

## Learning for Life and Work

### Personal Development – Revision List

#### Year 8:

Elements of Health	Social – relationships with friends and family Physical – how active you are Emotional – how you feel Cognitive – to do with learning Spiritual – what you believe in and religion
Feelings	How we feel about different things that happen to us or to others
Express Feelings	How we let people or ourselves know how we feel. How we act in different situations
Influences	Internal – How we influence ourselves External – Being influenced by others such as social media, family, sports, friends etc

#### Year 9:

Elements of Health	Social – relationships with friends and family Physical – how active you are Emotional – how you feel Cognitive – to do with learning Spiritual – what you believe in and religion
Feelings	How we feel about different things that happen to us or to others

Express Feelings	How we let people or ourselves know how we feel. How we act in different situations
Coping Strategies	<p>What we can do to cope with stressful situations: Examples include:</p> <ul style="list-style-type: none"> <li>• Speak to others</li> <li>• Use a stress ball</li> <li>• Exercise</li> <li>• Take time off</li> </ul>

**Year 10:**

Elements of Health	<p>Social – relationships with friends and family</p> <p>Physical – how active you are</p> <p>Emotional – how you feel</p> <p>Cognitive – to do with learning</p> <p>Spiritual – what you believe in and religion</p>
Decision Making	<p>Impulse – doing things by instinct</p> <p>Time to think – Having time to consider options in a situation</p>
Self-Judgement and Feelings	<p>Self-Judgement – How we view ourselves</p> <p>Feelings – How we feel about things</p>
Influences	<p>Internal – How we influence ourselves</p> <p>External – Being influenced by others such as social media, family, sports, friends etc</p>