

Units at a glance

Focusing our attention on identifying our emotions is an important skill that is required for effective self-management and self-regulation, which is crucial for success in learning and in relationships.

The Identifying, Communicating and Managing Emotions unit develops students' abilities to identify their emotions and introduces strategies to help them name, understand, express and manage them. This provides teachers with the tools to create an optimal learning environment and ensures that the wellbeing data collected is accurate, reliable and informative.

Has self-awareness
Identifies emotions
Understands what emotions are
Has social awareness
Utilises tools for emotional regulation
Manages emotions
Communicates needs and feelings with confidence
Empathises with others

Lesson	K-6
1	Identifying emotions
2	What are emotions?
3	The limbic area
4	Communicating feelings
5	Sharing thoughts and feelings (with confidence)
6	Managing emotions
7	Replacing negative thoughts
8	Calming emotions

Units at a glance

In the last ten years, psychologists have become increasingly aware that social skills can, and should, be taught. Many studies have shown that students can learn and develop skills such as effective communication, cooperation, positive outlook, compassion, patience and forgiveness, just to name a few. There is no question that students with better social skills have a significant advantage in life. They not only experience the rewards of positive relationships, but they achieve higher academic results, have a more positive self-image, and in general, are much more resilient as they face life's inevitable challenges. The unit aims to equip students with the necessary skills to develop and manage respectful relationships. More specifically, it aims to introduce specific social skills such as effective listening, mindful communications, negotiation, compassion and forgiveness. These character strengths are the fundamental skills needed to get along with others.

Sense of belonging
Compassionate
Effective communicator *Understands the value of honesty*
Willing to negotiate
Team player **Social skills**
Cooperative

Lesson	K-2	3-6
1	Respect for Others	What is Respect?
2	What is Kindness	Empathising With Others
3	Showing Kindness	Listen Respectfully (SD) What is social intelligence
4	The Prefrontal Cortex	The Prefrontal Cortex
5	Empathising With Others	Mindful Communication (SD) What is a team mindset
6	Telling the Truth	Negotiating Conflicts (SD) What is social intelligence
7	What is Compassion	Showing Compassion (SD) What is compassion
8	Being a team player	Forgiving Others (SD) What is social intelligence
9	Social Skills: Making Friends	Collaborating with others (SD) What is a team mindset

Units at a glance

Resilience is a hot topic in education and health - and for a good reason! Resilience is the ability to cope with uncomfortable life events and challenges. It has been described as the capacity to 'bounce back' from difficult situations and persist in the face of adversity. Resilience is a learnable skill and can be taught to students of any age. The unit aims to develop students' understanding of persistence and provide them with the opportunities to learn and practice strategies that will help them persevere and overcome setbacks with greater ease.

Thinks positively
Learns from mistakes
Creates or uses strategies
Takes actions towards goals
Does not give up
Accepts change

Lesson	K-2	3-6
1	What is resilience?	What is resilience?
2	What is persistence?	What is persistence?
3	The Brain Stem	The brain stem
4	Focusing Attention	Positive Expectations (SD) Video: What is Optimism
5	Growth Mindset	Replacing Negative Thoughts *ANTS & PETS strategy
6	What is Bravery?	Trying New Things (SD) Video: Taking healthy risks
7	Thinking it Through	Evaluating Solutions (SD) Video: What is Critical Thinking?
8	Learning From Mistakes	Calming Emotions 2 (SD) Video: What is Self-regulation

Units at a glance

21st-century skills are more important for our students now than ever before. They not only provide a framework for successful learning in the classroom, but ensure students can thrive in a world where change is constant and ensures learning never stops. The aim of this unit is to develop skills needed as 21st century citizens, including the need to think deeply about issues, solve problems creatively, work in teams, communicate clearly and learn ever-changing technologies.

Is a healthy risk taker

Is creative *Uses reasoning*

Engages in analysis

Thinks critically
Solves problems

Lesson	K-2	3-6
1	What is creativity?	What is creativity?
2	What is leadership?	Inquiring and Exploring (SD) Video - What is Leadership
3	What is curiosity?	Using Initiative (SD) Video - What is Leadership
4	Taking Healthy Risks	Taking Healthy Risks
5	What is Critical Thinking?	What is Critical Thinking?
6	What is a Team Mindset?	Identifying Problems (SD) Video: What is Critical Thinking
7	Considering Perspectives	Evaluating Solutions (SD) Video: What is Critical Thinking
8	Love of Learning (SD) Video: What is Curiosity	Love of Learning (SD) Video: What is Curiosity