



STARS

My amazing brain

Teacher's Guide: Learning Outcomes
P5-P7



B Brain Health
Scotland

Hosted & supported by
Alzheimer Scotland





Spend time
with friends
and on hobbies



LEARNING OUTCOMES

(From curriculum for excellence,
Scotland)

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

HWB 2-05a

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.

HWB 2-08a

I value the opportunities I am given to make friends and be part of a group in a range of situations.

HWB 2-14a

I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.

HWB 2-44b

T
Tuck in



LEARNING OUTCOMES

(From curriculum for excellence,
Scotland)

By investigating the range of foods available I can discuss how they contribute to a healthy diet.

HWB 1-30a

I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.

HWB 2-28a



Active and healthy



LEARNING OUTCOMES

(From curriculum for excellence, Scotland)

I understand the effect that a range of substances including tobacco and alcohol can have on the body.

HWB 2-38a

I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions.

HWB 2-39a

I can identify the different kinds of risks associated with the use and misuse of a range of substances.

HWB 2-41a

I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.

HWB 2-27a

R

Rest and relax



LEARNING OUTCOMES

(From curriculum for excellence, Scotland)

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.
HWB 2-06a

I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.
HWB 2-27a

S

Safety



LEARNING OUTCOMES

(From curriculum for excellence, Scotland)

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.

HWB 2-15a

I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.

HWB 2-16a

I know and can demonstrate how to travel safely.

HWB 2-18a

1

Let us know what you thought!

We'd love to hear your honest feedback on the programme and anything you think we could improve!

🌐 forms.office.com/r/KQj6e1125W

2

Tell a teacher friend

Our aim is to have every child in Scotland understand more about how to keep their brain healthy.

If you enjoyed the resources, would you be able to spread the word to other P5-P7 teacher friends?

4

Fundraise

Our resources and packs are freely available, but relies on generous support. If this programme was of our interest to your students, could you consider fundraising for Brain Health Scotland or Alzheimer Scotland?

🌐 shop.alzscot.org/donation-page

WHAT NEXT?

3

Dementia Friends

Dementia Friends is an Alzheimer Scotland initiative to raise awareness of dementia and reduce stigma. You can take part online or book a face-to-face session.

🌐 alzscot.org/our-work/dementia-friendly-communities/dementia-friends-scotland

