

## Foundation Lesson Overview

**Gratitude** Lessons – 3

**Empathy** Lessons - 3

**Mindfulness** Lessons – 3

**Emotional Literacy** Lessons - 6

**Total Lessons – 15**

Lesson # Title Theme	1 "Feelings" Emotional Literacy	2 "Gratitude chain" Gratitude	3 "Being a helper" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to identify different feelings.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning what gratitude means and how it makes us feel.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning that helping others is a part of understanding and showing empathy.</li> </ul>
Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.  <b>Self-management</b>                      Express emotions appropriately.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.                      Language for interaction.  <b>Literature</b>                      Examining Literature.                      Responding to Literature.  <b>Literacy</b>                      Interpreting, analysing, evaluating.                      Interacting with others.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Develop reflective practice.  <b>Social management</b>                      Work collaboratively.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text structure and organization.                      Expressing and developing ideas.                      Language for interaction.  <b>Literature</b>                      Examining Literature.                      Literature and context.                      Responding to Literature.  <b>Literacy</b>                      Interpreting, analysing, evaluating.</p> <p><b>VISUAL ARTS</b>                      Create and display artworks to communicate ideas to an audience.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b>  <b>Social Awareness</b>                      Contribute to civil society.  <b>Social management</b>                      Work collaboratively.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text Structure and organisation.                      Expressing and developing ideas.                      Language for Interaction.  <b>Literature</b>                      Examining Literature.                      Literature and context.                      Responding to Literature.  <b>Literacy</b>                      Interpreting, analysing and evaluating.                      Creating texts.</p>

Lesson # Title Theme	4 "Mindful now" Mindfulness	5 "A good friend" Emotional Literacy	6 "Sharing is caring" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to recall what mindfulness is and how it makes us feel.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify what makes a good friend.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand that some problems can be solved by sharing.</li> </ul>
Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b></p> <p><b>Self-awareness</b> Recognise emotions. Develop reflective practice.</p> <p><b>Self-management</b> Become confident, resilient and adaptable.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Expressing and developing ideas. Phonics and word knowledge.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b></p> <p><b>Personal, social and community health</b> Communicating and interacting for health and wellbeing. Contributing to healthy and active communities.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b></p> <p><b>Social awareness</b> Appreciate diverse perspectives. Contribute to civil society. Understand relationships.</p> <p><b>Social management</b> Work collaboratively.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Expressing and developing ideas. Phonics and word knowledge. Language for Interaction.</p> <p><b>Literature</b> Examining literature. Responding to literature.</p> <p><b>Literacy</b> Interpreting, analysing and evaluating. Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b></p> <p><b>Self-awareness</b> Recognise emotions. Develop reflective practice.</p> <p><b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable.</p> <p><b>Social awareness</b> Appreciate diverse perspectives. Understand relationships.</p> <p><b>Social management</b> Work collaboratively.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Text structure and organisation. Expressing and developing ideas.</p> <p><b>Literature</b> Examining Literature. Literature and context. Responding to Literature.</p> <p><b>Literacy</b> Interpreting, analysing and evaluating.</p> <p><b>VISUAL ARTS</b> Create and display artworks to communicate ideas to an audience.</p>

Lesson # Title Theme	7 "Please and thank you" Gratitude	8 "Friends I am grateful for" Gratitude	9 "Help" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to recognise the importance of using manners.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to recognise new friendships in Foundation and why we should be grateful for them.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning that helping others is a part of understanding and showing empathy.</li> </ul>
Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Develop reflective practice.  <b>Social management</b>                      Work collaboratively.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language for interaction.                      Text structure and organisation.                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Responding to literature.                      Examining literature.                      Creating literature.  <b>Literacy</b>                      Interacting with others.                      Interpreting, analysing and evaluating.                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b>  <b>Self-awareness</b>                      Recognise emotions.  <b>Self-Management</b>                      Express emotions appropriately.                      Become confident, resilient and adaptable.  <b>Social Awareness</b>                      Appreciate diverse perspectives.                      Understand relationships.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language for interaction.                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Responding to literature.                      Examining literature.                      Creating literature.  <b>Literacy</b>                      Interpreting, analysing and evaluating.                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b>  <b>Self-awareness</b>                      Recognise emotions.  <b>Self-Management</b>                      Express emotions appropriately.  <b>Social Awareness</b>                      Appreciate diverse perspectives.                      Understand relationships.                      Contribute to civil society.  <b>Social Management</b>                      Communicate effectively.                      Work collaboratively.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language variation and change.                      Language for interaction.                      Expressing and developing ideas.  <b>Literacy</b>                      Interacting with others.</p>

Lesson # Title Theme	10 "Cooperation" Empathy	11 "Mindful breathing" Mindfulness	12 "Feel the music" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to cooperate in the classroom.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to recognise that breathing can help us to be mindful.</li> <li>We are learning to understand that breathing can help us when we feel worried.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify how we can change our mood through music.</li> </ul>
Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b></p> <p><b>Social awareness</b> Contribute to civil society. Understand relationships.</p> <p><b>Social management</b> Work collaboratively.</p> <p><b>ENGLISH</b></p> <p><b>Literacy</b> Interacting with others.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b></p> <p><b>Self-awareness</b> Recognise emotions. Develop reflective practice.</p> <p><b>Self-management</b> Become confident, resilient and adaptable.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Language for interaction. Expressing and developing ideas. Phonics and word knowledge.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b></p> <p><b>Personal, social and community health</b> Being healthy, safe and active. Contributing to healthy and active communities.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b></p> <p><b>Self-awareness</b> Recognise emotions. Develop reflective practice.</p> <p><b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Language for interaction. Expressing and developing ideas. Phonics and word knowledge.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b></p> <p><b>Personal, social and community health</b> Being healthy, safe and active. Contributing to healthy and active communities.</p>

Lesson # Title Theme	13 "Changing faces" Emotional Literacy	14 "Picturing Emotion" Emotional literacy	15 "Emotional timeline" Emotional literacy
<b>Learning Intention</b>	<ul style="list-style-type: none"> <li>We are learning to understand that our feelings (emotions) can change in different situations.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to match emotions to a picture.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify different feelings.</li> <li>We are learning to match feelings to a situation.</li> </ul>
<b>Curriculum</b>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b></p> <p><b>Self-awareness</b> Recognise emotions.</p> <p><b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable.</p> <p><b>Social awareness</b> Appreciate diverse perspectives.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Language for interaction.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b></p> <p><b>Self-awareness</b> Recognise emotions.</p> <p><b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable.</p> <p><b>Social awareness</b> Appreciate diverse perspectives.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Language for interaction.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITIES</b></p> <p><b>Self-awareness</b> Recognise emotions.</p> <p><b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable.</p> <p><b>Social awareness</b> Appreciate diverse perspectives.</p> <p><b>ENGLISH</b></p> <p><b>Language</b> Language for interaction.</p>