

## Year 2 Lesson Overview

**Gratitude** Lessons – 4

**Empathy** Lessons - 7

**Mindfulness** Lessons – 4

**Emotional Literacy** Lessons – 7

**Total Lessons – 22**

Lesson # Title Theme	1 "Gratitude hearts" Gratitude	2 "Empathy Role-play" Empathy	3 "Happy minds" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to reflect on things we are grateful for.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to develop an understanding of empathy.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to practice meditation as a mindfulness strategy.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>            Develop reflective practice.  <b>Social awareness</b>            Appreciate diverse perspectives.            Contribute to civil society.  <b>Social management</b>            Communicate effectively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>            Communicating and interacting for health and wellbeing            Contributing to healthy and active communities</p> <p><b>ENGLISH</b>  <b>Language</b>            Language for interaction.            Expressing and developing ideas.</p> <p><b>VISUAL ARTS</b>            Create and display artworks to communicate ideas to an audience.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>            Recognise emotions.            Recognise personal qualities and achievements.  <b>Self-management</b>            Become confident resilient and adaptable.  <b>Social awareness</b>            Appreciate diverse perspectives.            Contribute to civil society.            Understand relationships.  <b>Social management</b>            Communicate effectively.            Work collaboratively.            Make decisions.            Negotiate and resolve conflict.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>            Communicating and interacting for health and wellbeing.            Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>            Language variation and change.            Language for interaction.            Expressing and developing ideas.  <b>Literature</b>            Creating literature.  <b>Literacy</b>            Interacting with others.            Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>            Recognise emotions.            Develop reflective practice.  <b>Self-management</b>            Express emotions appropriately.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>            Being healthy, safe and active.            Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b>  <b>Language</b>            Language for interaction.  <b>Literacy</b>            Creating texts.</p>

		<p><b>DRAMA</b> Explore role and dramatic action in dramatic play, improvisation and process drama. Use voice, facial expression, movement and space to imagine and establish role and situation.</p>	
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Lesson # Title Theme	4 "Emoji emotional faces" Emotional Literacy	5 "Gratitude jar" Gratitude	6 "Gratitude Appreciation" Gratitude
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to identify different emotions.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify things that we are grateful for in our lives</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand we have many things to be grateful for.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions                      Recognise personal qualities and achievements.                      Develop reflective practice.  <b>Self-management</b>                      Express emotions appropriately.                      Become confident, resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language variation and change.                      Language for interaction.  <b>Literacy</b>                      Interacting with others.                      Creating text.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Develop reflective practice.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.  <b>Social management</b>                      Communicate effectively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.                      Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language for interaction.  <b>Literacy</b>                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Develop reflective practice.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.  <b>Social management</b>                      Communicate effectively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.                      Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text structure and organization.                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Responding to literature.                      Creating literature.  <b>Literacy</b>                      Interpreting, analysing, evaluating.                      Creating texts.</p>

Lesson # Title Theme	7 "Inclusion" Empathy	8 "In their shoes" Empathy	9 "Mindfulness Jar" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to describe how people may feel when they are excluded.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to suggest how other people may feel.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to be mindful using our mindful jars.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Recognise personal qualities and achievements.  <b>Self-management</b>                      Become confident resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.                      Make decisions.                      Negotiate and resolve conflict.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.                      Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Responding to literature.                      Examining literature.  <b>Literacy</b>                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Recognise personal qualities and achievements.  <b>Self-management</b>                      Become confident resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.                      Make decisions.                      Negotiate and resolve conflict.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.                      Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Responding to literature.                      Examining literature.                      Creating literature.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice.  <b>Self-management</b>                      Express emotions appropriately.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active.                      Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language for interaction.  <b>Literacy</b>                      Creating texts.</p>

		<p><b>Literacy</b> Interpreting, analysing, evaluating. Creating texts.</p> <p><b>DRAMA</b> Explore role and dramatic action in dramatic play, improvisation and process drama. Use voice, facial expression, movement and space to imagine and establish role and situation.</p>	
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Lesson # Title Theme	10 "Cloud Dreaming" Mindfulness	11 "Bouncing back" Emotional Literacy	12 "Together everyone achieves more" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to be in the moment when we are being mindful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to bounce back when things don't go our way.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify strategies to improve teamwork.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice.  <b>Self-management</b>                      Express emotions appropriately.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active.                      Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language for interaction.  <b>Literacy</b>                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions                      Recognise personal qualities and achievements.                      Develop reflective practice.  <b>Self-management</b>                      Express emotions appropriately.                      Become confident, resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.                      Make decisions.                      Negotiate and resolve conflict.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.</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.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions                      Recognise personal qualities and achievements.                      Develop reflective practice.  <b>Self-management</b>                      Express emotions appropriately.                      Become confident, resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.                      Make decisions.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language for interaction.                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literacy</b>                      Interacting with others.                      Creating texts.</p>

		<p><b>Literacy</b> Interacting with others. Interpreting, analysing, evaluating. Creating texts.</p>	
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Lesson # Title Theme	13 "Family gratitude" Gratitude	14 "Role plays with a challenge" Empathy	15 "Cooperation" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to show gratitude to our carers.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to react to different situations</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to play cooperatively</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Develop reflective practice.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.  <b>Social management</b>                      Communicate effectively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.                      Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text structure and organisation.                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Creating literature.  <b>Literacy</b>                      Interpreting, analysing, evaluating.                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Recognise personal qualities and achievements.  <b>Self-management</b>                      Become confident resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.                      Make decisions.                      Negotiate and resolve conflict.</p> <p><b>ETHICAL UNDERSTANDING</b>  <b>Reasoning in decision making and actions</b>                      Reason and make ethical decisions.                      Consider consequences.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Language variation and change.                      Language for interaction.                      Expressing and developing ideas.  <b>Literature</b>                      Creating literature.  <b>Literacy</b>                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Recognise personal qualities and achievements.  <b>Self-management</b>                      Become confident resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.                      Make decisions.                      Negotiate and resolve conflict.</p> <p><b>ETHICAL UNDERSTANDING</b>  <b>Reasoning in decision making and actions</b>                      Reason and make ethical decisions.                      Consider consequences.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.                      Phonics and word knowledge.  <b>Literature</b>                      Responding to literature.                      Examining literature.  <b>Literacy</b>                      Interpreting, analysing, evaluating.                      Creating texts.</p>

Lesson # Title Theme	16 "Mindful time" Mindfulness	17 "Emotional me" Emotional Literacy	18 "Emotional body" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to describe our emotions after we have been mindful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify our own emotions.</li> <li>We are learning to demonstrate positive ways to react in different situations.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to describe different emotions.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Recognise emotions. Develop reflective practice. <b>Self-management</b> Express emotions appropriately.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b> <b>Personal, social and community health</b> Being healthy, safe and active. Communicating and interacting for health and wellbeing. Contributing to healthy and active communities. <b>Movement and Physical activity</b> Understanding movement.</p> <p><b>ENGLISH</b> <b>Language</b> Language for interaction. <b>Literacy</b> Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. <b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable. <b>Social awareness</b> Appreciate diverse perspectives. Understand relationships. <b>Social management</b> Communicate effectively. Make decisions.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b> <b>Personal, social and community health</b> Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b> <b>Language</b> Expressing and developing ideas. Phonics and word knowledge. <b>Literature</b> Responding to literature. <b>Literacy</b> Interacting with others. Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Recognise emotions Recognise personal qualities and achievements. Develop reflective practice. <b>Self-management</b> Express emotions appropriately. Become confident, resilient and adaptable. <b>Social awareness</b> Appreciate diverse perspectives. Understand relationships. <b>Social management</b> Communicate effectively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b> <b>Personal, social and community health</b> Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b> <b>Language</b> Language for interaction. Text structure and organization. Expressing and developing ideas. Phonics and word knowledge. <b>Literature</b> Responding to literature. Examining literature. Creating literature.</p>

			<p><b>Literacy</b> Interacting with others. Interpreting, analysing, evaluating. Creating texts.</p> <p><b>DRAMA</b> Use voice, facial expression, movement and space to imagine and establish role and situation.</p>
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Lesson # Title Theme	19 "Kindness Tree" Empathy	20 "When I grow up" Empathy	21 "My emotional thermometer" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to identify our emotions when we show and receive kindness.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand that different jobs can help others</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify physical reactions to emotions.</li> <li>We are learning to compare different emotional responses.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Recognise personal qualities and achievements.  <b>Self-management</b>                      Become confident resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.                      Contributing to healthy and active communities.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.  <b>Literacy</b>                      Interacting with others.                      Creating texts.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Recognise personal qualities and achievements.  <b>Self-management</b>                      Become confident resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Contribute to civil society.                      Understand relationships.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions                      Recognise personal qualities and achievements.                      Develop reflective practice.  <b>Self-management</b>                      Express emotions appropriately.                      Become confident, resilient and adaptable.  <b>Social awareness</b>                      Appreciate diverse perspectives.                      Understand relationships.  <b>Social management</b>                      Communicate effectively.                      Work collaboratively.</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Communicating and interacting for health and wellbeing.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas.  <b>Literacy</b>                      Interacting with others.                      Creating texts.</p>

<b>Lesson #</b> <b>Title</b> <b>Theme</b>	<b>22</b> <b>“It is ok to be alone”</b> <b>Emotional Literacy</b>
<b>Learning Intention</b>	<ul style="list-style-type: none"> <li>We are learning what to do when we have no one to play with, and that it is ok to be alone sometimes.</li> </ul>
<b>AUS. Curriculum</b>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b></p> <p><b>Self-awareness</b>                  Recognise emotions                  Recognise personal qualities and achievements.                  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>                  Make decisions.</p> <p><b>ENGLISH</b></p> <p><b>Language</b>                  Language for interaction.                  Expressing and developing ideas.</p> <p><b>Literacy</b>                  Creating texts.</p>