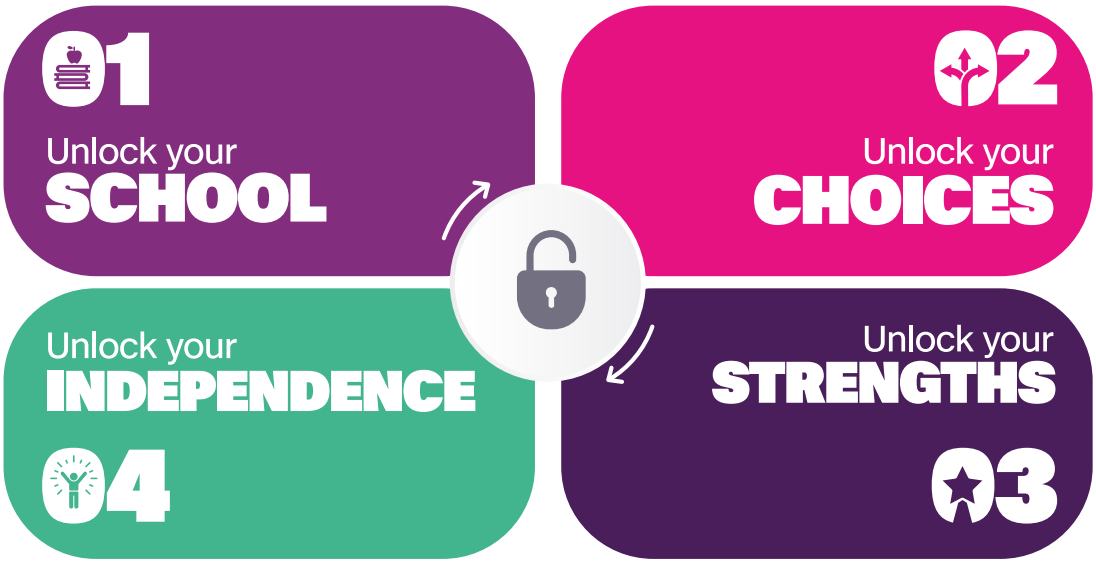
Future Sparks

AIB First Year UNLOCKED



Appendix I:

Template to support schools in planning units of learning in Wellbeing

1

Title of unit
AIB UNLOCKED: Making the move to post-primary

AIB UNLOCKED: Making the move to post-primary

Duration

Flexible delivery across First Year (full year, term-based, tutor time, SPHE, Wellbeing, Guidance or local school model).

Please adapt the above to suit your individual context and requirements for your school and students:

Identified need

Students entering post-primary school experience significant change, including new routines, relationships, learning environments, increased independence, responsibilities, decision-making opportunities and wellbeing challenges. The programme supports students as they develop confidence, organisation, self-management, help-seeking skills and future-focused thinking.

Please adapt the above to suit your individual context and requirements for your school and students:

Aim of the unit

To support students during the transition to post-primary school by developing wellbeing, self-awareness, organisation, key skills, goal-setting, decision-making, independence and future readiness in an engaging, accessible and age-appropriate way. Through practical learning experiences, students explore planning, organisation, resource management, informed decision-making and goal-setting, recognising how these skills support wellbeing, confidence and increasing independence both now and in the future.

Learning outcomes

- **Students will be able to:**
- Understand and navigate key aspects of post-primary school life.
- Recognise emotions, strengths and sources of support.
- Develop organisation and planning skills.
- Make informed choices and understand influences on decision-making.
- Recognise and apply Junior Cycle Key Skills.
- Reflect on personal strengths and areas for growth.
- Develop wellbeing, self-management and help-seeking skills.
- Set goals and understand the connection between habits and outcomes.
- Recognise how everyday skills support future independence.
- Reflect on progress and identify next steps for learning and development.

Sample student learning experiences

01 Unlock your SCHOOL

Students:

- **Explore** what they already know about post-primary school.
- **Compare** primary and post-primary experiences.
- **Discuss** emotions associated with transition.
- **Learn** how to interpret timetables.
- **Practise** organisation through the Locker Challenge.

02 Unlock your CHOICES

Students:

- **Explore** friendship and transition scenarios.
- **Participate** in Four Corners discussions.
- **Consider** influences, support and consequences.
- **Complete** planning and prioritisation activities.
- **Reflect** on needs, wants, time and resources.

03 Unlock your STRENGTHS

Students:

- **Identify** personal strengths.
- **Explore** Junior Cycle Key Skills.
- **Analyse** stories of challenge, support and perseverance.
- **Identify** evidence of skills in their own lives.

04 Unlock your INDEPENDENCE

Students:

- **Reflect** on habits and choices.
- **Explore** CBAs and transferable skills.
- **Develop** a personal wellbeing toolkit.
- **Consider** future aspirations and goals.
- **Complete** a self-reflection spidergram.

Links to Junior Cycle

Statement of Learning	Example of Related Learning in the Unit
SOL 5	Wellbeing, self-awareness and emotional literacy activities
SOL 7	Collaborative activities, discussion and communication
SOL 8	Personal responsibility, decision-making and self-management
SOL 9	Use and development of the eight Key Skills
SOL 11	Making informed choices and solving problems
SOL 23	Relationships, respect, participation and wellbeing
SOL 24	Planning, goals, future pathways and lifelong learning

Key Skills in focus

Key Skill	Element	Example of student learning activity
Managing myself	Goal setting, personal responsibility	Locker Challenge, roadmap activities
Staying well	Self-awareness, resilience	Feelings activities, Wellbeing toolkit
Communicating	Listening, discussing	Four Corners, Find Someone Who
Being creative	Exploring alternatives	Planner Puzzle, problem solving
Working with others	Collaboration	Team Challenges, CBA Detective
Managing information and thinking	Research, evaluation	Timetable activities, CBA Detective
Being literate	Reading, understanding	Character profiles, reflection tasks
Being numerate	Calculating, comparing	Choices Tracker, planning activities

Indicators of wellbeing in focus

Wellbeing Indicator	Descriptor
Aware	Recognising emotions, strengths, needs and influences
Connected	Building relationships and identifying supports
Respected	Appreciating different perspectives and experiences
Resilient	Managing challenges, setbacks and transition
Responsible	Making informed choices and planning ahead
Active	Participating in discussions, movement and learning activities

These indicators are reflected throughout all four Unlocks.

Assessment

Examples of Assessment Approaches:

- Self-reflection and Check-Ins
- Unlock Checks
- Workbook tasks
- Teacher observation
- Peer discussion
- Think-Pair-Share
- Four Corners Movement Activity
- Find Someone Who Movement Activity
- Challenge activities
- Verbal responses
- Spidergram self-assessment
- Completion of My Unlock Progress Tracker

Assessment is primarily formative and supports reflection, participation, engagement and skill development inclusively.

Useful Resources and References

Curriculum and Wellbeing:

- Framework for Junior Cycle (2015)
- Junior Cycle Wellbeing Guidelines (2021)
- Junior Cycle Key Skills
- Junior Cycle SPHE Specification
- Wellbeing Policy Statement and Framework for Practice (2018, revised 2019)

Guidance and Student Support

- Guidance Counselling: A Whole School Guidance Framework
- Continuum of Support Framework for Post-Primary Schools
- Student Support Teams in Post-Primary Schools
- Participation Framework for Children and Young People

Inclusion and Wellbeing

- Bí Cineálta: Procedures to Prevent and Address Bullying Behaviour for Primary and Post-Primary Schools (2024)
- Cineáltas: Action Plan on Bullying (2022)
- English as an Additional Language (EAL) Guidance and Support Resources
- Inclusive Education, Student Wellbeing, Learner Voice and Student Participation Guidance

Skills and Future Readiness

- Ireland's National Skills Strategy 2025 – Ireland's Future
- Senior Cycle Key Competencies

Financial Wellbeing

- National Financial Literacy Strategy
- Financial Education in Schools: Guidelines for the Financial Services Industry

Programme Resources

- Student Workbook
- Teacher Guide
- Teacher PowerPoint
- Classroom Poster
- Parent/Carer Leaflet



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