

## Year 4 Lesson Overview

**Gratitude** Lessons – 7

**Empathy** Lessons - 8

**Mindfulness** Lessons – 5

**Emotional Literacy** Lessons - 10

**Total Lessons – 30**

Lesson # Title Theme	1 "Introduction to emotional literacy" Emotional Literacy	2 "Introduction to gratitude" Gratitude	3 "What is empathy?" Empathy
<b>Learning Intention</b>	<ul style="list-style-type: none"> <li>We are learning to identify and describe different emotions in ourselves and others.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to reflect on times when we have been grateful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand the meaning of empathy.</li> </ul>
<b>AUS. Curriculum</b>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Recognise emotions Develop reflective practise</p> <p><b>Self-management</b> Become confident, resilient and adaptable</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> Text structure and organisation Expressing and developing ideas Phonics and word knowledge Language for interaction</p> <p><b>Literacy</b> Interpreting, analysing, evaluating Creating texts Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-Awareness</b> Recognise emotions Develop reflective practise</p> <p><b>Social awareness</b> Understand relationships</p> <p><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> Expressing and developing ideas Phonics and word knowledge Language for interaction</p> <p><b>Literature</b> Responding to literature</p> <p><b>Literacy</b> Creating texts Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b> <b>Self-awareness</b> Recognise emotions</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 Language for interaction</p> <p><b>Literacy</b> Interpreting, analysing, evaluating</p>

Lesson # Title Theme	4 "What is mindfulness?" Mindfulness	5 "Introduction to character strengths" Character Strengths	6 "Strength spotting" Character Strengths
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to develop an understanding of what mindfulness is.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to develop an understanding of character strengths.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify our own character strengths.</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</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions                      Recognise personal qualities and achievements</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>                      Responding to literature  <b>Literacy</b>                      Interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions                      Develop reflective practice                      Recognise personal qualities and achievements</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction  <b>Literature</b>                      Examining literature                      Responding to literature  <b>Literacy</b>                      Interpreting, analysing, evaluating                      Creating texts</p>

Lesson # Title Theme	7 "My playground – Part 1" Gratitude	8 "My playground – Part 2" Gratitude	9 "My playground – Part 3" Gratitude
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to understand we have many things to be grateful for.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand we have many things to be grateful for.</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  <b>Social awareness</b>                      Understand relationships</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>Social awareness</b>                      Understand relationships</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>Social awareness</b>                      Understand relationships</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>Literature</b>                      Responding to literature  <b>Literacy</b>                      Interpreting, analysing, evaluating                      Creating texts</p> <p><b>MATHEMATICS</b>  <b>Measurement and Geometry</b>                      Using units of measure</p>

Lesson # Title Theme	10 "Small acts of kindness" Empathy	11 "Ordinary Mary" Empathy	12 "Five count belly breathing" Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to understand the impact of showing kindness.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to show a simple act of kindness.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to develop strategies to help us to meditate.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <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>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Social awareness</b>            Understand relationships  <b>Self-awareness</b>            Recognise emotions</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, Social and Community Health</b>            Communicating and interacting for health and wellbeing            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>

Lesson # Title Theme	13 "Mindfulness movement" Mindfulness	14 "Emotions influencing our behaviour" Emotional Literacy	15 "Catastrophe scale" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to use mindful movement to practise being mindful</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to develop strategies to deal with strong emotions such as anger.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand when we are experiencing strong emotions and learn ways to appropriately deal with these emotions.</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>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, Social and Community Health</b>                      Communicating and interacting for health and wellbeing                      Being Healthy, safe and active</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-management</b>                      Express emotions appropriately  <b>Self-Awareness</b>                      Understand ourselves as learners  <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                      Literature and context                      Responding to literature                      Creating literature  <b>Literacy</b>                      Interpreting, analysing, evaluating                      Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Understand ourselves as learners                      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>                      Communicating and interacting for health and wellbeing                      Being healthy, safe and active</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction</p>

Lesson # Title Theme	16 "Gratitude wall" Gratitude	17 "Thank you Poster" Gratitude	18 "Different perspectives" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to identify and express things we are most grateful for.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to show gratitude to a family member.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand the importance of seeing situations from other people's perspectives.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CURRICULUM</b>  <b>Self-awareness</b>                      Recognise emotions                      Develop reflective practice</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>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction</p> <p><b>Literature</b>                      Creating literature</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions</p> <p><b>Social awareness</b>                      Understand relationships</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>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction</p> <p><b>Literature</b>                      Creating literature</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Social management</b>                      Negotiate and resolve conflict</p> <p><b>Self-awareness</b>                      Recognise emotions</p> <p><b>Social awareness</b>                      Understand relationships</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>VISUAL ARTS</b>                      Present artworks and describe how they have used visual conventions to represent their ideas</p>

Lesson # Title Theme	19 “Building strong communities” Empathy	20 “Mindful eating” Mindfulness	21 “Mindful outdoors” Mindfulness
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to understand the importance of belonging to a community.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to develop strategies to help us to be mindful.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to use nature to practice being mindful.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Social awareness</b>            Understand relationships  <b>Self-awareness</b>            Recognise emotions            Develop reflective practice</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, Social and Community Health</b>            Being healthy, safe and active            Contributing to healthy and active communities</p> <p><b>ENGLISH</b>  <b>Language</b>            Expressing and developing ideas  <b>Literacy</b>            Interpreting, analysing, evaluating</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</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>VISUAL ARTS</b>            Present artworks and describe how they have used visual conventions to represent their ideas</p> <p><b>ENGLISH</b>  <b>Language</b>            Expressing and developing ideas</p>



Lesson # Title Theme	22 "Positive self-talk" Emotional Literacy	23 "Emotion pep talks" Emotional Literacy	24 "Gratitude graph" Gratitude
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to understand that positive self-talk can affect our emotions and behaviours.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to reflect on our own strengths.</li> <li>We are learning to develop our self-esteem through positive talk.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify things we can be grateful for.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise personal qualities and achievements                      Develop reflective practice                      Recognise emotions</p> <p><b>Self-management</b>                      Become confident, resilient and adaptable</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>                      Examining literature                      Literature and context                      Responding to literature                      Creating literature</p> <p><b>Literacy</b>                      Interpreting, analysing, evaluating                      Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise personal qualities and achievements                      Develop reflective practice</p> <p><b>Self-management</b>                      Become confident, resilient and adaptable</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-awareness</b>                      Recognise emotions</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>MATHEMATICS</b>  <b>Statistics and probability</b>                      Data representation and interpretation</p> <p><b>ENGLISH</b>  <b>Language</b>                      Expressing and developing ideas                      Phonics and word knowledge</p> <p><b>Literacy</b>                      Interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>

Lesson # Title Theme	25 "Importance of showing empathy" Empathy	26 "Small gestures" Empathy	27 "Empathy & family" Empathy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to understand the importance of showing empathy to other people.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to understand that small gestures can have a positive effect.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify and describe behaviours that show empathy.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-Awareness</b>                      Recognise emotions                      Develop reflective practice  <b>Social awareness</b>                      Understand relationships</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>Social management</b>                      Communicate effectively                      Work collaboratively  <b>Self-Awareness</b>                      Recognise emotions</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>                      Creating literature  <b>Literacy</b>                      Creating texts</p> <p><b>DRAMA</b>                      Explore ideas and narrative structures through roles and situations and use empathy in their own improvisations and devised drama</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Social awareness</b>                      Understand relationships  <b>Social Management</b>                      Negotiate and resolve conflict  <b>Self-Awareness</b>                      Recognise emotions                      Develop reflective practice</p> <p><b>HEALTH AND PHYSICAL EDUCATION</b>  <b>Personal, Social and Community Health</b>                      Communicating and interacting for health and wellbeing</p>

Lesson # Title Theme	28 "Emotions influencing friendships" Emotional Literacy	29 "The invisible boy" Emotional Literacy	30 "Building our emotional word bank" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> <li>We are learning to develop strategies to deal with situations when we feel jealous.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to notice people around us and recognise the emotions they may be feeling so we can be good friends.</li> </ul>	<ul style="list-style-type: none"> <li>We are learning to identify different emotions.</li> <li>We are learning to understand that we can experience more than one emotion at a time.</li> </ul>
AUS. Curriculum	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Self-management</b>                      Express emotions appropriately  <b>Social awareness</b>                      Understand relationships  <b>Social management</b>                      Communicate effectively                      Negotiate and resolve conflict  <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                      Literature and context                      Responding to literature  <b>Literacy</b>                      Interpreting, analysing, evaluating                      Creating texts                      Interacting with others</p>	<p><b>PERSONAL AND SOCIAL CAPABILITY</b>  <b>Social management</b>                      Communicate effectively                      Work collaboratively  <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>Language</b>                      Phonics and word knowledge  <b>Literature</b>                      Examining literature                      Responding to literature  <b>Literacy</b>                      Interacting with others</p> <p><b>DRAMA</b>                      Explore ideas and narrative structures through roles and situations and use empathy in their own improvisations and devised drama</p>	<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>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>                      Text structure and organisation                      Expressing and developing ideas                      Phonics and word knowledge                      Language for interaction  <b>Literature</b>                      Examining literature                      Literature and context                      Responding to literature                      Creating literature  <b>Lieracy</b>                      Interacting with others</p>