

## Year 3 Lesson Overview

**Gratitude** Lessons – 7

**Empathy** Lessons - 8

**Mindfulness** Lessons – 7

**Emotional Literacy** Lessons - 8

**Total Lessons – 30**

Lesson # Title Theme	1 "What is gratitude?" Gratitude	2 "What is empathy?" Empathy	3 "Mind full vs mindful" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to define gratitude.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand the meaning of empathy and the importance of showing it.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to describe the difference between mind full and mindful.</li> </ul>
AUS. Curriculum	<p><b>HEALTH AND PHYSICAL EDUCATION</b> Communicating and interacting for health and wellbeing</p> <p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Develop reflective practice</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b> <b>Self-management</b> Express emotions appropriately. <b>Self-awareness</b> Recognise emotions.</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Recognise emotions. Develop reflective practice Understand themselves as learners <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</p>

Lesson # Title Theme	4 "Introduction to emotional literacy" Emotional Literacy	5 "My character strengths" Character Strengths	6 "Spotting character strengths" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to identify and describe different emotions.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify our character strengths.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand that our character strengths can help others.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Self-management</b>                      Express emotions appropriately.  <b>Self-awareness</b>                      Develop reflective practice</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction  <b>Literature</b>                      Examining literature                      Responding to literature                      Creating literature                      Literature in context  <b>Literacy</b>                      Texts in context                      interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise personal qualities and achievements                      Understand ourselves as learners                      Develop reflective practice</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise personal qualities and achievements                      Understand ourselves as learners                      Develop reflective practice</p> <p><b>MATHEMATICS</b>  <b>Statistics and probability</b>                      Data representation and interpretation</p>

Lesson # Title Theme	7 "Moments of gratitude" Gratitude	8 "Gratitude journal" Gratitude	9 "Identifying how others feel" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to recall times when we have been grateful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to reflect on grateful moments.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify emotions in others.</li> </ul>
AUS. Curriculum	<p><b>HEALTH AND PHYSICAL EDUCATION</b> <b>Personal, social and community health</b> Communicating and interacting for health and wellbeing</p> <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 Phonics and word knowledge Language for interaction</p> <p><b>Literature</b> Responding to literature</p> <p><b>Literacy</b> Texts in context interpreting, analysing, evaluating Creating texts Interacting with others</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>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> Text structure and organisation Expressing and developing ideas Phonics and word knowledge Language for interaction</p> <p><b>Literature</b> Responding to literature</p> <p><b>Literacy</b> Texts in context interpreting, analysing, evaluating Creating texts Interacting with others</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b> <b>Social awareness</b> Appreciate diverse perspectives Understand relationships <b>Self-awareness</b> Recognise emotions. <b>Self-management</b> Express emotions appropriately <b>Social Management</b> Communicate effectively Work collaboratively Make Decisions</p> <p><b>DRAMA</b> Use voice, body, movement and language to sustain role and relationships and create dramatic action with sense of time and place.</p>

Lesson # Title Theme	10 "Responding to others" Empathy	11 "Introduction to mindfulness Part 1" Mindfulness	12 "Introduction to mindfulness Part 2" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to develop strategies to help those in need.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to define what mindfulness is and practise meditation as a mindfulness strategy.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to practise meditation as a mindfulness technique.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Social management</b>            Communicate effectively            Work collaboratively  <b>Self-awareness</b>            Recognise emotions            Develop reflective practice  <b>Self-management</b>            Express emotions appropriately</p> <p><b>DRAMA</b>            Use voice, body, movement and language to sustain role and relationships and create dramatic action with sense of time and place.</p> <p><b>ENGLISH</b>  <b>Literacy</b>            interpreting, analysing, evaluating</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Self-awareness</b>            Recognise emotions            Develop reflective practice  <b>Self-management</b>            Express emotions appropriately  <b>Social management</b>            Communicate effectively            Work collaboratively</p> <p><b>ENGLISH</b>  <b>Literacy</b>            interpreting, analysing, evaluating</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Self-Awareness</b>            Recognise emotions            Develop reflective practise  <b>Self-Management</b>            Express emotions appropriately</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>Literacy</b>            interpreting, analysing, evaluating            Interacting with others</p>

Lesson # Title Theme	13 "Mood Changers" Emotional Literacy	14 "What influences our emotions?" Emotional Literacy	15 "Bucket filling" Gratitude
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to identify when we are feeling negatively, or in a 'bad mood' and identify different strategies to help us to feel more positive.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand that helpful thinking can change how we feel.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to give compliments and express gratitude.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL &amp; 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</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Social Awareness</b>                      Understand relationships  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice  <b>Self-management</b>                      Express emotions appropriately</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction  <b>Literature</b>                      Examining literature                      Responding to literature                      Literature in context  <b>Literacy</b>                      Texts in context                      interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>	<p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active</p> <p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <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>                      Responding to literature                      Literature in context  <b>Literacy</b>                      Texts in context                      interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>

Lesson # Title Theme	16 "Gratitude letter" Gratitude	17 "Empathy and friendship" Empathy	18 "Putting others first" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to express gratitude to others.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to demonstrate how empathy can build positive relationships.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to describe characteristics of an empathetic person.</li> </ul>
AUS. Curriculum	<p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>            Communicating and interacting for health and wellbeing</p> <p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-management</b>            Express emotions appropriately</p> <p><b>ENGLISH</b>  <b>Language</b>            Expressing and developing ideas            Phonics and word knowledge            Language for interaction</p> <p><b>Literature</b>            Responding to literature            Creating literature            Literature in context</p> <p><b>Literacy</b>            Texts in context            interpreting, analysing, evaluating            Interacting with others</p>	<p><b>PHYSICAL EDUCATION AND HEALTH</b>  <b>Personal, social and community health</b>            Being healthy, safe and active</p> <p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Self-awareness:</b>            Recognise emotions            Develop reflective practice</p> <p><b>Social management</b>            Communicate effectively            Work collaboratively</p> <p><b>DRAMA</b>            Use voice, body, movement and language to sustain role and relationships and create dramatic action with sense of time and place.</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Social awareness</b>            Contribute to civil society            Understand relationships</p> <p><b>Self-awareness:</b>            Recognise emotions</p> <p><b>ENGLISH</b>  <b>Language</b>            Phonics and word knowledge</p> <p><b>Literature</b>            Creating literature</p> <p><b>Literacy</b>            Creating texts            interpreting, analysing, evaluating            Interacting with others</p>

Lesson # Title Theme	19 "Mindful safari" Mindfulness	20 "Rock the boat" Mindfulness	21 "Expressing emotions" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to use our senses to help us to be present in nature.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to use breathing strategies to help us to be mindful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to develop strategies to express strong 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>                      Contributing to healthy and active communities</p> <p><b>ENGLISH</b>  <b>Language</b>                      Phonics and word knowledge                      Language for interaction  <b>Literacy</b>                      Creating texts                      Interacting with others</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>PHYSICAL EDUCATION AND HEALTH</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Self-management</b>                      Become confident, resilient and adaptable.                      Express emotions appropriately  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice</p> <p><b>ENGLISH</b>  <b>Language</b>                      Phonics and word knowledge  <b>Literacy</b>                      Interacting with others</p> <p><b>DRAMA</b>                      Use voice, body, movement and language to sustain role and relationships and create dramatic action with sense of time and place.</p>



Lesson # Title Theme	22 "Expressing emotions appropriately" Emotional Literacy	23 "Map of gratitude" Gratitude	24 "Taking things for granted" Gratitude
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to use strategies to express our emotions.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to express gratitude for our homes by creating a map of our home and labelling it with gratitude.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand the importance of not taking things for granted.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.  <b>Self-management</b>                      Express emotions appropriately  <b>Social management</b>                      Communicate effectively                      Work collaboratively</p> <p><b>DRAMA</b>                      Use voice, body, movement and language to sustain role and relationships and create dramatic action with sense of time and place.</p> <p><b>ENGLISH</b>  <b>Language</b>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction  <b>Literature</b>                      Creating literature  <b>Literacy</b>                      Interacting with others</p>	<p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active</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>MATHEMATICS</b>  <b>Measurement and Geometry</b>                      Location and transformation</p>	<p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active</p> <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>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction  <b>Literature</b>                      Creating literature  <b>Literacy</b>                      Texts in context                      interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>

Lesson # Title Theme	25 "Walking in the shoes of others" Empathy	26 "Kind to you, kind to me, kind to the planet" Empathy	27 "Mind-body Research" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to consider the feelings of others.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify ways in which we can show kindness and empathy to ourselves, others and the planet.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand the role sleep, eating and physical exercise play in laying the foundations for healthy mind-body connection and investigate how mindfulness can help these activities.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Social Awareness</b>                      Appreciate diverse perspectives  <b>Social Management</b>                      Communicate effectively                      Work collaboratively  <b>DRAMA</b>                      Use voice, body, movement and language to sustain role and relationships and create dramatic action with sense of time and place.  <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</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise personal qualities and achievements                      Understand ourselves as learners                      Develop reflective practice  <b>Social Management</b>                      Communicate effectively                      Work collaboratively  <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</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice  <b>Self-management</b>                      Express emotions appropriately  <b>Social Management</b>                      Communicate effectively                      Work collaboratively  <b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active  <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</p>

Lesson # Title Theme	28 "Mindful reflection" Mindfulness	29 "The role of emotions" Emotional Literacy	30 "Emotional vocabulary" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to develop strategies to practise being mindful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to recognise the important role emotions have.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify and 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  <b>Social Management</b>                      Communicate effectively                      Work collaboratively  <b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, social and community health</b>                      Being healthy, safe and active</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Social management</b>                      Communicate effectively                      Express emotions appropriately                      Work collaboratively  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice</p>	<p><b>PERSONAL &amp; SOCIAL CAPABILITY</b>  <b>Social Awareness</b>                      Understand relationships  <b>Self-awareness</b>                      Recognise emotions.                      Develop reflective practice  <b>Social management</b>                      Communicate effectively                      Express emotions appropriately                      Work collaboratively</p>