



## Integrating TRP Curriculum with Respectful Relationships

### **About this document:**

This is a guide designed to assist teachers planning to deliver TRP curriculum in conjunction with the department of education Rights, Resilience and Respectful Relationships (RRRR) resource.

We have identified which activities in the RRRR resource compliment each TRP lesson. Please be aware that we have tried to identify all the opportunities for integration so some of the RRRR activities are repeated in several lessons and across year levels. Teachers can then select at which point they would like to complete the RRRR activity based on their individual planning needs.

**To jump through to the appropriate year level, please click below;**

[Year 7](#)

[Year 8](#)

[Year 9](#)

[Year 10](#)

[Senior](#)

# Year 7

TRP Lesson	Level 7-8 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Emotion vocabulary and identifying emotions	1.1 Emotions vocabulary	10
2.1 and 2.2 Labelling emotions	1.1 Emotions Vocabulary 1.2 Body language 1.4 Hidden emotions	10 10 20
3.1 and 3.2 Understanding and expressing gratitude		
4.1 and 4.2 Demonstrating empathy	1.3 Empathy quiz 6.4 Peer support texts	15 15
5.1 and 5.2 An introduction to mindfulness	5.4 Relaxation techniques	10
6.1 and 6.2 Fixed and growth mindsets	3.1 What is self talk? 3.2 Remembering our strengths? 3.3 Building skills in postivie self talk	15 20 15
7.1 and 7.2 Optimism vs Pessimism	3.1 What is self-talk 3.2 Remembering our strenghts 3.3 Building skills in pos self talk	15 20 15
8.1 and 8.2 Gratitude chain		
9.1 and 9.2 Gratitude Circle		
10.1 and 10.2 Put ups and put downs		
11.1 and 11.2 Post traumatic growth		
12.1 and 12.2 Empathy Web		
13.1 and 13.2 Mindfulness Research and Yoga	5.4 Relaxation techniques	10
14.1 and 14.2	5.3 Coping strategies	10

Humour		
15.1 and 15.2 Emotional Responses	1.2 Emotions Vocabulary	10
16.1 and 16.2 Gratitude in the world		
17.1 and 17.2 Needs and wants		
18.1 and 18.2 Empathy towards others	1.3 Empathy quiz 6.4 Peer support texts	15 15
19.1 and 19.2 Applying empathy	1.3 Empathy quiz 6.4 Peer support texts	15 15
20.1 and 20.2 Noticing the little things in life	5.4 Relaxation techniques	10
21.1 and 21.2 Mindfulness in nature	5.3 Coping strategies	10
22.1 and 22.2 How Full is your bucket?	5.3 Coping strategies	10
23.1 and 23.2 Character strengths	2.1 qualities that I admire 2.2 Using strengths 2.3 Finding your top five strengths-2.3 VIA	30 15 30
24.1 and 24.2 Sharing gratitude		
25.1 and 25.2 Mindfulness in our bodies	5.4 Relaxation techniques	10
Year 7 Inquiry Units		
Inquiry 1 Mind body connection healthy eating	5.3 Coping strategies	10
Inquiry 2 Screenagers		
Level 7-8 Introduction Activity 4 'Statistics on mental health' (15mins) could be added at beginning or end of any TRP lesson. It is a nice way to discuss why this work is important.		

# Year 8

TRP Lesson	Level 7–8 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Famous Failures	3.1 What is self talk? 3.2 Remembering our strengths? 3.3 Building skills in positive self talk	15 20 15
2.1 and 2.2 Circles of strength	2.1 Qualities that I admire 3.2 Remembering our strengths 6.2 What could you do?	30 20 20
3.1 and 3.2 Empathy Busters	1.3 Empathy quiz 6.4 Peer support texts	15 15
4.1 and 4.2 Introduction to mindfulness	5.4 Relaxation techniques	10
5.1 and 5.2 Emotions identification and vocabulary	1.1 Emotions Vocabulary	10
6.1 and 6.2 Recognising emotions	1.3 Emotions Vocabulary 1.2 Body language 1.4 Hidden emotions	10 10 20
7.1 and 7.2 Gratitude and values		
8.1 and 8.2 The World in perspective		
9.1 and 9.2 Perspective and Empathy	1.3 Empathy quiz	15
10.1 and 10.2 Thinking, seeing, feeling empathy	1.3 Empathy quiz 6.4 Peer support texts 7.6 Difference and discrimination	15 15 30
11.1 and 11.2 Noticing detail	5.3 Coping strategies	10
12.1 and 12.2 Partner balancing	5.3 Coping strategies	10
13.1 and 13.2 Character Strengths	2.1 qualities that I admire 2.2 Using strengths 2.3 Finding your top five strengths–2.3 VIA	30 15 30
14.1 and 14.2 Emotional responses	1.2 Body language 1.4 Hidden emotions	10 20

15.1 and 15.2 I wish I had		
16.1 and 16.2 Gratitude to others		
17.1 and 17.2 Cultural understanding	7.6 Difference and discrimination	30min
18.1 and 18.2 Refugees	7.6 Difference and discrimination	30min
19.1 and 19.2 Negative Bias/ Self Talk	3.1 What is self talk? 3.3 Building skills in pos self talk	15 15
20.1 and 20.2 Mood Changes	1.4 Hidden emotions	20
21.1 and 21.2 Optimism and hope	3.1 What is self-talk 3.2 Remembering our strenghts 3.3 Building skills in pos self talk	15 20 15
22.1 and 22.2 Gratitude to nature		
23.1 and 23.2 Cooperation		
24.1 and 24.2 Active listening	6.2 What could you do? 6.3 Assertive help seeking	20 20
25.1 and 25.2 Mindfulness in nature	5.3 Coping strategies	10
YEAR 8 INQUIRY		
Inquiry 1 Mind body connection- exercise	5.3 Coping strategies	10
Inquiry 2 Digital Citizenship		

# Year 9

2021 Lesson	Level 9-10 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Resilience	5.1 Understanding stress 5.2 Self-reflection on coping	15 10
2.1 and 2.2 Introduction to gratitude		
3.1 and 3.2 Thinking of others	1.2 Thinking from different perspectives	25
4.1 and 4.2 Mindfulness-Body Awareness	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
5.1 and 5.2 Describing emotion	1.5 Emotional Literacy	25
6.1 and 6.2 Language around emotion	1.5 Emotional Literacy	25
7.1 and 7.2 Finding gratitude, singing praise		
8.1 and 8.2 Expressing gratitude		
9.1 and 9.2 Awareness and pets	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
10.1 and 10.2 Mindful eating	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
11.1 and 11.2 Body language	1.5 Emotional Literacy	25
12.1 and 12.2 Mood changes	5.1 Understanding stress 5.2 Self-reflection on coping 5.3 Positive coping	15 10 20
13.1 and 13.2 Experiencing gratitude		
14.1 and 14.2 Restrictions to our gratitude		
15.1 and 15.2 Empathy-Responding to others	6.3 Conducting the help-seeking conversation	20

16.1 and 16.2 Crossing the line/speak even if you voice shakes	4.2 Making an assertive 'I' statement 6.1 Awareness raising through statistics 6.2 Should I ask for help? 6.3 Conducting the help-seeking conversation 6.4 Research sources of support	25 10 20 20 20
17.1 and 17.2 Flow and the flow channel model	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
18.1 and 18.2 Managing Anxiety	5.1 Understanding stress 5.3 Positive coping	15 20
19.1 and 19.2 Character Strengths	2.1 Valuing character strengths	30
20.1 and 20.2 Fixed and growth mindsets	3.1 Understanding the impact of neg self-talk 3.2 Applying techniques for positive self-talk	25 25
21.1 and 21.2 Moral Dilemmas	1.2 Thinking from different perspectives 2.3 Using strengths in ethical dilemmas	25 20
22.1 and 22.2 Refugees	1.2 Thinking from different perspectives	25
23.1 and 23.2 Skills to develop mindfulness	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
24.1 and 24.2 Listing gratitude		
25.1 and 25.2 Reflection and appreciation		
YEAR 9 INQUIRY		
Inquiry 1 Hand up for aussie kids	1.2 Thinking from different perspectives	25
Inquiry 2 Sleep and mood	5.3 Positive coping 5.4 Relaxation for self-calming	20 15

# Year 10

2021 Lesson	Level 9-10 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Expanding vocabulary around emotion	1.5 Emotional Literacy	25
2.1 and 2.2 Class gratitude tree		
3.1 and 3.2 Acts of kindness		
4.1 and 4.2 Look up	5.3 Positive coping	20
5.1 and 5.2 Resilience	5.1 Understanding stress 5.2 Self-reflection on coping	15 10
6.1 and 6.2 Character strengths	2.1 Valuing character strengths	30
7.1 and 7.2 Walk in my shoes Language Choice	5.3 Positive coping	20
8.1 and 8.2 My life elsewhere	5.3 Positive coping	20
9.1 and 9.2 Mindfulness and flow	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
10.1 and 10.2 Expressing emotions	1.5 Emotional Literacy	25
11.1 and 11.2 Explaining gratitude		
12.1 and 12.2 Expressing gratitude		
13.1 and 13.2 Active constructive responding	1.2 Thinking from different perspectives 4.2 Making an assertive 'I' statement 6.3 Conducting the help-seeking conversation	25 25 20
14.1 and 14.2 Empathy and Compassion	1.2 Thinking from different perspectives 6.3 Conducting the help-seeking conversation	25 20
15.1 and 15.2 Catastrophising	3.1 Understanding the impact of neg self-talk 3.2 Applying techniques for positive self-talk	25 25



16.1 and 16.2 The show about nothing	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
17.1 and 17.2 Mood changers-become the expert	5.3 Positive coping	20
18.1 and 18.2 Positive emotions through success	5.3 Positive coping	20
19.1 and 19.2 Social Interaction	1.2 Thinking from different perspectives 4.2 Making an assertive 'I' statement 6.3 Conducting the help-seeking conversation	25 25 20
20.1 and 20.2 Help a friend, kind to you	1.2 Thinking from different perspectives 3.1 Understanding the impact of neg self-talk 3.2 Applying techniques for positive self-talk 4.2 Making an assertive 'I' statement 6.3 Conducting the help-seeking conversation	25 25 25 25 20
21.1 and 21.2 Mindful writing	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
22.1 and 22.2 Mindful pacise	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
23.1 and 23.2 Feelings and toolbox	1.5 Emotional Literacy 5.2 Self reflection on coping 5.3 Postivie Coping	25 10 20
24.1 and 24.2 Gratitude challenge		
25.1 and 25.2 Failure and lessons learnt	5.3 Postivie Coping	20
<b>Year 10 Inquiry Units</b>		
Inquiry 1 The Freedom Writers	1.2 Thinking from different perspectives 4.1 Using a logical model for problem solving	25 25
Inquiry 2 Are individuals solely responsible for their own healthy choices?	5.3 Positive coping	20

# Senior

2021 Lesson	Level 11 and 12 RRRR Complementary Activity	Time (mins)
1. What is resilience anyway	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
2. Looking back at resilience	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
3. What's ahead?	1.1 Emotional landscape in the senior high school years 1.2 Study strengths	20 15
4. Strengths	1.2 Study strengths	15
5. Stress self-reflection	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
6. Stress	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
7. Coping with stress	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
8. Are you kind to yourself?	3.1 Making success scripts 3.2 Positive self-talk and peer support 3.3 Active listening and peer support	30 20 15
9. Self compassion	3.1 Making success scripts 3.2 Positive self-talk and peer support 3.3 Active listening and peer support	30 20 15
10. Mental Health in Australia		
11. Help seeking	6.1 Debate of the helpers	40
12. Where to go	6.1 Debate of the helpers 6.4 Web quest: Searching online for help	40 40
13. Help seeking promotion	6.1 Debate of the helpers 6.4 Web quest: Searching online for help	40 40
14. Flipping the mood	4.1 Stress and coping	20

	4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	15 15
15. My timetable	2.3 Managing your time	15
16. Screen time	2.3 Managing your time	15
17. Emotions Refresher		
18. Give a little love, get a little love		
19. Kindness challenge		
20. More is said than done		
21. Problem solving	6.2 Social problem solving	20
22. Know the problem	6.2 Social problem solving	20
23. Putting our problems into perspective	6.2 Social problem solving	20
24. Put it into practice	6.2 Social problem solving	20
25. Teamwork		
26. North, south, east & west	5.3 Drawing on strengths in social situations 20	20
27. Communication 'You and I'	5.1 Assertive talk 5.2 Explaining how you feel	25 25
28. SMART Goals	2.1 Setting goals and objectives	15
29. Setting Strategies	2.1 Setting goals and objectives	15
30. Procrastinating	2.3 Managing you time	15
31. Safe socials	2.3 Managing you time	15
32. Exam pressures	4.4 Relaxation techniques	15
33. Memory	2.2 What do you do when you study	15
34. Study skills	2.2 What do you do when you study	15

35. Study technique	2.2 What do you do when you study	15
36. Gratitude 101		
37. Compliments and gratitude		
38. IF and then thinking		
39. Mindfulness	4.4 Relaxation techniques	15
40. Mindfulness	4.4 Relaxation techniques	15
41. Mindfulness	4.4 Relaxation techniques	15
42. Mindfulness	4.4 Relaxation techniques	15
43. The blind side	1.2 Study strengths	15
44. The blind side	1.2 Study strengths	15
45. The blind side	1.2 Study strengths	15