

Support your child's learning – Mental, emotional, social and physical wellbeing

English version	Gaelic version
Mental, emotional, social and physical wellbeing	Sunnd inntinneil, faireachail, sòisealta agus corporra
'Mental, emotional, social and physical wellbeing' is one of six areas that your child will learn about as part of the health and wellbeing curriculum. ¹	Is e 'Sunnd inntinneil, faireachail, sòisealta agus corporra' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd ²
The four aspects of wellbeing (mental, emotional, social and physical) are closely related and are usually taught together.	Tha na ceithir taobhan de shunnd (inntinneil, faireachail, sòisealta agus corporra) co-cheangailte gu dlùth ri chèile agus gu h-àbhaisteach air an teagaisg còmhla.
Mental and emotional wellbeing	Sunnd inntinneil agus faireachail
Simple ideas to help children and young people understand more about feelings.	Beachd-smuaintean sìmplidh gus clann a chuideachadh le barrachd mu fhaireachdainnean a thuigsinn.
First-second level (approximately P2-P7)³	Chiad ìre (timcheall air P2-P7)⁴
<ul style="list-style-type: none"> Help your child to learn that people have different qualities and outlooks on life. In books, magazines, television or films, talk about characters who are not popular with others or are left out of things. Ask your child how they think that makes the character feel. What would your child do to help someone in those circumstances? 	<ul style="list-style-type: none"> Cuidichibh ur pàiste ag ionnsachadh gu bheil diofar fheartan aig daoine agus diofar sheallaidhean air beatha. Bruidhribh mu dheidhinn characteran ann an leabhraichean, irisean, telebhisean agus filmichean air nach eil meas le càch, no a tha air am fàgail a-mach à nithean. Faighnichibh do ur pàiste mar a tha iad a' smaoinichadh a tha an caractar a' faireachdainn. Dè dhèanadh ur pàiste gus neach ann an suidheachadh mar sin a chuideachadh?
Throughout early years and primary (early, first, second levels)	Tro thràth-bhliadhnaichean agus bun-sgoil (tràth, chiad, dàrna

¹ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/>

² <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/>

³ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

⁴ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

<ul style="list-style-type: none"> • Take time every day to talk and listen to your child without distractions. Share what you have been doing in the day. Talk about the things that went well and the challenges, and how you dealt with them. Encourage your child to do the same. 	<ul style="list-style-type: none"> • Gabhaibh tìde gach latha a' labhairt agus ag èisteachd ri ur pàiste às aonais bhuairidhean. Roinnibh na bha sibh a' dèanamh tron latha. Bruidhribh mu na nithean a chaidh gu math agus na dùbhlanan, agus mar a dhèilig sibh leotha. Brosnaichibh ur pàiste gu an nì cheudna a dhèanamh.
<ul style="list-style-type: none"> • Encourage your child to talk about their feelings. Talk about characters in a book or film. What feelings might these characters have in different situations? How do they behave and react to different things in the story? Talk about what other choices these characters could have made. Ask your child what they think about the behaviours and choices made. What would they have done in the same situation? • Give your child praise and encouragement for their efforts and successes. 	<ul style="list-style-type: none"> • Brosnaichibh ur pàiste bruidhinn mu dheidhinn am faireachdainnean. Bruidhribh mu dheidhinn caractaran ann an leabhar no film. Dè na faireachdainnean a dh'fhaodadh a bhith aig na caractaran sin ann an diofar shuidheachaidhean? Ciamar a tha iad gan giùlain fhèin agus a' gabhail ri diofar nithean san sgeulachd? Bruidhribh mu dheidhinn nan roghainnean eile a dh'fhaodadh na caractaran sin a bhith air a dhèanamh. Faighnichibh do ur pàiste dè tha iad a' smaoinichibh mu dheidhinn nan giùlanan agus nan roghainnean a chaidh a dhèanamh. Dè bha iadsan air a dhèanamh san aon suidheachadh? • Dèanaibh moladh air ur pàiste agus thoiribh misneachadh dhaibh airson an oidhirpean agus an soirbheachaidhean.
<ul style="list-style-type: none"> • When things don't go well, support and help your child to find solutions to problems themselves. 	<ul style="list-style-type: none"> • Nuair nach eil cùisean a' dol gu math, thoiribh taic do agus cuidichibh ur pàiste a' lorg fhuasglaidhean do na duilgheadasan iad fhèin.
<p>Social wellbeing</p>	<p>Sunnd sòisealta</p>
<p>Simple ideas to help children and young people learn about relationships, rights and responsibilities.</p>	<p>Beachd-smuaintean sìmplidh gus clann agus daoine òga a chuideachadh le ionnsachadh mu dheidhinn dhàimhean, chòraichean agus dhleastanasan.</p>
<p>At all stages</p>	<p>Aig gach ìre</p>
<ul style="list-style-type: none"> • Children and young people learn through the behaviour they see: think about the behaviour you model and how this values and supports positive relationships. 	<ul style="list-style-type: none"> • Tha clann agus daoine òga ag ionnsachadh tron ghiùlain a tha iad a' faicinn: smaoinichibh mun ghiùlan a tha sibh a' modaileadh agus mar a tha seo a' cur luach air agus a' cur taic ri dàimhean dearbhach.

First-second level (approximately P2-P7)	Chiad-dàrna ìre (timcheall air P2-P7)
<ul style="list-style-type: none"> Help your child to develop care and respect for others and the environment. Share the responsibility for looking after pets, for example taking the dog for a walk in the park and clearing up after it. Work together to teach pets new skills and tricks. Clean out the hamster cage or build fun obstacle courses for the hamster to navigate. Set aside time to play with/watch/care for pets, helping your child to see the fun and rewarding side of keeping pets. If you don't have your own pets, consider volunteering to look after a friend or neighbour's pet(s) while they are away. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu cùram agus spèis do chàch agus don àrainneachd a leasachadh. Roinnibh an t-uallach airson a bhith a' coimhead às dèidh pheataichean, mar eisimpleir a' dol a-mach don phàirc leis a' chù agus a' glanadh suas às a dhèidh. Obraichibh còmhla gus sgilean agus cleasan ùra a theagasg do pheataichean. Glanaibh a-mach cèids an hamstair no togaibh cùrsaichean chnapan-starra spòrsail air am faigh an hamstair timcheall. Cuiribh mu seach tìde airson cluich/coimhead/cùram do pheataichean, a' cuideachadh ur pàiste gu bhith a' faicinn cho spòrsail agus cho tlachdmhor 's a tha e a bhith a' cumail pheataichean. Mura h-eil ur peataichean fhèin agaibh, smaoinichibh air coimhead às dèidh peata caraid no nàbaidh gu saor-thoileach, nuair a tha iad air falbh.
<ul style="list-style-type: none"> Give your child some responsibilities for doing a share of household chores, for example making their bed, washing and drying dishes/emptying the dishwasher, putting clothes in the wash, setting the table, helping to prepare meals. Encourage independence and self-belief in their abilities. 	<ul style="list-style-type: none"> Thoiribh beagan uallaichean do ur pàiste airson a bhith a' dèanamh cuid den obair-taighe, mar eisimpleir a' càradh an leapa, a' nighe 's a' tiormachadh nan soithichean/falamhachadh an nigheadair-shoithichean, a' cur aodach san nigheadaireachd, deisealachadh a'bhùird, cuideachadh le ullachadh bhiadhan. Brosnaichibh neo-eisimeileachd agus fèin-chreideas nan comasan.
Throughout early years and primary (early, first, second levels)	Tro thràth-bhliadhnaichean agus bun-sgoil (tràth, chiad, dàrna ìre)
<ul style="list-style-type: none"> Encourage your child to put litter in a bin/bring it home. Go along with your child on a community litter pick. Help them to take pride in their local community. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' cur sgudal sa bhiona/a thoirt dhachaigh. Theirigibh còmhla ri ur pàiste air turas coimhearsnachd a' sgioblachadh sgudail. Cuidichibh iad gu bhith pròiseil às an coimhearsnachd ionadail.
<ul style="list-style-type: none"> Get involved! Encourage and support your child to attend clubs and activities. Consider volunteering as a helper or coach if you have the time. 	<ul style="list-style-type: none"> Theirigibh an sàs! Brosnaichibh agus thoiribh taic do ur pàiste gu bhith a' frithealadh chlubaidhean agus ghnìomhachdan. Beachdaichibh air a bhith nur cuidiche no nur coids saor-thoileach, ma bhios tìde agaibh.

<ul style="list-style-type: none"> Look at family pictures, talk about who is in them and what relationship they are to you and your child. Share some of your stories about these people and what they, as people, mean/meant to you. 	<ul style="list-style-type: none"> Coimheadaibh ri deilbh teaghlaich, bruidhneibh mu dheidhinn cò a th' annta agus an càirdeas a th' aca ribhse agus ri ur pàiste. Roinnibh cuid de na sgeulachdan agaibh mu na daoine sin agus na tha/bha iadsan, mar dhaoine, a' ciallachadh dhuibh.
<ul style="list-style-type: none"> Start a photograph album with your child of their life so far. Encourage your child to add in some favourite mementos and a reminder of when the photograph was taken and what it is about. 	<ul style="list-style-type: none"> Tòisichibh air albam dheilbh còmhla ri ur pàiste de am beatha gu ruige seo. Brosnaichibh ur pàiste gu bhith a' cur nan cuimhneachain as fheàrr leotha ris, an t-àm a chaidh an dealbh a thogail agus cò mu dheidhinn a tha i.
Physical wellbeing	Sunnd corporra
Simple ideas to help children and young people learn about their bodies and keeping themselves safe.	Beachd-smuaintean sìmplidh gus clann agus daoine òga a chuideachadh gu ionnsachadh mu dheidhinn am bodhaigean agus iad fhèin a chumail sàbhailte.
First-second level (approximately P2-P7)	Chaid-dàrna ìre (timcheall air P2-P7)
<ul style="list-style-type: none"> Encourage your child to make decisions for themselves, for example selecting what to wear depending on the weather and where they are going. Ask if what they have selected will keep them warm/cool/dry as appropriate. Be prepared to discuss and direct them, if necessary, towards a different selection. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' tighinn gu co-dhùnaidhean dhaibh fhèin, mar eisimpleir a' taghadh an aodaich a chuireas iad orra a rèir na h-aimsire agus far a bheil iad a' dol. Faighnichibh a bheil na thagh iad a' dol gan cumail blàth/fionnar/tioram mar a bhios iomchaidh. Bithibh deiseil airson an stiùireadh, ma bhios sin riatanach, a dh'ionnsaigh taghadh diofraichte.
<ul style="list-style-type: none"> Provide opportunities for your child to go outside every day, whether to play or on the way to hops/park/school. Help them to explore your local area and how to travel safely between known places. Set a challenge for you both to find a new way to a familiar place, avoiding familiar routes. 	<ul style="list-style-type: none"> Solaraichibh cothroman do ur pàiste a dhol a-mach gach latha, eadar gur ann a chluich no air an t-slighe do na bùithtean/pàirc/sgoil. Cuidichibh iad gu an sgìre ionadail agaibh a rannsachadh agus mar a shiubhaileas iad gu sàbhailte eadar àiteachan as aithne dhaibh. Stèidhichibh dùbhlann don dithis agaibh gus slighe ùr a lorg gu àite as aithne dhuibh, a' seachnadh slighean aithnichte.



- Talk to your child about their responsibilities, for themselves and towards others, when using social media and the internet. What are their views on how these are used? Perhaps find out more for yourself about safe and responsible internet use. Consider doing an online course or attend information evenings at school.

- Bruidhnibh ri ur pàiste mu an uallaichean, dhaibh fhèin agus do chàch, nuair a bhios iad a' cleachdadh nam meadhanan sòisealta agus an t-eadar-lìon. Dè am beachdan air mar a tha iad sin air an cleachdadh? Dh'fhaodadh sibh tuilleadh fhaighinn a-mach dhuibh fhèin mu dheidhinn cleachdadh sàbhailte is freagarrach air an eadar-lìon. Smaoinichibh air cùrsa air-loidhne a dhèanamh no feasgaran fiosrachaidh san sgoil a fhrithealadh.