



## Knowing Me, Knowing You

**A Health and Wellbeing Programme  
Promoting Social and Emotional Learning and Skills Development  
Nursery and Primary Schools (3–12 years)**

This comprehensive and engaging resource has been written in collaboration with a range of early years and primary professionals and provides a building block approach to children's social and emotional learning about themselves and others.

There is a growing recognition that healthy, social and emotional development advances children's success in school and life. Social and emotional learning helps children academically and supports them in being engaged life-long learners who are self-aware, caring and connected to others.

**Knowing Me, Knowing You** supports the core principles of Getting it right for every child (GIRFEC, Scotland) and Every Child Matters (UK).

## Knowing Me, Knowing You is delivered through a co-operative learning approach focusing on the following 6 themes:

**What Do I Feel?** encourages children to reflect on their own and others' feelings, interests, qualities and values as well as exploring issues of bullying, peer pressure, friendships and decision making.

**What Do I Need?** encourages children to discuss how they give and receive help within their school and community as well exploring their strengths, development needs, learning styles and barriers to learning.

**What Do I Want?** encourages children to express their likes and dislikes in a positive manner, respect others as well as exploring how they are influenced by role models, consumerism, and advertising.

**What Do I Value?** encourages children to understand what they value and respect about themselves and others, the school and the community as well as exploring rights and responsibilities, equal opportunities, healthy lifestyles and how they show empathy and care.

**What Do I Think?** encourages children to consider how they express themselves, celebrate difference as something positive and to understand the need for rules, fair treatment and equality as well as exploring social media and emotional wellbeing.

**What Do I Choose to Say and Do?** encourages children to reflect on their own experiences in relation to rights and responsibilities, actions and behaviours and pupil voice as well as exploring volunteering and aspects of citizenship including digital citizenship.

**There are specific lessons to support pupils' transitions from nursery to primary school and primary to secondary.**

**Knowing Me, Knowing You** has been sensitively designed to support schools and teachers in developing children's emotional and social learning and wellbeing.

**Knowing Me, Knowing You** contains:

- Nursery and Primary Lesson Books (8) for Teachers – includes 140 pre-planned and prepared Lessons with context of learning explained, CfE social and emotional wellbeing outcomes, Learning Intentions and Success Criteria.
- The Playback Storybook – Mojo and Friends.

**Knowing Me, Knowing You** aims to:

- develop successful learners who understand what they are learning, how they are learning, and why
- develop responsible citizens who adopt inclusive principles in their work and in their play and who

value and work towards achieving inclusion and equity in their local and global communities

- develop effective contributors who are experienced in offering and justifying their opinions and who are ready to play a full part in society now and in the future
- develop confident individuals who have a realistic, positive self-concept and are able to acknowledge their strengths and their development needs

**Skills development** - pupils will have opportunities to improve their:

- literacy skills through recording written evidence of development and progression, action plans and creative writing
- numeracy skills and problem solving through money management, planning and travel
- emotional intelligence through self-awareness of their own feelings and those of others, aspects of their health and wellbeing by discussing emotions, behaviours and general wellbeing and be able to empathise and show care
- personal skills and qualities through personal reflection, motivation, goal setting and planning
- reflect and review skills by evaluation of their own and others' work and achievements
- communication skills, by expressing themselves, recognizing how they interact with others, listening and decision making
- coping skills by improved management of personal relationships/friendships
- self-confidence and esteem through increased social interaction and awareness of their role in society and citizenship

**Knowing Me, Knowing You** lessons offer many opportunities for Interdisciplinary Learning Links. These include:

- Mathematics
- Literacy
- Design Technology
- ICT
- Citizenship
- Personal & Social Development
- Environmental Studies
- Health Education
- Religious & Moral Education



If you would like further information about this Resource, or would like a presentation then please contact Playback  
T: 0131 453 5514 or E: [administrator@playbackice.com](mailto:administrator@playbackice.com)  
**[www.playbackice.com](http://www.playbackice.com)**