

Welsh - Progression 3 Stage - Health and Wellbeing of a Curriculum For Sustainability Complementing the Welsh Framework



This outline, grounded in the Welsh curriculum, provides a foundation for planning teaching, learning, and experiences that promote sustainability. It is designed to be flexible, allowing teachers to adapt the learning to meet the needs of their specific cohort. Co-creating learning experiences is encouraged, fostering collaboration between educators and learners. This progression pathway aims to support teachers in their planning and implementation of sustainability-focused education.

Overarching Objectives for Progression Step 3:

- Promote the development of independent and collaborative learning.
- Encourage critical thinking and the ability to make connections between subjects.
- Develop a sense of responsibility for personal well-being and the environment.
- Continue fostering creativity, curiosity, and a lifelong love of learning.
- Equip learners with the skills to engage with real-world issues, including global challenges such as climate change and social justice.

The Curriculum of Wales

Expressive Arts	Health and Wellbeing	Humanities (including History, Geography, Religion, Values, and Ethics)	Languages, Literacy, and Communication (including Welsh and International Languages)	Mathematics and Numeracy	Science and Technology
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Expressive Arts Subject Areas: Music, Drama, Art, Dance, Film and Digital Media. Objectives: Develop skills in using a wider variety of materials, techniques, and technologies in creative work. Explore a deeper understanding of how emotions, ideas, and narratives can be expressed through art forms. Collaborate in group performances and artistic projects. Begin to reflect more critically on their own work and that of others.	Health and Well-being Subject Areas: Physical Health, Mental and Emotional Well-being, Relationships, Healthy Eating, Personal Safety, and Self-care. Objectives: Develop an understanding of physical, mental, and emotional well-being and how to maintain balance. Take increasing responsibility for making healthy lifestyle choices. Build self-confidence and resilience to	Humanities Subject Areas: History, Geography, Religious Education, Business Studies, Citizenship, and Social Studies. Objectives: Explore significant historical events, people, and places, locally, nationally, and globally. Understand geographical processes and their impact on people and the environment. Examine different belief systems, values, and cultural practices. Begin to develop an understanding of	Languages, Literacy and Communication Subject Areas: English, Welsh, Modern Foreign Languages, Literature, Oracy, and Digital Communication. Objectives: Refine skills in both Welsh and English, in speaking, listening, reading, and writing. Develop confidence in using language for a range of purposes, including debate, persuasion, and creative expression. Explore and analyse a wider variety of texts, both written and spoken, including contemporary and classical works. Begin to learn a	Mathematics and Numeracy Subject Areas: Number, Geometry, Algebra, Measurement, Data Handling, and Problem Solving. Objectives: Continue to develop fluency in number and calculation, including mental arithmetic. Understand more complex mathematical relationships, such as ratios, proportions, and percentages. Use geometry to explore properties of shapes, patterns, and space. Solve increasingly complex mathematical	Science and Technology Subject Areas: Biology, Chemistry, Physics, Computer Science, Design and Technology, Engineering. Objectives: Explore scientific phenomena and develop an understanding of the scientific method (observation, experimentation, analysis). Understand the role of science and technology in solving real-world problems, including sustainability and health.
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Make connections between their own experiences and those portrayed in different artistic forms.	cope with challenges and change. Learn how to manage relationships, both in person and online, with a focus on positive communication and respect. Understand the importance of personal safety, including digital well-being. Reflect on and respond to the emotions of themselves and others.	ethics, rights, and responsibilities in different societies. Understand economic activities and basic business concepts. Investigate the impact of human actions on the environment and learn about sustainability and global citizenship.	modern foreign language and understand its cultural context. Use digital platforms to communicate effectively and safely. Engage in critical discussions about the media and its influence.	problems in a variety of contexts. Begin to understand algebraic concepts and simple equations. Analyse data to draw conclusions and make predictions. Apply mathematical reasoning in real-world scenarios, such as financial literacy or environmental issues.	Develop computational thinking, coding, and digital literacy skills. Investigate the properties and uses of materials and energy. Design, create, and evaluate solutions to technical challenges, such as building structures or simple machines. Study living organisms, ecosystems, and the environment, and understand the importance of biodiversity. Begin to understand the role of engineering and technological innovation in society.
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The Sustainability Curriculum Headings

Understanding Sustainability (SUS1)	Environmental Awareness (SUS2)	Environmental Stewardship (SUS3)	Waste Management (SUS4)	Energy Conservation (SUS5)	Biodiversity and Ecosystems (SUS6)
Climate Change and Adaptation (SUS7)	Food and Agriculture (SUS8)	Water Conservation (SUS9)	Sustainable Transport and Urban Planning (SUS10)	Citizenship / Global Responsibility and Sustainable Development (SUS11)	Outdoor Learning and Connection to Nature (SUS12)

The Sustainability Curriculum Model linked to the Curriculum of Wales - For Health and Wellbeing

Progression Step 3

Understanding
Sustainability

(SUS1)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of how sustainability practices, such as reducing waste, conserving resources, and supporting renewable energy, contribute to physical health by improving air and water quality and promoting cleaner living environments.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Explore how sustainable practices in everyday life—such as reducing plastic use, increasing recycling, and supporting clean energy—contribute to better public health. Study how environmental pollution, often linked to unsustainable practices, directly affects physical health, including respiratory issues and waterborne diseases.
 - Physical Health Inquiry: Investigate how environmental sustainability helps reduce the physical health risks posed by air and water pollution. Discuss how sustainable transportation methods, such as

walking or cycling, benefit both individual health and the environment.

Mental and Emotional Well-being

- Objective: Understand how a commitment to sustainability and environmental stewardship contributes to mental and emotional well-being by fostering a sense of purpose, reducing eco-anxiety, and promoting connection to the natural world.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Study the mental health benefits of engaging in sustainable actions, such as reducing waste, conserving water, or participating in community clean-up activities. Learn how positive environmental changes and taking responsibility for the planet foster emotional resilience and reduce stress.
 - Mental Well-being Inquiry: Investigate how being involved in sustainability projects, such as recycling or planting trees, improves mood and reduces feelings of eco-anxiety. Discuss how the sense of community and collective responsibility in sustainability initiatives contributes to positive mental health.

Relationships

- Objective: Learn how understanding sustainability fosters positive relationships by promoting shared goals and collective action, both in person and online, focusing on the importance of communication, respect, and mutual responsibility.
 - SDG Link: SDG 11 – Sustainable Cities and Communities / SDG 13 – Climate Action
 - Learning Link: Study how engaging in sustainability projects, such as reducing energy consumption or planting community gardens, builds trust, cooperation, and respect among individuals and communities. Learn how working together for sustainability creates strong, positive relationships.
 - Relationships Inquiry: Explore how sustainability fosters positive relationships in communities by bringing people together for common environmental goals. Discuss how online platforms can be used to share sustainability efforts, promoting respectful and collaborative action.

Healthy Eating

- Objective: Understand the connection between sustainability and healthy eating by exploring how

sustainable food systems, such as local and organic farming, contribute to both personal health and the health of the planet.

- SDG Link: SDG 2 – Zero Hunger / SDG 12 – Responsible Consumption and Production
- Learning Link: Investigate how sustainable food choices, such as consuming locally grown food, reducing food waste, and supporting organic farming, benefit both individual health and environmental sustainability. Learn how supporting sustainable food systems contributes to food security and reduces environmental degradation.
- Healthy Eating Inquiry: Explore how sustainable agricultural practices contribute to the availability of nutritious, healthy food while preserving biodiversity and reducing the environmental impact of food production. Discuss the benefits of making environmentally responsible food choices.

Personal Safety

- Objective: Understand how sustainability practices, such as reducing pollution and conserving resources, improve personal safety by reducing environmental hazards and creating safer communities.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Study how reducing environmental pollution through sustainability efforts, such as reducing plastic use or promoting green energy, leads to safer living environments. Learn how taking action to mitigate climate change prevents hazards like extreme weather events, pollution-related health risks, and resource scarcity.
 - Personal Safety Inquiry: Investigate the link between personal safety and sustainability, exploring how climate change mitigation and environmental stewardship protect communities from disasters like floods, heatwaves, and health risks from pollution. Discuss how individual actions, like reducing energy consumption, contribute to overall safety.

Self-care

- Objective: Reflect on how engaging in sustainable practices, such as reducing waste, conserving water, and supporting eco-friendly choices, enhances self-care by promoting a healthy, balanced lifestyle.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Explore how adopting sustainable habits, such as using fewer resources and living in an eco-friendly manner, can enhance self-care by reducing stress, saving money, and fostering a sense of accomplishment. Learn how these actions contribute to a cleaner environment and a healthier

lifestyle.

- Self-care Inquiry: Reflect on how making sustainable choices—such as walking or cycling instead of driving, eating locally sourced food, or conserving water—benefit both personal health and the environment. Discuss how integrating sustainability into daily life supports mental, physical, and emotional well-being.

Environmental Awareness

(SUS2)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of how environmental awareness and actions, such as reducing pollution and conserving natural resources, support physical health and contribute to cleaner, healthier living environments.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Explore how reducing pollution and conserving natural environments, such as air quality improvement and habitat preservation, directly benefit physical health. Study the links between environmental factors like pollution, waste, and the incidence of diseases, and how environmental actions can reduce these risks.
 - Physical Health Inquiry: Investigate how understanding the importance of protecting the environment

can reduce physical health risks associated with environmental degradation, such as respiratory problems from air pollution or the impact of climate change on public health. Discuss the role of individuals in making healthy environmental choices that support community health.

Mental and Emotional Well-being

- Objective: Understand how environmental awareness positively impacts mental and emotional well-being by fostering a connection to nature, reducing stress, and improving mental clarity.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
 - Learning Link: Study how spending time in nature and taking actions to protect the environment, such as community clean-ups or tree planting, can reduce stress, improve mood, and enhance overall emotional well-being. Learn about the psychological benefits of maintaining a healthy relationship with the natural world.
 - Mental Well-being Inquiry: Investigate how environmental conservation and spending time in nature can be integral to mental health. Discuss how eco-friendly actions, such as reducing waste or using green spaces, help alleviate eco-anxiety and improve emotional resilience.

Relationships

- Objective: Learn how environmental awareness fosters positive relationships within communities by encouraging cooperation, shared responsibility, and respect for the planet.
 - SDG Link: SDG 11 – Sustainable Cities and Communities / SDG 13 – Climate Action
 - Learning Link: Study how communities working together to tackle environmental issues, such as recycling programs, tree planting, and sustainability projects, strengthen social bonds. Understand the role of shared environmental goals in promoting cooperation and trust among individuals.
 - Relationships Inquiry: Discuss how environmental awareness leads to shared responsibilities, enhancing communication and collaboration between individuals and within communities. Explore how positive relationships are built around common environmental goals like waste reduction, resource conservation, and promoting sustainability.

Healthy Eating

- Objective: Understand how environmental awareness contributes to healthy eating by encouraging

sustainable food choices, reducing food waste, and supporting local food production.

- SDG Link: SDG 2 – Zero Hunger / SDG 12 – Responsible Consumption and Production
- Learning Link: Study the connection between sustainable food production, reducing food waste, and healthy eating habits. Learn about the environmental impact of food choices and how buying local, seasonal, and sustainably grown foods contributes to both personal health and the planet's well-being.
- Healthy Eating Inquiry: Investigate how environmentally conscious food choices, such as supporting sustainable agriculture or reducing food waste, can improve diet quality and contribute to food security. Discuss the importance of sustainable practices in promoting a balanced, healthy diet while reducing environmental impact.

Personal Safety

- Objective: Understand the importance of personal safety in the context of environmental awareness, focusing on how reducing environmental hazards, such as pollution and waste, contributes to overall safety.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Study how environmental hazards like pollution, unsafe waste disposal, and poor sanitation pose risks to personal safety. Learn how taking action to protect the environment, such as waste reduction, recycling, and reducing pollution, contributes to safer living conditions.
 - Personal Safety Inquiry: Explore how personal actions, such as reducing plastic use or supporting sustainable waste management, can reduce exposure to harmful chemicals and environmental hazards. Discuss the safety benefits of living in clean, green environments that result from collective environmental awareness.

Self-care

- Objective: Reflect on how environmental awareness supports self-care by creating healthier, more sustainable living environments and promoting personal responsibility for the planet.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Explore how taking care of the environment, such as reducing waste, conserving energy, and supporting sustainable practices, contributes to overall well-being. Study how environmental stewardship is an essential component of self-care, fostering healthier lifestyles and stronger connections to nature.
 - Self-care Inquiry: Discuss how adopting environmentally conscious habits, such as reducing

consumption or recycling, not only benefits the planet but also contributes to personal well-being. Reflect on how making sustainable choices, such as conserving water or using eco-friendly products, can help create a more balanced, healthy life.

Environmental Stewardship

(SUS3)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of how environmental stewardship practices, such as conserving natural resources and reducing pollution, can positively impact physical health by promoting cleaner air, water, and food.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
 - Learning Link: Study how environmental stewardship helps reduce pollution (air, water, and soil), leading to fewer respiratory issues, better cardiovascular health, and cleaner, safer food sources. Learn about the importance of maintaining healthy ecosystems and their direct link to improved public health outcomes.
 - Physical Health Inquiry: Explore how sustainable environmental practices, such as reducing waste, protecting green spaces, and conserving water, contribute to better physical health by preventing illness and promoting healthier living conditions. Discuss the positive effects of a clean environment on physical well-being.

Mental and Emotional Well-being

- Objective: Understand how engaging in environmental stewardship activities, such as caring for local parks, participating in clean-up campaigns, or promoting biodiversity, can improve mental and emotional

well-being.

- SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
- Learning Link: Study the mental health benefits of being engaged in environmental conservation efforts, such as stress reduction, emotional resilience, and a sense of purpose. Learn how caring for the environment and witnessing positive changes in local ecosystems can reduce eco-anxiety and foster emotional well-being.
- Mental Well-being Inquiry: Investigate how time spent in nature or participating in environmental stewardship activities reduces stress, enhances mood, and provides a sense of connection to something larger than oneself. Discuss the benefits of volunteering in environmental conservation as part of improving mental health.

Relationships

- Objective: Learn how environmental stewardship promotes cooperation, respect, and positive communication within communities, fostering stronger relationships through shared goals and responsibilities.
 - SDG Link: SDG 15 – Life on Land / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Study how collective environmental action, such as community clean-ups, tree planting, or sustainability initiatives, encourages cooperation, builds trust, and strengthens relationships. Understand how working together for environmental causes creates a sense of community and shared purpose.
 - Relationships Inquiry: Discuss how environmental stewardship activities foster positive relationships, both in person and online, by encouraging collaborative efforts and mutual respect. Explore how these efforts lead to shared responsibility for protecting the planet and improve communication and teamwork within local communities.

Healthy Eating

- Objective: Understand how environmental stewardship practices contribute to healthy eating by supporting sustainable food systems, such as organic farming, local food production, and reducing food waste.
 - SDG Link: SDG 2 – Zero Hunger / SDG 12 – Responsible Consumption and Production
 - Learning Link: Study how sustainable farming methods, agroecology, and food systems that focus on reducing waste contribute to healthy, nutritious food that supports individual health and community

well-being. Learn how protecting biodiversity in agriculture enhances food security and improves food quality.

- Healthy Eating Inquiry: Investigate the connection between environmental stewardship and healthy eating, such as how organic farming, locally grown food, and reducing food waste contribute to more nutritious diets. Discuss how individual choices to support sustainable food practices impact both personal health and the planet.

Personal Safety

- Objective: Understand the importance of environmental stewardship in ensuring personal safety by mitigating risks related to pollution, climate change, and natural disasters.
 - SDG Link: SDG 13 – Climate Action / SDG 15 – Life on Land
 - Learning Link: Study how environmental stewardship activities, such as reducing carbon emissions, improving waste management, and protecting natural habitats, contribute to the safety of individuals and communities by preventing pollution and mitigating the effects of climate change.
 - Personal Safety Inquiry: Investigate how environmental stewardship can reduce risks such as exposure to toxic chemicals, pollution-related health problems, and the impacts of extreme weather events. Discuss how proactive environmental protection efforts contribute to community safety and resilience in the face of climate change.

Self-care

- Objective: Reflect on how practicing environmental stewardship, such as reducing personal carbon footprints, conserving resources, and spending time in nature, can enhance personal well-being and self-care.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
 - Learning Link: Understand how caring for the environment and adopting sustainable practices, such as recycling, using renewable energy, and conserving water, can improve self-care by contributing to a cleaner, healthier living environment. Study the personal well-being benefits of being actively involved in environmental conservation.
 - Self-care Inquiry: Explore how individual actions like spending time outdoors, reducing waste, and supporting sustainability efforts promote mental, physical, and emotional well-being. Discuss the role of environmental stewardship as part of a balanced lifestyle that nurtures both the planet and

personal health.

Waste Management

(SUS4)

Health and Wellbeing

Physical Health

- Objective: Understand the impact of waste management on physical health, focusing on how reducing, reusing, and recycling waste helps prevent pollution and promotes a cleaner, healthier environment.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Study how improper waste management can lead to environmental pollution, including air, water, and soil contamination, which can negatively affect physical health. Learn how responsible waste disposal and recycling help reduce these health risks.
 - Physical Health Inquiry: Investigate the links between waste management practices, such as reducing plastic waste and recycling, and their impact on reducing pollution-related diseases. Discuss how communities benefit from cleaner environments, contributing to better respiratory health and reduced exposure to harmful chemicals.

Mental and Emotional Well-being

- Objective: Develop an understanding of how managing waste responsibly can positively impact mental and emotional well-being, fostering a sense of achievement and reducing stress related to environmental degradation.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production

- Learning Link: Explore how actively participating in waste management initiatives, such as recycling and waste reduction projects, provides individuals with a sense of accomplishment and belonging, improving mental and emotional health. Discuss the psychological benefits of living in a cleaner, more sustainable environment.
- Mental Well-being Inquiry: Investigate the mental and emotional benefits of reducing waste, including how it can reduce eco-anxiety and contribute to a sense of environmental responsibility. Study the positive effects of being involved in community waste management efforts on personal resilience and community well-being.

Relationships

- Objective: Learn how waste management practices can improve relationships within communities by encouraging shared responsibility and cooperation in creating a sustainable, waste-free environment.
 - SDG Link: SDG 11 – Sustainable Cities and Communities / SDG 12 – Responsible Consumption and Production
 - Learning Link: Study how community-driven waste management efforts, such as local recycling programs, reduce waste and encourage cooperation, trust, and positive communication among individuals. Understand how collective efforts can create stronger community bonds.
 - Relationships Inquiry: Discuss how waste reduction initiatives and recycling programs bring people together, fostering positive communication, mutual respect, and collective action. Explore how these practices help build relationships by sharing a common environmental goal.

Healthy Eating

- Objective: Explore the connection between waste management and healthy eating, focusing on how reducing food waste contributes to better food security and healthier diets.
 - SDG Link: SDG 2 – Zero Hunger / SDG 12 – Responsible Consumption and Production
 - Learning Link: Investigate how reducing food waste through better management of household waste and food recycling can contribute to healthier eating habits. Study how waste management practices in food production and consumption help reduce environmental harm and increase food security.
 - Healthy Eating Inquiry: Study how efficient waste management in agriculture and food systems can lead to healthier food choices by reducing food spoilage, promoting local food production, and encouraging sustainable practices. Discuss how reducing food waste leads to a healthier, more

sustainable food system.

Personal Safety

- Objective: Understand the importance of personal safety in waste management, focusing on how proper disposal of waste and recycling can reduce the risk of accidents, pollution, and health hazards.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Study how improper waste management practices, such as the disposal of hazardous waste, can lead to safety hazards, including fire risks, pollution, and contamination. Learn how responsible waste management practices can minimize these risks, ensuring cleaner, safer living environments.
 - Personal Safety Inquiry: Investigate the safety protocols for handling different types of waste, such as hazardous materials, and how proper waste management reduces health risks. Discuss the importance of educating communities on safe waste disposal methods to prevent accidents and injuries.

Self-care

- Objective: Reflect on how practicing responsible waste management in daily life contributes to self-care by reducing stress, promoting environmental health, and fostering a sense of responsibility.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Explore how personal self-care can be enhanced by reducing personal waste, conserving resources, and adopting eco-friendly practices. Learn how being part of environmental conservation efforts contributes to emotional and physical well-being by creating a cleaner, healthier living space.
 - Self-care Inquiry: Reflect on how managing waste responsibly, such as reducing plastic use, recycling, and composting, can improve personal well-being. Discuss how adopting a zero-waste lifestyle can help reduce stress and contribute to overall health by protecting the environment.

Energy Conservation (SUS5)

Health and Wellbeing

Physical Health

- Objective: Understand how energy conservation and the development of sustainable energy systems positively impact physical health by reducing pollution, improving air quality, and promoting healthier living environments.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 7 – Affordable and Clean Energy
 - Learning Link: Study how reducing reliance on fossil fuels and adopting renewable energy sources like wind, solar, and hydropower contribute to cleaner air and better health outcomes. Investigate the physical health benefits of reduced air pollution from energy systems that prioritise sustainability.
 - Physical Health Inquiry: Explore how reducing pollution from non-renewable energy sources improves respiratory health and lowers the incidence of illnesses like asthma. Discuss how energy-efficient practices, such as using clean energy for heating and transportation, can reduce environmental health risks.

Mental and Emotional Well-being

- Objective: Understand how energy conservation initiatives contribute to emotional well-being by fostering a sense of purpose, community involvement, and environmental stewardship.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Study the emotional benefits of participating in energy conservation and sustainability projects, such as reduced stress, increased community engagement, and a stronger sense of connection to the planet. Learn how taking action on climate change through energy conservation can enhance personal satisfaction and reduce eco-anxiety.
 - Mental Well-being Inquiry: Investigate how engaging in energy-saving efforts and supporting renewable energy initiatives help reduce feelings of helplessness or frustration about climate change. Discuss how involvement in energy conservation campaigns or green energy projects contributes to emotional resilience and well-being.

Relationships

- Objective: Learn how energy conservation and development can strengthen relationships through collective action, shared responsibility, and fostering mutual respect for resources.
 - SDG Link: SDG 7 – Affordable and Clean Energy / SDG 13 – Climate Action
 - Learning Link: Explore how communities working together to reduce energy consumption or promote renewable energy technologies strengthen social bonds. Study how collaborative efforts in energy conservation improve trust, communication, and teamwork within households and communities.
 - Relationships Inquiry: Discuss how participating in group energy-saving initiatives or community renewable energy projects promotes cooperation, trust, and communication. Investigate how respect for shared resources in households and communities builds positive relationships and strengthens the collective commitment to sustainable living.

Healthy Eating

- Objective: Understand the connection between energy conservation and food security, and how sustainable energy systems support healthy eating through more efficient food production and distribution systems.
 - SDG Link: SDG 2 – Zero Hunger / SDG 7 – Affordable and Clean Energy
 - Learning Link: Study how energy conservation in agriculture, such as using renewable energy for irrigation or food production, can improve food security and support healthy diets. Learn how sustainable food systems reduce waste, enhance food access, and promote environmentally friendly farming practices.
 - Healthy Eating Inquiry: Investigate how sustainable energy practices, like solar-powered greenhouses or wind-powered farms, contribute to healthy eating by ensuring better access to fresh, nutritious food. Discuss how energy-efficient farming methods promote sustainable food practices and protect the environment.

Personal Safety

- Objective: Understand the importance of personal safety in the context of energy conservation, focusing on how reducing energy-related environmental hazards can ensure safer communities and homes.
 - SDG Link: SDG 7 – Affordable and Clean Energy / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Study how energy-efficient buildings, renewable energy sources, and reduced reliance on fossil fuels can create safer living environments by reducing risks such as carbon monoxide poisoning, air pollution, and extreme weather events. Investigate how renewable energy technologies

improve energy security and prevent safety hazards related to energy consumption.

- Personal Safety Inquiry: Explore how switching to renewable energy sources like solar and wind can reduce household risks associated with gas and electrical appliances. Discuss how sustainable energy practices in urban planning help make cities safer by reducing pollution and the risks of energy shortages during extreme weather events.

Self-care

- Objective: Reflect on how engaging in energy conservation and sustainable development practices promotes self-care by encouraging a healthier, more balanced lifestyle.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Study how reducing energy consumption and supporting clean energy initiatives improve environmental health, contributing to overall well-being. Understand how making conscious energy decisions, such as reducing waste, conserving water, and using renewable energy, contributes to personal and collective self-care by protecting the planet for future generations.
 - Self-care Inquiry: Reflect on the personal benefits of conserving energy, such as reducing stress and improving financial well-being through energy savings. Discuss how self-care extends to environmental stewardship, where reducing personal carbon footprints and energy consumption fosters a sense of responsibility and satisfaction in contributing to the fight against climate change.

Biodiversity and Ecosystems (SUS6)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of how biodiversity and ecosystems contribute to physical health, including the importance of healthy ecosystems for air, water, and food quality.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land

- Learning Link: Study the importance of ecosystems in providing clean air, water, and nutritious food. Explore how maintaining biodiversity contributes to a healthy environment that supports physical well-being.
- Physical Health Inquiry: Investigate how ecosystems like forests, wetlands, and marine environments provide essential services such as purifying air and water, and how their degradation affects human health. Discuss how local efforts to preserve biodiversity contribute to public health and well-being in Wales.

Mental and Emotional Well-being

- Objective: Understand how connecting with nature and protecting biodiversity can support mental and emotional well-being by reducing stress and fostering a sense of connection to the environment.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
 - Learning Link: Explore how engaging with natural environments, such as woodlands, rivers, and parks, can reduce stress, improve mood, and promote emotional well-being. Investigate the role of biodiversity in creating spaces for recreation and relaxation, fostering a sense of belonging and peace.
 - Mental Well-being Inquiry: Study how activities like hiking, gardening, or volunteering in biodiversity conservation efforts can improve mental health by offering stress relief, improving focus, and promoting positive emotions. Discuss the mental health benefits of preserving natural spaces in urban and rural environments.

Relationships

- Objective: Learn how engaging in biodiversity conservation efforts fosters positive relationships within communities by promoting cooperation, shared goals, and respect for the environment.
 - SDG Link: SDG 15 – Life on Land / SDG 16 – Peace, Justice, and Strong Institutions
 - Learning Link: Study how community involvement in protecting local ecosystems, such as organizing clean-up events, creating wildlife habitats, or participating in conservation programs, can strengthen relationships and improve social cohesion.
 - Relationships Inquiry: Investigate how collaborative projects focused on biodiversity conservation help build trust and cooperation within communities. Discuss how shared environmental values and common goals encourage positive relationships and communication.

Healthy Eating

- Objective: Understand how biodiversity and sustainable ecosystems contribute to healthy eating, including the role of diverse food sources provided by ecosystems.
 - SDG Link: SDG 2 – Zero Hunger / SDG 15 – Life on Land
 - Learning Link: Explore how biodiversity supports healthy diets by providing a diverse range of nutritious foods, from fruits and vegetables to fish and other plant-based products. Investigate the role of sustainable agricultural practices, such as agroecology and permaculture, in maintaining biodiversity while supporting food security.
 - Healthy Eating Inquiry: Study the connection between healthy ecosystems and food production, examining how the destruction of biodiversity leads to food insecurity. Discuss the benefits of supporting local, diverse, and sustainably produced food sources for personal and community health.

Personal Safety

- Objective: Understand the importance of personal safety in relation to biodiversity conservation, focusing on how the loss of biodiversity impacts environmental hazards and safety.
 - SDG Link: SDG 6 – Clean Water and Sanitation / SDG 15 – Life on Land
 - Learning Link: Study how healthy ecosystems can prevent natural disasters like flooding, erosion, and landslides, which impact personal safety. Learn how protecting biodiversity in areas such as wetlands or forests can reduce the impact of these natural hazards.
 - Personal Safety Inquiry: Investigate the role of ecosystems in protecting communities from environmental hazards and ensuring safe living conditions. Discuss how the destruction of biodiversity increases vulnerability to disasters and impacts public safety in both urban and rural areas.

Self-care

- Objective: Reflect on how maintaining a connection to nature and supporting biodiversity conservation can enhance personal well-being and self-care practices.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
 - Learning Link: Explore how engaging with nature, whether through outdoor activities or environmental conservation efforts, supports personal well-being and self-care. Study how connecting to natural environments fosters a sense of responsibility and care for one's own health and the planet.

- Self-care Inquiry: Discuss the role of biodiversity in self-care, including how spending time in natural settings helps improve mood, increase physical activity, and reduce stress. Explore how individuals can contribute to ecosystem health as part of their self-care routine by participating in conservation projects or sustainable living practices.

Climate Change and Adaptation

(SUS7)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of how climate change and adaptation strategies impact physical health, focusing on how individuals can contribute to healthier, more resilient communities.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Study the relationship between climate change and physical health, including the effects of heatwaves, air quality, and extreme weather events on public health. Learn how climate adaptation strategies, such as green spaces and sustainable infrastructure, can improve community health and promote well-being.
 - Physical Health Inquiry: Explore the physical health impacts of climate change, such as respiratory issues from pollution or heat stress, and how adaptation measures (e.g., urban green spaces, air filtration systems) help mitigate these effects. Discuss the importance of sustainable practices, such as reducing carbon emissions, to protect public health.

Mental and Emotional Well-being

- Objective: Understand the mental and emotional well-being implications of climate change and how individuals and communities can adapt to cope with its challenges.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Investigate how climate change can affect mental health, including anxiety, stress, and eco-grief. Study how adaptation strategies, such as community engagement and nature-based solutions, can help improve emotional well-being and resilience.
 - Mental Well-being Inquiry: Discuss the psychological effects of climate change, such as feelings of helplessness or fear, and how climate adaptation efforts (e.g., community-led initiatives, outdoor spaces) foster emotional resilience. Explore how maintaining a connection to nature can alleviate mental health challenges related to climate change.

Relationships

- Objective: Learn how climate change and adaptation influence relationships, with a focus on fostering collaboration and positive communication in both personal and online contexts.
 - SDG Link: SDG 16 – Peace, Justice, and Strong Institutions / SDG 13 – Climate Action
 - Learning Link: Study how communities impacted by climate change work together to implement adaptation strategies, such as disaster preparedness or sustainable resource management. Learn how collaborative action in both rural and urban areas helps build strong, resilient communities.
 - Relationships Inquiry: Explore how climate change encourages people to strengthen relationships through cooperation and shared responsibilities in adaptation efforts. Discuss how positive communication and respect can enhance community resilience and facilitate successful climate adaptation.

Healthy Eating

- Objective: Understand how climate change affects food security and healthy eating, and how sustainable agricultural practices contribute to climate adaptation and well-being.
 - SDG Link: SDG 2 – Zero Hunger / SDG 13 – Climate Action
 - Learning Link: Study the impact of climate change on food systems, including disruptions to food production, crop yields, and food distribution. Learn about climate-smart agriculture and sustainable food systems that promote healthy eating while adapting to changing climate conditions.

- Healthy Eating Inquiry: Investigate how climate change impacts local food systems, especially in Wales, and how sustainable farming and aquaculture practices contribute to long-term food security and healthy diets. Discuss the benefits of supporting local, seasonal food production as part of climate adaptation strategies.

Personal Safety

- Objective: Understand the importance of personal safety in the context of climate change and adaptation, focusing on strategies to protect oneself and others from climate-related risks.
 - SDG Link: SDG 13 – Climate Action / SDG 16 – Peace, Justice, and Strong Institutions
 - Learning Link: Learn about the personal safety risks associated with climate change, such as extreme weather events, flooding, and heatwaves, and how to prepare for these risks. Study how climate adaptation measures, such as emergency preparedness plans and safe urban design, contribute to public safety.
 - Personal Safety Inquiry: Discuss the importance of understanding climate-related risks and the role of individuals and communities in reducing vulnerability to these risks. Explore strategies for personal safety during climate events, such as heatwaves, storms, or flooding, and the role of community networks in climate resilience.

Self-care

- Objective: Reflect on how climate adaptation strategies can promote self-care, particularly through connection to nature, community engagement, and personal resilience.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 13 – Climate Action
 - Learning Link: Understand how being connected to nature and taking part in community-driven climate adaptation efforts contribute to physical, emotional, and mental well-being. Learn how activities such as outdoor walks, community gardening, and eco-friendly practices can enhance personal resilience.
 - Self-care Inquiry: Discuss how climate adaptation practices, such as spending time in green spaces or supporting local environmental projects, can support individual self-care. Explore how resilience-building activities, such as learning about sustainable practices, help individuals manage stress and anxiety related to climate change.

Food and Agriculture

(SUS8)

Health and Wellbeing

Physical Health

- Objective: Understand the relationship between sustainable food production methods (such as agroforestry, aquaculture, and organic farming) and physical health, and how these practices contribute to overall well-being.
 - SDG Link: SDG 2 – Zero Hunger / SDG 3 – Good Health and Well-being
 - Learning Link: Study the physical health benefits of consuming locally grown, sustainably produced foods, and how farming practices like agroforestry and aquaculture contribute to nutritional health. Investigate how sustainable food systems can provide healthier diets while supporting local economies and reducing environmental impact.
 - Physical Health Inquiry: Explore the connection between eating sustainably produced food and physical health, with a focus on organic and locally sourced products in Wales. Discuss the role of sustainable farming in promoting healthy communities and reducing the environmental footprint of food production.

Mental and Emotional Well-being

- Objective: Develop an understanding of how engagement with sustainable farming practices, aquaculture, and agroforestry can contribute to mental and emotional well-being.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land

- Learning Link: Study the mental and emotional benefits of connecting with the natural environment, particularly through activities related to agriculture and aquaculture. Explore how farming and nature-based practices can reduce stress, improve mood, and foster a sense of accomplishment and connection to the environment.
- Mental Well-being Inquiry: Investigate the positive impact of outdoor work in sustainable farming and aquaculture on mental health. Discuss how being involved in sustainable agriculture or working with nature fosters emotional resilience, reduces anxiety, and helps people cope with change.

Relationships

- Objective: Understand how sustainable food production practices, like aquaculture and agroforestry, encourage cooperation, community involvement, and positive relationships, both locally and globally.
 - SDG Link: SDG 2 – Zero Hunger / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Explore how sustainable farming and food production systems promote collaboration and strengthen community ties. Study how collective efforts in aquaculture and agroforestry lead to shared responsibility, positive communication, and respect within local and global communities.
 - Relationships Inquiry: Examine how working together in agriculture or aquaculture, such as through cooperative farming or community garden projects, can improve social cohesion. Discuss the role of relationships in managing sustainable farming projects and how they contribute to the well-being of local communities.

Healthy Eating

- Objective: Investigate the importance of healthy eating through access to sustainably produced food, and the role of aquaculture, agroforestry, and sustainable farming in providing nutritious and balanced diets.
 - SDG Link: SDG 2 – Zero Hunger / SDG 3 – Good Health and Well-being
 - Learning Link: Understand the role of sustainable food systems, such as aquaculture and agroforestry, in providing a diverse and nutritious food supply. Study how these systems can offer healthier food choices, improve food security, and contribute to long-term health.
 - Healthy Eating Inquiry: Discuss the nutritional benefits of eating sustainably produced food, such as fish from sustainable aquaculture or crops grown using agroforestry methods. Investigate how these practices contribute to improved diets and community health in Wales.

Personal Safety

- Objective: Understand the importance of personal safety when engaging in outdoor activities related to agriculture, aquaculture, and agroforestry, and how these activities can promote well-being.
 - SDG Link: SDG 6 – Clean Water and Sanitation / SDG 15 – Life on Land
 - Learning Link: Study safety practices in sustainable farming and aquaculture, focusing on safe handling of equipment, natural resources, and ecosystems. Learn about the importance of sustainable practices in safeguarding the environment, such as reducing pesticide use, and the associated impact on personal safety.
 - Personal Safety Inquiry: Investigate how sustainable farming practices in Wales ensure the safety of both the environment and people. Discuss safety measures in aquaculture, such as water quality monitoring, and in agroforestry, such as managing the health of ecosystems.

Self-care

- Objective: Reflect on how sustainable farming and connection to nature through agriculture and aquaculture contribute to personal well-being, self-care, and a balanced lifestyle.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Understand the benefits of engaging with nature through sustainable farming, aquaculture, and agroforestry as a form of self-care. Learn how these practices promote physical, emotional, and mental health while contributing to environmental sustainability.
 - Self-care Inquiry: Reflect on how working in sustainable agriculture or aquaculture can enhance self-care practices by providing physical activity, emotional satisfaction, and mental relaxation. Discuss how these practices support personal well-being, reduce stress, and offer a sense of purpose.

Water Conservation

(SUS9)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of the importance of water conservation for maintaining physical health, and how access to clean water contributes to overall well-being.
 - SDG Link: SDG 6 – Clean Water and Sanitation / SDG 3 – Good Health and Well-being
 - Learning Link: Explore how access to clean water is essential for hydration, hygiene, and preventing waterborne diseases. Investigate how water conservation contributes to ensuring sustainable access to clean water in communities, which supports better physical health outcomes.
 - Physical Health Inquiry: Study the connection between water consumption and physical health, and how water conservation can ensure clean water remains available for future generations. Discuss how using water responsibly supports long-term physical well-being in communities and the environment.

Mental and Emotional Well-being

- Objective: Understand how engaging with water conservation efforts can support emotional well-being, by fostering a sense of responsibility and connection to the environment.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 6 – Clean Water and Sanitation
 - Learning Link: Study the psychological benefits of engaging in environmental efforts, including water conservation. Learn how being part of initiatives that ensure water security and sustainability can reduce stress, enhance emotional well-being, and promote a sense of community.
 - Mental Well-being Inquiry: Explore the impact of participating in water conservation activities, such as local clean-up projects or educational campaigns, on emotional health. Discuss how the act of conserving water and protecting natural resources enhances feelings of self-worth and mental clarity.

Relationships

- Objective: Learn how water conservation practices can strengthen relationships within communities, emphasizing teamwork, collaboration, and respect for shared resources.
 - SDG Link: SDG 6 – Clean Water and Sanitation / SDG 16 – Peace, Justice, and Strong Institutions

- Learning Link: Study how communities working together on water conservation initiatives, such as reducing water waste, managing resources, or implementing water-saving technologies, can foster positive relationships and cooperation. Discuss the role of respect for shared resources in maintaining healthy social bonds.
- Relationships Inquiry: Investigate how community-driven water conservation projects, like local water-saving campaigns, create opportunities for positive communication and cooperation. Discuss how these efforts encourage respect for each other and the environment, leading to stronger, more cohesive communities.

Healthy Eating

- Objective: Understand the relationship between water conservation and food security, and how sustainable water use can support healthy eating practices through responsible agricultural practices.
 - SDG Link: SDG 2 – Zero Hunger / SDG 6 – Clean Water and Sanitation
 - Learning Link: Explore how water is a critical resource in food production, and how water conservation efforts can support sustainable agriculture practices that promote healthy eating. Investigate how conserving water in farming can help ensure that crops receive the necessary water while preventing overuse of resources.
 - Healthy Eating Inquiry: Study the connection between sustainable water practices in agriculture and healthy food systems. Discuss how water-efficient farming techniques, such as drip irrigation, can promote healthier diets by supporting the sustainable production of fruits and vegetables.

Personal Safety

- Objective: Understand the importance of personal safety in the context of water conservation, focusing on the prevention of waterborne diseases and the need to ensure safe water access for all.
 - SDG Link: SDG 6 – Clean Water and Sanitation / SDG 3 – Good Health and Well-being
 - Learning Link: Study how proper water conservation and sanitation efforts can prevent the spread of waterborne diseases, ensuring access to clean water. Understand how conserving water reduces the risk of water shortages that lead to unsafe water conditions, which can impact personal safety.
 - Personal Safety Inquiry: Investigate the importance of maintaining clean, safe water supplies and how conservation efforts contribute to preventing water contamination. Discuss how protecting water resources can ensure the safety and health of individuals and communities, reducing the risk of illness

from polluted water.

Self-care

- Objective: Reflect on the role of water conservation in supporting self-care practices, especially the importance of hydration and water access for overall health and wellness.
 - SDG Link: SDG 6 – Clean Water and Sanitation / SDG 3 – Good Health and Well-being
 - Learning Link: Understand how water is essential for self-care, including proper hydration, hygiene, and maintaining a healthy lifestyle. Learn how water conservation ensures the continued availability of clean water, supporting personal wellness and environmental sustainability.
 - Self-care Inquiry: Reflect on the personal benefits of water conservation in daily life, such as reducing water waste, conserving resources, and using water efficiently. Discuss how these actions can be part of a holistic self-care routine, supporting both individual health and global well-being.

Sustainable Transport and Urban Planning (SUS10)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of how sustainable transport and urban planning contribute to physical health by promoting active transportation and reducing pollution.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Study how walking, cycling, and the use of public transport improve physical health, reduce traffic-related air pollution, and encourage outdoor physical activities. Investigate how urban planning can create safer, more accessible environments for physical activities.
 - Physical Health Inquiry: Explore how sustainable transport options, like pedestrian-friendly streets,

cycling lanes, and public transport, encourage physical activity. Discuss how urban areas can be planned to promote healthier lifestyles, such as integrating parks and green spaces into urban design.

Mental and Emotional Well-being

- Objective: Understand how sustainable transport and urban planning can improve mental health by creating environments that reduce stress and improve the quality of life.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Explore how access to green spaces, reduced traffic congestion, and cleaner air contribute to emotional well-being. Study how well-designed urban areas with sustainable transport options can create more peaceful, healthier communities, improving overall mental health.
 - Mental Well-being Inquiry: Investigate how urban spaces designed for pedestrians and cyclists can reduce mental stress and improve emotional well-being. Discuss the role of quiet spaces, green areas, and low-emission transport in promoting mental health in cities.

Relationships

- Objective: Learn how sustainable transport and urban planning contribute to building strong, healthy relationships in communities by promoting shared spaces and accessible transportation.
 - SDG Link: SDG 11 – Sustainable Cities and Communities / SDG 16 – Peace, Justice, and Strong Institutions
 - Learning Link: Study how well-planned urban areas that encourage sustainable transport can foster social interaction, cooperation, and stronger relationships. Investigate how access to public transportation and communal spaces supports social inclusion and equality.
 - Relationships Inquiry: Discuss how sustainable transport systems can improve relationships within communities by providing equitable access to social services, work, and leisure activities. Explore the importance of well-connected communities where people can interact in safe and inclusive environments.

Healthy Eating

- Objective: Understand how urban planning that supports sustainable transport options can contribute to healthy eating by providing access to local food markets and promoting healthier lifestyles.
 - SDG Link: SDG 2 – Zero Hunger / SDG 11 – Sustainable Cities and Communities

- Learning Link: Explore how sustainable transport networks, such as bike lanes or local public transport, help people access healthier food options in urban settings. Study how urban areas can be planned to support local food production, like urban farming and farmers' markets.
- Healthy Eating Inquiry: Investigate the link between accessible sustainable transport and food security, especially in urban areas. Discuss how promoting walkable neighbourhoods and reducing car dependence can improve access to fresh, healthy food and reduce food deserts.

Personal Safety

- Objective: Understand the importance of personal safety in relation to sustainable transport systems and urban planning, focusing on creating safe, walkable cities and the risks associated with digital and physical safety.
 - SDG Link: SDG 11 – Sustainable Cities and Communities / SDG 16 – Peace, Justice, and Strong Institutions
 - Learning Link: Study how urban planning can ensure the safety of pedestrians, cyclists, and public transport users by providing well-lit, secure, and accessible spaces. Investigate how sustainable transport infrastructure can reduce traffic accidents and improve community safety.
 - Personal Safety Inquiry: Discuss the role of urban planning in creating safe environments for people to walk, cycle, and use public transport. Explore the intersection of physical and digital safety in sustainable cities, including privacy concerns in transportation technologies.

Self-care

- Objective: Reflect on the role of sustainable transport and urban planning in supporting self-care by promoting mental and physical health through accessible, safe, and green spaces.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Study how access to nature, green spaces, and clean air in urban settings contributes to personal well-being and self-care. Understand how walkable cities and sustainable transport options encourage a balanced lifestyle that supports both physical and mental health.
 - Self-care Inquiry: Investigate how cities designed with green spaces, walking trails, and sustainable transport options can promote a holistic sense of well-being. Discuss how individuals can incorporate sustainable transport practices into their daily routines as part of a self-care strategy for physical and emotional health.

Citizenship / Global Responsibility and Sustainable Development (SUS11)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of physical well-being and how maintaining balance through a healthy lifestyle contributes to global citizenship and sustainability.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 12 – Responsible Consumption and Production
 - Learning Link: Explore how physical health is essential for personal well-being and global responsibility. Understand the global implications of maintaining a healthy lifestyle, such as reducing healthcare costs, promoting sustainable practices, and supporting sustainable food and resource systems.
 - Physical Health Inquiry: Investigate how regular physical activity, such as exercise or outdoor activities, can improve overall health and contribute to global sustainability goals. Explore how individual health choices impact both personal well-being and the wider environment.

Mental and Emotional Well-being

- Objective: Build an understanding of how mental and emotional well-being are linked to global responsibility, and how individuals can contribute to positive societal change through emotional resilience.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 10 – Reduced Inequalities
 - Learning Link: Study the importance of emotional and mental well-being in creating a healthier, more inclusive society. Investigate how emotional resilience can contribute to global change, such as in

mental health advocacy and emotional support in communities.

- Mental and Emotional Well-being Inquiry: Discuss strategies for building emotional resilience and coping with stress or challenges, and how these practices can be shared across communities to promote mental health globally. Explore the connection between individual emotional well-being and the collective mental health of society.

Relationships

- Objective: Learn how to manage relationships, both in person and online, with a focus on fostering respect, positive communication, and understanding in a global context.
 - SDG Link: SDG 16 – Peace, Justice, and Strong Institutions / SDG 4 – Quality Education
 - Learning Link: Explore the role of positive relationships in fostering global citizenship, focusing on respectful communication, empathy, and conflict resolution. Study how respectful relationships contribute to peaceful societies and the reduction of inequalities.
 - Relationships Inquiry: Investigate the importance of communication skills in building strong relationships, both in person and online. Discuss how fostering understanding and respect in relationships contributes to building a peaceful, just, and inclusive society, both locally and globally.

Healthy Eating

- Objective: Take increasing responsibility for making healthy lifestyle choices, with an emphasis on the global implications of sustainable food systems and healthy eating practices.
 - SDG Link: SDG 2 – Zero Hunger / SDG 12 – Responsible Consumption and Production
 - Learning Link: Study how healthy eating choices contribute to individual well-being and global sustainability. Explore the social and environmental impact of food choices, including reducing food waste and supporting sustainable agricultural practices.
 - Healthy Eating Inquiry: Discuss the connection between personal nutrition choices and their impact on global food systems. Investigate how responsible consumption of food can contribute to achieving the SDGs, such as reducing food insecurity and supporting sustainable food production.

Personal Safety

- Objective: Understand the importance of personal safety, including digital well-being, and how individuals

can contribute to maintaining a safer, more secure global society.

- SDG Link: SDG 16 – Peace, Justice, and Strong Institutions / SDG 9 – Industry, Innovation, and Infrastructure
- Learning Link: Study the significance of personal safety in both the physical and digital realms, focusing on how individuals can contribute to fostering a culture of respect and security in society. Understand the importance of protecting personal data and online security in today's digital world.
- Personal Safety Inquiry: Explore strategies for ensuring personal safety in physical and online environments. Discuss the global impact of personal safety in online spaces, including the ethical implications of digital security and privacy in an increasingly connected world.

Self-care

- Objective: Reflect on and respond to the emotions of themselves and others, learning how self-care contributes to individual resilience and global citizenship by promoting mental health and well-being.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 10 – Reduced Inequalities
 - Learning Link: Understand the importance of self-care as an individual responsibility that also has a collective impact. Learn how self-care practices such as mindfulness, exercise, and emotional reflection contribute to better personal health and global well-being.
 - Self-care Inquiry: Reflect on how self-care practices contribute to emotional resilience and well-being, and how they can be used to respond positively to challenges and contribute to a supportive global community. Discuss how promoting self-care practices can help reduce mental health inequalities worldwide.

Outdoor Learning and Connection to Nature (SUS12)

Health and Wellbeing

Physical Health

- Objective: Develop an understanding of the role of outdoor activities in physical health, focusing on the benefits of outdoor exercise in both rural and urban environments for overall well-being.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Study how engaging in outdoor activities such as walking, cycling, or nature-based sports improves physical health and promotes fitness. Explore the physical benefits of being connected to nature and how it contributes to a balanced lifestyle.
 - Physical Health Inquiry: Investigate the impact of outdoor activities in both rural and urban settings, examining how access to green spaces and nature improves physical health. Compare how different environments (e.g., rural farmland versus urban parks) provide opportunities for exercise and recreation.

Mental and Emotional Well-being

- Objective: Understand how spending time in nature positively impacts mental and emotional well-being, and explore how outdoor learning can help manage stress and improve mood.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
 - Learning Link: Study the connection between nature and mental health, exploring how outdoor environments contribute to emotional balance, reduce stress, and promote relaxation. Learn about the psychological benefits of engaging with nature and the environment.
 - Mental Well-being Inquiry: Investigate how outdoor learning in rural and urban settings can promote mental well-being, such as how nature walks or gardening activities help manage anxiety, improve concentration, and foster a sense of calm.

Relationships

- Objective: Learn how outdoor activities and nature-based experiences can foster positive relationships, communication, and cooperation, both in person and in digital spaces.
 - SDG Link: SDG 3 – Good Health and Well-being / SDG 11 – Sustainable Cities and Communities
 - Learning Link: Explore how outdoor experiences in rural and urban settings create opportunities for collaboration, teamwork, and communication. Learn how engaging in outdoor activities can help strengthen bonds in relationships and promote shared respect and understanding.
 - Relationships Inquiry: Study how group outdoor activities, such as community gardening or hiking,

help build positive relationships and improve communication. Discuss how being in nature fosters cooperation and strengthens relationships in both physical and digital spaces.

Healthy Eating

- Objective: Understand the connection between outdoor learning, food production, and healthy eating, with a focus on sustainable food systems in rural and urban environments.
 - SDG Link: SDG 2 – Zero Hunger / SDG 3 – Good Health and Well-being
 - Learning Link: Explore how food is produced in rural settings (e.g., farming) and how urban areas can adopt sustainable food systems like urban farming or community gardens. Learn how connecting with nature can deepen the understanding of healthy, sustainable eating practices.
 - Healthy Eating Inquiry: Investigate the importance of eating locally grown, seasonal produce, and how outdoor learning opportunities such as farm visits or growing food in urban gardens promote healthy eating choices. Discuss the role of nature in encouraging a balanced diet and sustainable food practices.

Personal Safety

- Objective: Understand the importance of personal safety in outdoor environments, focusing on how to stay safe while engaging in outdoor activities in both rural and urban settings, as well as digital safety.
 - SDG Link: SDG 11 – Sustainable Cities and Communities / SDG 16 – Peace, Justice, and Strong Institutions
 - Learning Link: Study safety measures for engaging in outdoor activities, such as walking in nature, cycling, or outdoor sports, and the importance of being aware of one's surroundings in both rural and urban environments. Learn about digital safety and the risks associated with online platforms.
 - Personal Safety Inquiry: Investigate strategies for staying safe during outdoor learning activities, such as knowing how to navigate rural terrain or safely enjoy urban parks. Discuss digital safety, including how to protect personal information online and engage responsibly in digital spaces related to outdoor activities.

Self-care

- Objective: Reflect on the importance of self-care and the role of nature in supporting physical and emotional self-care, learning how outdoor activities can be part of a balanced self-care routine.

- SDG Link: SDG 3 – Good Health and Well-being / SDG 15 – Life on Land
- Learning Link: Study how outdoor learning experiences, such as spending time in nature, gardening, or participating in outdoor sports, contribute to self-care. Understand the holistic benefits of nature on self-esteem, mental clarity, and emotional resilience.
- Self-care Inquiry: Explore how spending time outdoors in rural or urban settings can become a regular part of a self-care routine. Discuss the benefits of nature in helping manage stress, improve mood, and enhance overall well-being.