

Year 1 Lesson Overview

Gratitude Lessons – 4

Empathy Lessons - 6

Mindfulness Lessons – 4

Emotional Literacy Lessons - 7

Total Lessons – 21

Lesson # Title Theme	1 "Garden of Gratitude" Gratitude	2 "Different Views Empathy	3 "Mindful Colouring" Mindfulness ***
Learning Intention	<ul style="list-style-type: none"> We are learning to explain what gratitude is. We are learning to recognise things we are grateful for. 	<ul style="list-style-type: none"> We are learning about other people's views so we can show empathy. 	<ul style="list-style-type: none"> We are learning to use colouring to practice being mindful.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Social awareness Appreciate diverse perspectives. Contribute to civil society. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Contributing to healthy and active communities.</p> <p>ENGLISH Language Language for interaction. Expressing and developing ideas. Phonics and word knowledge.</p> <p>VISUAL ARTS Create and display artworks to communicate ideas to an audience.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Self-management Become confident resilient and adaptable. Social awareness Appreciate diverse perspectives. Contribute to civil society. Understand relationships.</p> <p>ENGLISH Literature Responding to literature. Examining literature. Creating literature. Literacy Texts in context. Interacting with others. Interpreting, analysing, evaluating.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Self-management Express emotions appropriately. Social management Communicate effectively. Work collaboratively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing. Contributing to healthy and active communities.</p> <p>ENGLISH Language Language for interaction.</p>

Lesson # Title Theme	4 "Feeling and bodies" Emotional Literacy	5 "I am thankful for..." Gratitude	6 "Tree of gratitude" Gratitude
Learning Intention	<ul style="list-style-type: none"> We are learning to recognise that emotions can affect our bodies and minds. 	<ul style="list-style-type: none"> We are learning to understand we have many things to be grateful for. 	<ul style="list-style-type: none"> We are learning to recognise what we can be grateful for.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice.</p> <p>Self-management Express emotions appropriately. Become confident, resilient and adaptable.</p> <p>Social awareness Appreciate diverse perspectives. Understand relationships.</p> <p>Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION</p> <p>Personal, social and community health Communicating and interacting for health and wellbeing.</p> <p>ENGLISH</p> <p>Language Language for interaction. Phonics and word knowledge.</p> <p>Literature Responding to literature. Examining literature.</p> <p>Literacy Interpreting, analysing, evaluating. Creating text.</p>	<p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Self-awareness Recognise emotions. Develop reflective practice.</p> <p>Social awareness Appreciate diverse perspectives. Contribute to civil society.</p> <p>Social management Communicate effectively.</p> <p>ENGLISH</p> <p>Language Language for interaction. Expressing and developing ideas.</p>	<p>PERSONAL AND SOCIAL CAPABILITY</p> <p>Self-awareness Recognise emotions. Develop reflective practice.</p> <p>Social awareness Appreciate diverse perspectives. Contribute to civil society.</p> <p>Social management Communicate effectively.</p> <p>ENGLISH</p> <p>Language Language for interaction. Expressing and developing ideas. Phonics and word knowledge.</p> <p>VISUAL ARTS Create and display artworks to communicate ideas to an audience.</p>

Lesson # Title Theme	7 “Encouraging” Empathy	8 “Helpful Superhero” Empathy	9 “Belly breathing” Mindfulness
Learning Intention	<ul style="list-style-type: none"> We are learning to identify how we can help others. 	<ul style="list-style-type: none"> We are learning to realise we can make a difference to others. 	<ul style="list-style-type: none"> We are learning to belly breath.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions. Recognise personal qualities and achievements. Self-management Become confident resilient and adaptable. Social awareness Appreciate diverse perspectives. Contribute to civil society. Understand relationships. Social management Communicate effectively. Work collaboratively. Make decisions. Negotiate and resolve conflict.</p> <p>ENGLISH Language Language for interaction. Literature Responding to literature. Examining literature. Literacy Interpreting, analysing, evaluating.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions. Recognise personal qualities and achievements. Self-management Become confident resilient and adaptable. Social awareness Appreciate diverse perspectives. Contribute to civil society. Understand relationships. Social management Communicate effectively. Work collaboratively. Make decisions. Negotiate and resolve conflict.</p> <p>ENGLISH Language Language for interaction. Literature Responding to literature. Examining literature.</p> <p>VISUAL ARTS Create and display artworks to communicate ideas to an audience.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing. Contributing to healthy and active communities.</p> <p>ENGLISH Language Language for interaction. Literature Responding to literature.</p>

Lesson # Title Theme	10 "More mindfulness" Mindfulness	11 "No you can't play" Emotional Literacy	12 "Wilma Jean the Worry Machine" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> We are learning to recognise that yoga can help us to be mindful. We are learning to identify that being mindful can affect our feelings. 	<ul style="list-style-type: none"> We are learning to communicate our feelings nicely to others. We are learning to identify strategies when we have no one to play with. 	<ul style="list-style-type: none"> We are learning to recognise that we can control some of our worries.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing. Contributing to healthy and active communities.</p> <p>ENGLISH Language Language for interaction. Literature Responding to literature.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Understand relationships. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active. Communicating and interacting for health and wellbeing.</p> <p>ENGLISH Language Language for interaction. Expressing and developing ideas. Phonics and word knowledge. Literacy Creating text.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Understand relationships. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active. Communicating and interacting for health and wellbeing.</p> <p>ENGLISH Language Language for interaction. Expressing and developing ideas. Phonics and word knowledge. Literature Responding to literature. Examining literature.</p>

			<p>Literacy Interpreting, analysing, evaluating. Creating text.</p>
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Lesson # Title Theme	13 "Attitude of Gratitude" Gratitude	14 "Reactions" Empathy	15 "Friendship" Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning that having an attitude of gratitude makes us see the good things around us. 	<ul style="list-style-type: none"> We are learning to react to situations in different ways. 	<ul style="list-style-type: none"> We are learning to identify what makes a good friend.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions. Develop reflective practice. Social awareness Appreciate diverse perspectives. Contribute to civil society. Social management Communicate effectively. Working collaboratively.</p> <p>ENGLISH Language Language for interaction. Phonics and word knowledge. Literature Responding to literature. Examining literature. Creating literature. Literacy Interpreting, analysing, evaluating. Creating text.</p> <p>DRAMA Use voice, facial expression, movement and space to imagine and establish role and situation.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions. Recognise personal qualities and achievements. Social awareness Appreciate diverse perspectives. Contribute to civil society. Understand relationships. Social management Communicate effectively. Work collaboratively. Make decisions. Negotiate and resolve conflict.</p> <p>ENGLISH Language Language for interaction. Phonics and word knowledge. Literature Responding to literature. Examining literature. Literacy Interpreting, analysing, evaluating. Creating text.</p> <p>DRAMA Use voice, facial expression, movement and space to imagine and establish role and situation.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions. Recognise personal qualities and achievements. Self-management Become confident resilient and adaptable. Social awareness Appreciate diverse perspectives. Contribute to civil society. Understand relationships. Social management Communicate effectively. Work collaboratively. Make decisions. Negotiate and resolve conflict.</p> <p>ENGLISH Language Language for interaction. Phonics and word knowledge. Literature Responding to literature. Creating literature. Literacy Creating text.</p>

Lesson # Title Theme	16 "Calming down" Mindfulness	17 "Musical emotions" Emotional Literacy	18 "Emotional performances" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> We are learning to use mindful strategies to calm our bodies and minds. 	<ul style="list-style-type: none"> We are learning to explore how music affects our emotions. 	<ul style="list-style-type: none"> We are learning to demonstrate how emotions can be communicated through our body language.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing. Contributing to healthy and active communities.</p> <p>ENGLISH Language Language for interaction. Literature Responding to literature.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active. Communicating and interacting for health and wellbeing.</p> <p>ENGLISH Language Language for interaction. Expressing and developing ideas. Phonics and word knowledge. Literature Respond to literature. Literacy Creating text.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Understand relationships. Social management Communicate effectively. Work collaboratively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active. Communicating and interacting for health and wellbeing.</p> <p>ENGLISH Language Language for interaction. Expressing and developing ideas. Literature Creating literature.</p>

			<p>DRAMA Use voice, facial expression, movement and space to imagine and establish role and situation.</p>
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Lesson # Title Theme	19 “Why are rules important” Empathy	20 “Body Clues” Emotional Literacy ****	21 “How do you feel?” Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> We are learning to recognise why rules in life are important. 	<ul style="list-style-type: none"> We are learning to understand how feelings can keep us safe. 	<ul style="list-style-type: none"> We are learning to recognise feelings.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions. Recognise personal qualities and achievements. Self-management Become confident resilient and adaptable. Social awareness Appreciate diverse perspectives. Contribute to civil society. Understand relationships. Social management Communicate effectively. Work collaboratively. Make decisions. Negotiate and resolve conflict.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active.</p> <p>ENGLISH Language Language for interaction. Phonics and word knowledge. Literature Responding to literature. Examining literature. Literacy Interpreting, analysing, evaluating. Creating text.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Understand relationships. Social management Communicate effectively.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active. Communicating and interacting for health and wellbeing.</p> <p>ENGLISH Language Language for interaction. Literature Respond to literature.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. Self-management Express emotions appropriately. Become confident, resilient and adaptable. Social awareness Appreciate diverse perspectives. Understand relationships. Social management Communicate effectively.</p> <p>ENGLISH Language Language for interaction. Expressing and developing ideas. Phonics and word knowledge. Literature Respond to literature. Literacy Creating text.</p>