



### **Links to the SEAL curriculum materials:**

It is possible to use the APET independently of the Primary National Strategy (PNS) SEAL curriculum materials, although it is assumed that the majority of schools using the tool will be using the SEAL curriculum, and therefore direct links are made with the learning outcomes listed within the SEAL curriculum.

Each of the descriptors used in the APET relates to SEAL curriculum work that will have been covered in the appropriate year group. The total number of descriptors used in the APET is far less than that of the learning outcomes, as they have been conflated as appropriate. Many of the learning outcomes are revisited in several themes, but will appear only once in the assessment tool.

All the SEAL learning outcomes relate to one of the five key social and emotional aspects of learning, and these are subdivided as follows:

- Self-awareness (and self-valuing)
  - Sense of belonging
  - Perceptions of self-efficacy
  - Self-knowledge and valuing self
  - Recognising, labelling and understanding feelings
  
- Managing feelings
  - Knowledge and understanding that supports feeling management
  - Impulse control
  - Skills and strategies for managing uncomfortable feelings/promoting positive feelings
  
- Motivation (and learning behaviours)
  - Goal setting and planning/review
  - Learning behaviours and skills (motivation; focus; persistence; resilience)
  
- Empathy
  - Knowledge (social cognition)
  - Understanding feelings and point of view of others
  - Motivation and skills to help others
  
- Social skills
  - Group-working skills
  - Rights and personal/social responsibilities
  - Friendship and relationships
  - Assertiveness
  - Problem-solving and conflict resolution