

## OVERVIEW

SKILL CATEGORY	TOPICS COVERED	LESSON
Emotional Literacy (Coping Skills)	What is resilience?	1, 2, 43, 44, 45
	Stress	3, 4, 5, 6, 7, 8, 9
	Youth mental health	10
	Help-seeking	11, 12, 13
	Mood-changers	14
	Technology and mental health	15, 16, 17
Empathy (Social Skills)	Kindness to others	18, 19, 20
	Problem-solving	21, 22, 23, 24
	Teamwork	25, 26
	Communication	27
School Skills	Goal-setting	28, 29
	Time management	30, 31
	Exam pressure and managing exam anxiety	32
	Study skills and techniques	33, 34, 35
Gratitude	Explicitly taught in these lessons	36, 37
Mindfulness	Explicitly taught in these lessons	38, 39, 40, 41, 42

## LESSON BY LESSON

Lesson	Skill Category	Topics Covered	Lesson Title	Learning Intention
1	Coping Skills	What is resilience?	What is resilience anyway?	<ul style="list-style-type: none"> <li>• Students will start to understand the concept of resilience.</li> <li>• Students will evaluate their current level of resilience.</li> </ul>
2	Coping Skills	What is resilience?	Looking back at resilience	<ul style="list-style-type: none"> <li>• Students will explore how others have been resilient.</li> <li>• Student will reflect on their own past resilience.</li> </ul>
3	Coping Skills	Stress	What's ahead?	<ul style="list-style-type: none"> <li>• Student will work in collaboration to identify potential challenges ahead.</li> <li>• Student will work in collaboration to identify things they are looking forward to.</li> <li>•</li> </ul>
4	Coping Skills	Stress	Strengths	<ul style="list-style-type: none"> <li>• Students will identify their strengths and evaluate how to use them to overcome challenges.</li> <li>• Students will make a plan for personal growth.</li> <li>•</li> </ul>
5	Coping Skills	Stress	Stress self-reflection	<ul style="list-style-type: none"> <li>• Students will understand what stress is and how it can be useful.</li> <li>• Students will reflect on how they manage stress.</li> <li>•</li> </ul>
6	Coping Skills	Stress	Stress	<ul style="list-style-type: none"> <li>• Students will explore stressors in their own life.</li> <li>•</li> </ul>
7	Coping Skills	Stress	Coping with stress	<ul style="list-style-type: none"> <li>• Students will discover coping strategies to deal with life stressors.</li> <li>•</li> </ul>
8	Coping Skills	Stress	Are you kind to yourself?	<ul style="list-style-type: none"> <li>• Student will understand the power of self-talk and how to be kind to themselves.</li> <li>•</li> </ul>
9	Coping Skills	Stress	Self-compassion	<ul style="list-style-type: none"> <li>• Student will understand self-compassion.</li> <li>• Students will explore ways to develop good self-care.</li> <li>•</li> </ul>
10	Coping Skills	Mental health	Mental health in Australia	<ul style="list-style-type: none"> <li>• Students will gain an understanding of youth mental health in Australia.</li> <li>• Students will develop empathy for those impacted by mental ill health.</li> </ul>
11	Coping Skills	Help-seeking	Help Seeking	<ul style="list-style-type: none"> <li>• Students will discuss barriers to young people seeking help.</li> </ul>

				<ul style="list-style-type: none"> <li>• Students will explore avenues for help-seeking.</li> <li>• Students will reflect on their personal support network.</li> <li>•</li> </ul>
12	Coping Skills	Help-seeking	Where to go?	<ul style="list-style-type: none"> <li>• Students will investigate services for young people that are available in the community.</li> <li>•</li> </ul>
13	Coping Skills	Help-seeking	Help-seeking promotion	<ul style="list-style-type: none"> <li>• Students will contribute to the broader school community.</li> <li>• Students will encourage others to seek help when needed.</li> <li>•</li> </ul>
14	Coping Skills	Mood-changers	Flipping the mood	<ul style="list-style-type: none"> <li>• Student will understand ways they can improve their mood.</li> <li>•</li> </ul>
15	School Skills	Time Management	My timetable	<ul style="list-style-type: none"> <li>• Student will practise time management by developing a weekly routine.</li> <li>•</li> </ul>
16	Coping Skills	Technology and mental health	Screen time	<ul style="list-style-type: none"> <li>• Students will understand the impacts of too much screen time.</li> <li>• Students will reflect on their own screen time.</li> <li>• Students will set boundaries around their usage.</li> <li>•</li> </ul>
17	Emotion Vocabulary	Emotional Literacy	Emotions refresher	<ul style="list-style-type: none"> <li>• Students will practise naming emotions.</li> </ul>
18	Coping Skills Social Skills	Supporting friends Kindness to others Building empathy for others	Give a little love, get a little love	<ul style="list-style-type: none"> <li>• Students will discover the positive impacts of helping others.</li> <li>•</li> </ul>
19	Social Skills	Kindness to others Building empathy for others	Kindness challenge	<ul style="list-style-type: none"> <li>• Students will explore ways they can show kindness to others.</li> <li>•</li> </ul>
20	Coping Skills Social Skills	Supporting Friends Kindness to others Building empathy for others	More is said than done	<ul style="list-style-type: none"> <li>• Students will reflect on the concept of actions being more powerful than words.</li> <li>• Students will connect with the resilience shown by Neale Daniher in his battle with motor neurone disease.</li> <li>•</li> </ul>
21	Social Skills	Problem-solving	Problem-solving	<ul style="list-style-type: none"> <li>• Students will reflect on their approach to problem-solving.</li> <li>• Students will compare problem-solving on their own and as a team.</li> </ul>
22	Social Skills	Problem-solving	Know the problem	<ul style="list-style-type: none"> <li>• Student will develop problem-solving strategies.</li> <li>• Students will learn to distinguish things that are in and out of their control.</li> </ul>

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23	Social Skills	Problem-solving	Putting our problems into perspective	<ul style="list-style-type: none"> <li>Students will learn about ‘catastrophising’ and its impact on problem solving.</li> <li>Students will practise putting things into perspective.</li> </ul>
24	Social Skills	Problem-solving	Put it into practice	<ul style="list-style-type: none"> <li>Student will apply problem-solving skills to a scenario.</li> </ul>
25	Social Skills	Teamwork	Teamwork	<ul style="list-style-type: none"> <li>Student will identify the characteristics of a good team.</li> <li>Students will discover their personality style.</li> <li></li> </ul>
26	Social Skills	Teamwork	NSEW (North, South, East, West)	<ul style="list-style-type: none"> <li>Students will discuss their personality style and strengths, and the impacts of these on teamwork.</li> <li>Students will discover different personality styles and reflect on how these can affect the way they work with different people.</li> <li></li> </ul>
27	Social Skills	Communication	Communication: ‘You and I’	<ul style="list-style-type: none"> <li>Student will develop their communication skills.</li> <li>Student will practise using ‘I’ statements.</li> <li>Students will build empathy for someone else’s situation.</li> </ul>
28	School Skills	Goal-setting	SMART Goals	<ul style="list-style-type: none"> <li>Students will understand how to set specific, measurable, attainable, relevant and timely (SMART) goals.</li> <li>Students will practise setting SMART goals for their final years of school.</li> </ul>
29	School Skills	Goal-setting	Setting strategies	<ul style="list-style-type: none"> <li>Students will investigate strategies to meet their goals.</li> <li>Students will practise creating and applying strategies to meet the goals they have set.</li> </ul>
30	School Skills	Time Management	Procrastinating	<ul style="list-style-type: none"> <li>Students will explore the impact of procrastinating.</li> <li>Students will investigate techniques to stop procrastinating.</li> <li></li> </ul>
31	School Skills	Technology and mental health	Safe Socials	<ul style="list-style-type: none"> <li>Students will understand potential stressors on social media.</li> <li>Students will understand how to practise safe social media use.</li> <li></li> </ul>
32	School Skills	Exam pressure and managing exam anxiety	Exam Pressures	<ul style="list-style-type: none"> <li>Students will explore causes of exam stress.</li> <li>Students will investigate ways to reduce exam stress.</li> <li></li> </ul>
33	School Skills	Study skills and techniques	Memory	<ul style="list-style-type: none"> <li>Students will compare memory recall with different techniques.</li> </ul>
34	School Skills	Study skills and	Study skills	<ul style="list-style-type: none"> <li>Students will understand what is involved in studying.</li> </ul>

		techniques		<ul style="list-style-type: none"> <li>Students will collaborate to develop a set of tips for good study.</li> </ul>
35	School Skills	Study skills and techniques	Study technique	<ul style="list-style-type: none"> <li>Students will try a new study technique.</li> <li>Students will explore five different student techniques.</li> </ul>
36	Gratitude		Gratitude 101	<ul style="list-style-type: none"> <li>Student will practise gratitude by looking at all they have.</li> <li>Students will practise expressing gratitude for everyday items.</li> <li></li> </ul>
37	Gratitude		Compliments and gratitude	<ul style="list-style-type: none"> <li>Students will practise giving compliments.</li> <li>Students will show gratitude to someone who has played a role in their life.</li> </ul>
38	Mindfulness		If and then	<ul style="list-style-type: none"> <li>Student will explore the impact of 'if and then' thinking on their happiness.</li> </ul>
39	Mindfulness		Mindfulness	<ul style="list-style-type: none"> <li>Students will experience mindfulness through flow.</li> </ul>
40	Mindfulness		Mindfulness	<ul style="list-style-type: none"> <li>Students will experience mindfulness through paying attention to things they normally wouldn't.</li> </ul>
41	Mindfulness		Mindfulness	<ul style="list-style-type: none"> <li>Students will experience mindfulness through mindful colouring.</li> </ul>
42	Mindfulness		Mindfulness	<ul style="list-style-type: none"> <li>Students will experience mindfulness in nature.</li> <li>Students will experience mindfulness through meditation.</li> </ul>
43	Coping Skills	What is resilience?	The Blind Side	<ul style="list-style-type: none"> <li>Student will identify aspects of resilience, strengths, kindness to others and empathy in the movie 'The Blind Side'.</li> <li></li> </ul>
44	Coping Skills	What is resilience?	The Blind Side	<ul style="list-style-type: none"> <li>Student will identify aspects of resilience, strengths, kindness to others and empathy in 'The Blind Side'.</li> <li></li> </ul>
45	Coping Skills	What is resilience?	The Blind Side	<ul style="list-style-type: none"> <li>Students will apply their understanding of character strengths to characters in 'The Blind Side'.</li> <li>Students will reflect on ways they can move forward in life.</li> <li></li> </ul>