

Topic	Vic. Curriculum	Learning Intentions
1. Character Strengths	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Assess personal strengths using feedback from peers, teachers and others and prioritise areas for improvement - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals - Discuss the range of strategies that could be used to cope with difficult tasks or changing situations. 	<p>Introduction to Character Strengths Learning Intentions:</p> <ul style="list-style-type: none"> • For students to discover their own character strengths • For students to discover others character strengths
2. Character Strengths	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Assess personal strengths using feedback from peers, teachers and others and prioritise areas for improvement - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals - Discuss the range of strategies that could be used to cope with difficult tasks or changing situations. 	<p>My Character Strengths Learning Intentions:</p> <ul style="list-style-type: none"> • For students to become aware of the strengths of other members of their class. • For students to deepen their understanding of their own character strengths
3. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY Self awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p>HEALTH AND PHYSICAL EDUCATION Personal Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - Develop skills to evaluate health information and express health concerns 	<p>Introduction to Emotional Literacy Learning Intentions:</p> <ul style="list-style-type: none"> • For students to begin to be able to articulate feelings and emotions and provide examples in their own lives • For students to expand their language around emotion

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">4. Empathy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p>Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others. <p><i>Collaboration</i></p> <ul style="list-style-type: none"> - Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team <p>INTERCULTURAL CAPABILITY Cultural Diversity</p> <ul style="list-style-type: none"> - Identify the challenges and benefits of living and working in a culturally diverse society - Evaluate the ways in which the community demonstrates the value it places on cultural diversity. And why this valuing of cultural diversity is important to the community <p>HEALTH AND PHYSICAL EDUCATION Personal Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity 	<p>Introduction to Empathy Learning Intentions:</p> <ul style="list-style-type: none"> • For students to feel empathy in response to a stimulus video clip and recognise these feelings as Empathy • For students to identify ways in which to demonstrate empathy when responding to news and situations.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">5. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing 	<p>Introduction to Mindfulness Learning Intentions:</p> <ul style="list-style-type: none"> • For students to begin to understand the concept of mindfulness and to begin to experience it.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">6. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal Social and Community Health</p> <p><i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i></p> <ul style="list-style-type: none"> - Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities 	<p>Understanding and expressing Gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • For students to begin to understand the concept of gratitude • For students to begin to express gratitude
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">7. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - Develop skills to evaluate health information and express health concerns <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities 	<p>How full is your bucket? Learning Intentions:</p> <ul style="list-style-type: none"> • For students to emotionally connect with the topic of kindness • For students to understand and experience ways they can contribute to a positive learning environment and community

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">8. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Put ups and Put downs Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience kindness through put-ups and think about how it feels to experience put-downs. • Students will understand the difference between put-downs and put-ups • Students will be encouraged to give others put-ups
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">9. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Practising Mindfulness Learning Intentions:</p> <ul style="list-style-type: none"> • For students to practice mindfulness activities

10. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i></p> <ul style="list-style-type: none"> - Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities 	<p>Gratitude in the world Learning Intentions:</p> <ul style="list-style-type: none"> • For students to practice gratitude • For students to be encouraged to look for gratitude in many places • For students to become aware of what others are grateful for.
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11. Emotional Literacy

PERSONAL AND SOCIAL CAPABILITY

Self-Awareness and Management

Recognition and expression of emotions

- Describe how and why emotional responses may change in different contexts

Development of Resilience

- Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals

HEALTH AND PHYSICAL EDUCATION

Personal, Social and Community Health

Communicating and interacting for health and wellbeing

- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity
- Develop skills to evaluate health information and express health concerns

Contributing to healthy and active communities

- Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities
- Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities

Emotion Vocabulary

Learning Intentions:

- For students to expand vocabulary around emotion

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">12. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Reflective listening and responding to news Learning Intentions:</p> <ul style="list-style-type: none"> • For students to understand how their actions impact others • For students to understand how they can grow from negative experiences • To learn that experiences shape who we are
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">13. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Noticing the little things in life Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience periods of mindfulness • For students to recognise and appreciate the 'little things' in life • For students to understand the importance of mindfulness activities and the impact on daily life.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">14. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i></p> <ul style="list-style-type: none"> - Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities 	<p>Needs and Wants Learning Intentions:</p> <ul style="list-style-type: none"> • For students to discover about needs and wants and to categorize these into levels of importance • For students to begin looking for the things they do have, rather than don't have
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">15. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - Develop skills to evaluate health information and express health concerns <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities 	<p>Fixed and Growth Mindsets Learning Intentions:</p> <ul style="list-style-type: none"> • For students to learn about fixed and growth mindsets and how it relates to our emotion • For students to practice growth mindset

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">16. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Post Traumatic Growth Learning Intentions:</p> <ul style="list-style-type: none"> • For students to understand the impact of their actions on others • For students to be introduced to the concept of Post Traumatic Growth
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">17. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Mindfulness Ambassadors Learning Intentions:</p> <ul style="list-style-type: none"> • For students to deepen their understanding of the purpose of mindfulness and to promote it to the local and wider community

18. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i></p> <ul style="list-style-type: none"> - Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities 	<p>Gratitude Trees Learning Intentions:</p> <ul style="list-style-type: none"> • for students to consider who they are grateful for • for students to express this gratitude
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PERSONAL AND SOCIAL CAPABILITY

Self-Awareness and Management

Recognition and expression of emotions

- Describe how and why emotional responses may change in different contexts

Development of Resilience

- Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals

HEALTH AND PHYSICAL EDUCATION

Personal, Social and Community Health

Communicating and interacting for health and wellbeing

- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity
- Develop skills to evaluate health information and express health concerns

Contributing to healthy and active communities

- Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities
- Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities

Optimism vs Pessimism

Learning Intentions:

- For students to investigate and understand the importance of an optimistic outlook
- For students to apply this understanding

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">20. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Demonstrating empathy towards others Learning Intentions:</p> <ul style="list-style-type: none"> • For students for develop empathy with others by seeing things from a different perspective • For students to develop empathy and understanding of others through role play
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">21. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Mindfulness in Nature Learning Intentions:</p> <ul style="list-style-type: none"> • For students to look for the small details and to take time to find them in an environment that they would normally take for granted.

22. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i></p> <ul style="list-style-type: none"> - Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities 	<p>Expanding Gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • For students to be able to express gratitude to someone important to them in a creative way. • For students to see the impact their gratitude can have on others • For students to think of ways they can be grateful to everything, even the small things.
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PERSONAL AND SOCIAL CAPABILITY

Self-Awareness and Management

Recognition and expression of emotions

- Describe how and why emotional responses may change in different contexts

Development of Resilience

- Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals

Relationships and Diversity

- Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others

HEALTH AND PHYSICAL EDUCATION

Personal, Social and Community Health

Communicating and interacting for health and wellbeing

- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity
- Develop skills to evaluate health information and express health concerns

Contributing to healthy and active communities

- Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities
- Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities

Humour

Learning Intentions:

- For students to experience humour as a mood changer

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">24. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Applying Empathy Learning Intentions:</p> <ul style="list-style-type: none"> • For students to create and act out a scenario based on the concept of empathy
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">25. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Mindfulness in our bodies Learning Intentions:</p> <ul style="list-style-type: none"> • For students to become more aware of their bodies • For students to participate in a yoga session and reap the benefits of this type of exercise - both physical and mental

26. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i></p> <ul style="list-style-type: none"> - Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities 	<p>Appreciating those around us Learning Intentions:</p> <ul style="list-style-type: none"> • For students to express appreciation for the people in the class and to consider the things that are most important to them
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PERSONAL AND SOCIAL CAPABILITY**Self-Awareness and Management***Recognition and expression of emotions*

- Describe how and why emotional responses may change in different contexts

Development of Resilience

- Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals

Relationships and Diversity

- Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others

HEALTH AND PHYSICAL EDUCATION**Personal, Social and Community Health***Communicating and interacting for health and wellbeing*

- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity
- Develop skills to evaluate health information and express health concerns

Contributing to healthy and active communities

- Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities
- Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities

Emotional Responses**Learning intentions:**

- For students to find commonalities with others in emotional responses
- To diversify their experience with emotion and listen to the experiences of others
- For students to consider how music can impact their mood

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">28. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health Strategies and resources to enhance the health, safety and wellbeing of their communities - Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Understanding similarities and differences Learning Intentions:</p> <ul style="list-style-type: none"> • To create compassion and understanding within the group by finding common emotions and experiences
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">29. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Sharing Mindfulness Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience a period of mindfulness • For students to apply creativity and knowledge of mindfulness in developing activities

30. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions (expressing gratitude), and develop strategies to demonstrate empathy and sensitivity. <p><i>Contributing to Healthy and Active communities</i> Plan and use health strategies (expressing gratitude) and resources to enhance the health, safety and wellbeing of their communities</p>	<p>Sharing Gratitude Learning intentions:</p> <ul style="list-style-type: none"> • For students to be able to share their knowledge and understanding of gratitude with others.
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Topic	VIC. Curriculum	Learning Intentions
1. Character Strengths	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Assess personal strengths using feedback from peers, teachers and others and prioritise areas for improvement - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals - Discuss the range of strategies that could be used to cope with difficult tasks or changing situations. 	<p>Learning intentions:</p> <ul style="list-style-type: none"> • For students to understand the concept of character strengths
2. Resilience	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Assess personal strengths using feedback from peers, teachers and others and prioritise areas for improvement - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals - Discuss the range of strategies that could be used to cope with difficult tasks or changing situations. 	<p>Famous Failures Learning intentions:</p> <ul style="list-style-type: none"> • For students to understand the concept of resilience • For students to learn ways in which they can apply this concept to their own life
3. Empathy	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p><i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity <p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Perspective and Empathy Learning intentions:</p> <ul style="list-style-type: none"> • for students to develop empathy by looking at a situation from different perspectives

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">4. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health</p> <p><i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Evaluate strategies to manage personal, physical and social changes that occur as they grow older - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management</p> <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Introduction to Mindfulness</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • for students to be introduced the concept of mindfulness and to begin their mindfulness practice • for students to have strategies to practice mindfulness at home
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">5. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management</p> <p><i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Gratitude to Nature</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • for students to think about why they are grateful to nature and the world we live in • for students to demonstrate and act on this gratitude
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">6. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management</p> <p><i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p><i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health</p> <p><i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity 	<p>Emotion Identification and Vocabulary</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • For students to identify emotions • For students to identify with a time they have felt these emotions

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">7. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Social Awareness and Management</p> <p><i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Cultural Understanding Learning Intentions:</p> <ul style="list-style-type: none"> • For students to learn about cultural traditions and customs around the world to develop understanding
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">8. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Self-Awareness and Management</p> <p><i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Mindfulness and Self-Talk Learning intentions:</p> <ul style="list-style-type: none"> • For students to become aware of their self talk • For students to develop strategies to change negative into positive self talk

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">9. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities 	<p>Circles of Strength Learning intentions:</p> <ul style="list-style-type: none"> • For students to recognise those people around them that are great support • For students to be recognised and appreciated within the class
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">10. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity 	<p>Recognising emotion Learning intentions: For students to recognise, identify and label emotion through a variety of forms.</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">11. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Thinking, seeing, feeling empathy Learning intentions:</p> <ul style="list-style-type: none"> • for students to recognise emotion in others and empathise with this • for students to be observant and understanding of others
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">12. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Noticing Detail Learning intentions:</p> <ul style="list-style-type: none"> • For students to develop mindfulness and focus on objects. • For students to begin noticing details

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">13. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities 	<p>Gratitude to Others Learning intentions:</p> <ul style="list-style-type: none"> • For students to express gratitude to someone that is important to them
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">14. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing 	<p>Mood Changers Learning intentions:</p> <ul style="list-style-type: none"> • For students to recognise the changes that happen in their bodies in response to different emotions

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">15. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Social Awareness and Management</p> <p><i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Refugees</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • For students to understand what daily life is like for those less fortunate • For students to understand the perspective of a refugee/asylum seeker
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">16. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Examine barriers to seeking support and evaluate strategies to overcome these - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Self-Awareness and Management</p> <p><i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Flow and colouring</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • For students to experience a time of flow and mindfulness

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">17. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities 	<p>What do I already have? Learning intentions:</p> <ul style="list-style-type: none"> • For students to consider what is most important to them and to create a sense of gratitude for the things they have.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">18. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing 	<p>Optimism and Hope Learning intentions:</p> <ul style="list-style-type: none"> • For students to understand the concept of Optimism and Hope and the importance of this.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">19. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Cooperation Learning intentions:</p> <ul style="list-style-type: none"> • For students to cooperate and learn more about the qualities they possess and how they deal with cooperation and leadership through games
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">20. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Partner Balancing Learning intentions:</p> <ul style="list-style-type: none"> • For students to work cooperatively together and be mindful and aware of one another in physical activities

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">21. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities 	<p>The World in Perspective Learning intentions:</p> <ul style="list-style-type: none"> • For students to develop gratitude and appreciation for things in their life that they may take for granted
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">22. Emotion Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing 	<p>Emotional Responses Learning intentions:</p> <ul style="list-style-type: none"> • for students to recognise and express a wide variety of emotions

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">23. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>Active listening Learning intentions:</p> <ul style="list-style-type: none"> • For students to develop empathy and understanding by practicing active listening techniques
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">24. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Appreciating detail Learning intentions:</p> <ul style="list-style-type: none"> • for students to practice mindfulness by looking for small details, things • for students to extend their mindfulness practice

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">25. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities 	<p>Gratitude to Others Learning intentions:</p> <ul style="list-style-type: none"> • For students to practice gratitude by expressing it to someone important to them
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">26. Emotion Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals <p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity - investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing 	<p>Mood Changers Learning intentions:</p> <ul style="list-style-type: none"> • for students to extend emotion vocabulary • for students to deepen their understanding of mood changers and have an opportunity to lead some activities.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">27. Mindfulness</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health</p> <p><i>Being healthy, safe and active</i></p> <ul style="list-style-type: none"> - Investigate and select strategies to promote health, safety and wellbeing <p>PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Management</p> <p><i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Describe how and why emotional responses may change in different contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals 	<p>Mindfulness through Observation</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • for students to practice mindfulness • for students to connect with outdoors and increase their attention to detail
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">28. Empathy</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health</p> <p><i>Communicating and interacting for health and wellbeing</i></p> <ul style="list-style-type: none"> - Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing - Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity <p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management</p> <p><i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others 	<p>RUOK?</p> <p>Learning intentions:</p> <ul style="list-style-type: none"> • for students to take action in creating empathy, understanding and connection in regards to mental health in the school (and potentially wider) community

Topic	VIC. Curriculum	Learning Intentions
1. Resilience	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>HEALTH AND PHYSICAL EDUCATION Communicating and interacting for health and wellbeing:</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision-making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing 	<p>An Introduction to Resilience Learning intentions:</p> <ul style="list-style-type: none"> • For students to have an experience in which they can experience a situation where they need to be resilient • To become more aware of skills they need to be resilient
2. Character Strengths	<p>PERSONAL & SOCIAL CAPABILITY Self Awareness and Management: <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p><i>Recognition and Expression of emotion</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. 	<p>Revision of Character Strengths Learning Intentions:</p> <ul style="list-style-type: none"> • For students to be able to describe the concept of character strengths • For students to be able to identify one of their self-judged top strengths
3. Character Strengths	<p>PERSONAL & SOCIAL CAPABILITY Self Awareness and Management: <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge 	<p>Exploration of Character Strengths Learning Intentions:</p> <ul style="list-style-type: none"> • For students to have the opportunity to work collaboratively with others with similar strengths • For students to work creatively to express their understanding of the character strength through a visual representation

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">4. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Introduction to Emotional Literacy Learning Intentions:</p> <ul style="list-style-type: none"> • for students to recognise and interpret different emotions • for students to be able to articulate a variety of emotion
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">5. Empathy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management: <i>Relationships and diversity:</i></p> <ul style="list-style-type: none"> - Analyse how divergent values and beliefs contribute to different perspectives on social issues - Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Introduction to Empathy Learning Intentions:</p> <ul style="list-style-type: none"> • For students to begin to develop the ability to see the same situation from a different perspective
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">6. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Contributing to healthy and active communities</p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Combatting Stress Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience a different way of being mindful • For students to develop practical strategies to combat stress •

7. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Introduction to Gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • For students to begin to understand to concept of Gratitude and begin to explore the things that they are grateful for.
8. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Describing Emotion Learning Intentions:</p> <ul style="list-style-type: none"> • For students to deepen their ability to express a variety of emotions • For students to be able to demonstrate what this emotion may look like.
9. Empathy	<p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Similarities and differences Learning Intentions:</p> <ul style="list-style-type: none"> • For students to develop empathy with their peers by seeking commonalities

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">10. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Introduction to Mindfulness Learning Intentions:</p> <ul style="list-style-type: none"> • For students to understand the purpose of mindfulness and begin to practice it. • For students to understand that mindfulness practice can help in emotional regulation, being aware of what is going on our system, to be more aware of our surroundings and is a good way to manage stress.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">11. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection - Evaluate emotional responses and the management of emotions in a range of contexts 	<p>Receiving gratitude and appreciation Learning Intentions:</p> <ul style="list-style-type: none"> • For students to be able to express and receive gratitude
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">12. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Language around Emotion Learning Intentions:</p> <ul style="list-style-type: none"> • For students to be able to articulate a variety of feelings and broaden their scope of language when expressing emotion.

13. Empathy	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management: <i>Collaborate</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Responding to others Learning Intentions:</p> <ul style="list-style-type: none"> • For students to be able to respond to others in a positive way • For students to practice active listening techniques
14. Mindfulness	<p>PERSONAL AND SOCIAL Self Awareness and Management: <i>Development of resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Tuning in to others Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience mindfulness activities by becoming more in tune with their senses • To have an understanding of what can make us more mindful
15. Gratitude	<p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - - Investigate how empathy and ethical decision making contribute to respectful relationships 	<p>Experiencing gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience and express gratitude • For students to witness the impact expressing gratitude has on others
16. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Interpreting emotion Learning Intentions:</p> <ul style="list-style-type: none"> • For students to identify a range of emotions

17. Empathy	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Moral dilemmas Learning Intentions:</p> <ul style="list-style-type: none"> • For students to consider some moral dilemmas and form some opinions and values associated with those dilemmas • For students to have the opportunity to see the one problem from a number of different view points. • For students to find commonalities with each other
18. Mindfulness	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. 	<p>Body Awareness Learning Intentions:</p> <ul style="list-style-type: none"> • for students to become more in tune with the physical and emotional responses within their bodies when experiencing a variety of emotion
19. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. 	<p>Experiences of gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience other peoples points of view about the importance of gratitude
20. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY Social Awareness and Management: <i>Relationships and diversity:</i></p> <ul style="list-style-type: none"> - Analyse how divergent values and beliefs contribute to different perspectives on social issues - Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Refugees Learning Intentions:</p> <ul style="list-style-type: none"> • For students to empathise with others in difficult situations • For students to think about why people make the choices they do • To encourage in the students empathy for children similar to themselves, who have lost their homes and homelands • To foster open-mindedness and respect for others

21. Mindfulness	<p>HEALTH & PHYSICAL EDUCATION Contributing to healthy and active communities</p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Flow and the flow channel model Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience a period of mindful meditation • For students to understand the concept of flow and why it is necessary and important • For students to experience flow
22. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p>HEALTH & PHYSICAL EDUCATION Contributing to healthy and active communities</p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Expressing Gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • For students to express gratitude about their classmates • Increase student connectedness • For students to experience receiving gratitude •
23. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Fixed and Growth Mindsets Learning Intentions:</p> <ul style="list-style-type: none"> • Provide an opportunity for students to identify Fixed and Growth Mindsets • For students to be more aware of their own self talk and change thought processes in some instances from a fixed to a growth mindset •

24. Empathy	<p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses <p>Contributing to healthy and active communities</p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Explaining Empathy Learning Intentions:</p> <ul style="list-style-type: none"> • For students to demonstrate their understanding of empathy • For students to develop teamwork
25. Mindfulness	<p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses <p>Contributing to healthy and active communities</p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Managing Anxiety Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience a period of mindful meditation • For students to identify mindful ways of handling annoyance • To increase student understanding around anxiety and provide students with mindful ways of managing anxiety
26. Gratitude	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. 	<p>Finding gratitude Learning Intentions:</p> <ul style="list-style-type: none"> • To challenge students to think of why they are grateful for different things they might not have thought of in this light Broaden students awareness of gratitude

27. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Mood Changers Learning intentions:</p> <ul style="list-style-type: none"> • For students to experience their emotion and mood change depending on different activities • To provide students with the knowledge that various activities can have instant impacts on their moods • Provide students with a range of practical activities that they can undertake outside of the classroom to be able to better control and direct their emotions and moods
28. Empathy	<p>HEALTH & PHYSICAL EDUCATION Communicating and Interacting for health and Wellbeing</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Kindness to others Learning Intentions:</p> <ul style="list-style-type: none"> • For students to carry out an act of kindness • To provide students with the opportunity to feel positive emotion as a result of the act of kindness • For students to identify other ways they can demonstrate kindness
29. Mindfulness	<p>HEALTH & PHYSICAL EDUCATION Contributing to healthy and active communities</p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Awareness of Mindfulness Learning Intentions:</p> <ul style="list-style-type: none"> • For students to experience a period of mindful meditation • For students to use their knowledge of the importance of mindfulness in promoting/raising awareness around it to extend to the wider community.

30. Gratitude	PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Development of Resilience</i> <ul style="list-style-type: none">- Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection	Reflection and Appreciation Learning intentions: <ul style="list-style-type: none">• For students to reflect on their year with a sense of appreciation and gratitude• Have students utilise aspects of their reflections in order to develop thinking skills towards their future.
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Topic	VIC. Curriculum	Learning Intentions
1. Resilience	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management: <i>Recognition and Expression of Emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>HEALTH AND PHYSICAL EDUCATION Communicating and interacting for health and wellbeing:</p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision-making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing 	<p>Resilience: Learning intentions/outcomes:</p> <ul style="list-style-type: none"> • For students to understand the concept of resilience and apply it to their own situation
2. Character Strengths	<p>PERSONAL & SOCIAL CAPABILITY Self Awareness and Management: <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p><i>Recognition and Expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts. 	<p>Character Strengths: Learning intentions:</p> <ul style="list-style-type: none"> • For students to identify and explore character strengths in themselves and in others

3. Emotional Literacy	<p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Self Awareness and Management</p> <p><i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>Social Awareness and Management</p> <p><i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION</p> <p>Personal, Social and Community Health</p> <p><i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Expanding Vocabulary around Emotion Learning intentions:</p> <ul style="list-style-type: none"> • For students to be able to identify emotions through facial expression and expand their vocabulary around emotions
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">4 & 5 Empathy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge. <p>Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights <p><i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>The Freedom Writers Learning intentions:</p> <ul style="list-style-type: none"> • For students to view a film that encourages empathy through its characters as each character is faced with difficult challenges and choices to make. • For students to connect with these choices and see things from a different perspective and place of understanding
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">6. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Mindfulness and Flow Learning intentions:</p> <ul style="list-style-type: none"> • For students to experience a period of mindfulness and flow through mindful colouring

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">7. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Expanding Gratitude Learning intentions:</p> <ul style="list-style-type: none"> • For students to begin to looking for gratitude in a wider variety of places • For students to appreciate the things they have more
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">8. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>Social Awareness and Management <i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Expressing Emotion Learning intentions:</p> <ul style="list-style-type: none"> • For students to understand the importance of being able to express emotion • For students to act out emotions

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">9. Empathy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge. <p>Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights <p><i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Active Constructive Responding Learning intentions:</p> <ul style="list-style-type: none"> • For students to interact with each other through active listening techniques, thereby creating empathy with one another.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">10. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Catastrophising Learning intentions:</p> <ul style="list-style-type: none"> • For students to become more aware of their internal dialogue • To examine the concept of ‘catastrophising’ • For students to be able to acknowledge negative thoughts and begin to develop perspective.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">11. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>What are we Grateful for Collectively? Learning intentions:</p> <ul style="list-style-type: none"> • For students to be able to express gratitude for a wide variety of things • For students to find commonalities within the class about the things they are grateful for
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">12. Empathy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge. <p>Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights <p><i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Random Acts Of Kindness Learning intentions:</p> <ul style="list-style-type: none"> • For students to participate in doing acts of kindness for others, thereby developing empathy

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">13. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Find your Flow Learning intentions:</p> <ul style="list-style-type: none"> • For students to deeply understand the concept of flow • For students to experience mindfulness through ‘flow’
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">14. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Explaining Gratitude Learning intentions:</p> <ul style="list-style-type: none"> • For students to explain to a wider audience what it means to be grateful and why its important to a wider audience • For students to express gratitude through a short video

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">15. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>Social Awareness and Management <i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Mood Changers Learning intentions:</p> <ul style="list-style-type: none"> • For students to experience positive emotions in a variety of ways (humour, music and exercise)
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">16. Emotion Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>Social Awareness and Management <i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Mood Changers – Become the Expert! Learning intentions:</p> <ul style="list-style-type: none"> • For students to understand what can change moods and how these can change moods • For students to identify how to enhance their mood

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">17. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>Look Up Learning intentions:</p> <ul style="list-style-type: none"> • for students to be more mindful and notice what is going on around them
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">18. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Expressing Gratitude Learning intentions:</p> <ul style="list-style-type: none"> • Enhance student understanding of gratitude • For students to express gratitude to a teacher they are grateful for

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">19. Empathy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge. <p>Social Awareness and Management <i>Relationships and Diversity</i></p> <ul style="list-style-type: none"> - Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights <p><i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Empathy in the World Learning intentions:</p> <ul style="list-style-type: none"> • For students to experience feeling empathy towards members of different cultural backgrounds • For students to identify different global issues and how they would affect others
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">20. Mindfulness</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Contributing to healthy and active communities</i></p> <ul style="list-style-type: none"> - Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities 	<p>The Show about Nothing! Learning intentions:</p> <ul style="list-style-type: none"> • For students to look for the small details and notice things they may not have before.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">21. Emotional Literacy</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Develop criteria to appraise personal qualities and use these to design strategies to plan for the future or address a challenge <p>Social Awareness and Management <i>Collaboration</i></p> <ul style="list-style-type: none"> - Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts <p>HEALTH & PHYSICAL EDUCATION Personal, Social and Community Health <i>Communicating and interacting for health and Wellbeing</i></p> <ul style="list-style-type: none"> - Investigate how empathy and ethical decision making contribute to respectful relationships - Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses 	<p>Positive Emotion through Success Learning intentions:</p> <ul style="list-style-type: none"> • For students to experience positive emotion through success • For students to persevere at something and to be self reflective about success, escapes and excuses
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">22. Gratitude</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self Awareness and Management <i>Recognition and expression of emotions</i></p> <ul style="list-style-type: none"> - Evaluate emotional responses and the management of emotions in a range of contexts <p><i>Development of Resilience</i></p> <ul style="list-style-type: none"> - Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection 	<p>Class Gratitude Tree Learning intentions:</p> <ul style="list-style-type: none"> • Enhance student understanding of gratitude • For students to express gratitude in a visual representation through wall art