thought about his/her behaviour in bullying situations</p> <p>Lesson 7 – understand why it might be difficult to take the victims side</p>

	<p>Lesson 9 – have revised the anti-bullying rules of the class created during the school year, have thought about what the rules mean in his/her class + know the consequences for breaking the rules</p>
<p>Healthy relationships are fundamental to our well-being. This Area can help learners understand and value how feelings of belonging and connection that come from healthy relationships have a powerful effect on health well-being. Learners need to recognise when relationships are unhealthy and need to be aware of how to keep safe, and seek support for themselves and others. Learners will be encouraged to understand that, throughout their lives, they will experience a range of relationships. They will also be encouraged to develop their abilities to form, nurture and maintain relationships. As a result, they will see how healthy relationships are vital for a healthy body and mind, allowing us to thrive.</p>	<p>Lesson 1 – know that KiVa stands for a positive school environment, understand that everyone has the right to a safe learning environment + understand that being alone is different from being together and that both of them are important.</p> <p>Lesson 2 - understand that sometimes in a group you end up behaving in a manner you don't really want to + understand that in a group people have different kinds of roles and that the group itself contributes to defining those roles</p> <p>Lesson 6 - have understood that you don't always act according to your actual attitude (peer pressure), know the roles in bullying situations + have thought about his/her behaviour in bullying situations</p>