

Year 5 Lesson Overview

Gratitude Lessons – 8

Empathy Lessons - 7

Mindfulness Lessons – 6

Emotional Literacy Lessons - 9

Total Lessons – 30

Lesson # Title Theme	1 "Getting in touch with your emotions" Emotional Literacy	2 "What is gratitude?" Gratitude	3 "Empathy is..." Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning to identify and describe different emotions. 	<ul style="list-style-type: none"> We are learning to define gratitude. We are learning to reflect on things we are grateful for. 	<ul style="list-style-type: none"> We are learning to identify and describe empathic behaviours.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Develop reflective practice. Self-management Express emotions appropriately</p> <p>ENGLISH Literacy Creating texts</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice.</p> <p>CRITICAL AND CREATIVE THINKING Inquiring Organise and process information.</p> <p>ENGLISH Literacy interpreting, analysing, evaluation Interacting with others</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social management Communicate effectively</p> <p>ENGLISH Language Phonics and word knowledge Expressing and developing ideas Literature Examining literature Literacy Creating texts Interacting with others</p>

Lesson # Title Theme	4 "Introduction to mindful bodies" Mindfulness	5 "Introduction to Character strengths" Character Strengths	6 "Spotting my strengths" Character Strengths
Learning Intention	<ul style="list-style-type: none"> We are learning to define mindfulness. 	<ul style="list-style-type: none"> We are learning to identify our own character strengths. 	<ul style="list-style-type: none"> We are learning to identify and describe our character strengths.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing. Communication and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice.</p> <p>ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas Literacy interpreting, analysing, evaluation Creating texts</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness: Recognise personal qualities and achievements Understand ourselves as learners Self-management: Develop self-discipline and set goals</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness: Recognise personal qualities and achievements Understand ourselves as learners Self-management: Develop self-discipline and set goals</p> <p>ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas Literature Examining literature Literature and context Responding to literature Literacy interpreting, analysing, evaluation Creating texts Interacting with others</p>

Lesson # Title Theme	7 “Positive versus negative thinking” Gratitude	8 “The ‘important’ book” Gratitude	9 “Supporting others” Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning to understand positive and negative thoughts. 	<ul style="list-style-type: none"> We are learning to show gratitude by reflecting on things that are important. 	<ul style="list-style-type: none"> We are learning to understand the benefits of showing empathy.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Become confident, resilient and adaptable</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Examine how identities are influenced by people and places.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Social awareness Understand relationships. Self-management Express emotions appropriately</p> <p>CRITICAL AND CREATIVE THINKING Inquiring Organise and process information. Identify and clarify information and ideas. Generating ideas, possibilities and actions Imagine possibilities and connect ideas.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social management Work collaboratively</p>

Lesson # Title Theme	10 "Lights, camera, action!" Empathy	11 "Human camera" Mindfulness	12 "Mindful glitter jars" Mindfulness
Learning Intention	<ul style="list-style-type: none"> We are learning to explain the benefits of showing empathy and kindness. 	<ul style="list-style-type: none"> We are learning to focus on the present moment and notice things in our everyday environment. 	<ul style="list-style-type: none"> We are learning to understand how our brain reacts to different feelings. We are learning to develop strategies to feel calm.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Become confident, resilient and adaptable Social management Communicate effectively Work collaboratively</p> <p>ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas Literature Examining literature Literature and context Responding to literature Literacy interpreting, analysing, evaluation Creating texts Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice.</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communication and interacting for health and wellbeing Practice skills to establish and manage relationships.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Self-management Express emotions appropriately</p>

Lesson # Title Theme	13 "Regulating emotions" Emotional Literacy	14 "Recognising and recalling positive emotions" Emotional Literacy	15 "Book Of Awesome" Gratitude
Learning Intention	<ul style="list-style-type: none"> We are learning to recognise both positive and negative emotions and learn how to manage these appropriately. 	<ul style="list-style-type: none"> We are learning to identify the benefits of positive emotions. 	<ul style="list-style-type: none"> We are learning to identify small things that we can be grateful for.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Express emotions appropriately Develop self-discipline, set goals Self-awareness Develop reflective practice. Recognise emotions.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing. Communicating and interacting for health and wellbeing Examine the influence of emotional responses on behaviour and relationships.</p> <p>ENGLISH Language Phonics and word knowledge Expressing and developing ideas</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Express emotions appropriately Self-awareness Recognise personal qualities and achievements Develop reflective practice. Recognise emotions.</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing. Communicating and interacting for health and wellbeing Examine the influence of emotional responses on behaviour and relationships.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements. Develop reflective practice. Recognise emotions.</p> <p>CRITICAL AND CREATIVE THINKING Inquiring Organise and process information. Identify and clarify information and ideas. Generating ideas, possibilities and actions Imagine possibilities and connect ideas.</p> <p>VISUAL ARTS Develop an understanding of use and application of visual conventions as we develop conceptual and representational skills.</p> <p>ENGLISH Language Phonics and word knowledge Expressing and developing ideas Literature Examining literature Responding to literature</p>

Lesson # Title Theme	16 "Gratitude quote" Gratitude	17 "T.H.I.N.K Before You Speak" Empathy	18 "Positive self-talk" Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning to identify things that we can be grateful for. 	<ul style="list-style-type: none"> We are learning to use strategies to help us to think before we speak/type. 	<ul style="list-style-type: none"> We are learning to understand the importance of positive self-talk.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice.</p> <p>CRITICAL AND CREATIVE THINKING Inquiring Organise and process information. Identify and clarify information and ideas.</p> <p>Generating ideas, possibilities and actions Imagine possibilities and connect ideas.</p> <p>VISUAL ARTS Develop an understanding of use and application of visual conventions as we develop conceptual and representational skills.</p> <p>ENGLISH Language Expressing and developing ideas</p> <p>Literature Examining literature Responding to literature</p> <p>Literacy interpreting, analysing, evaluation Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communication and interacting for health and wellbeing</p> <p>Practice skills to establish and manage relationships.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice.</p> <p>Self-management Express emotions appropriately</p> <p>DRAMA Explore dramatic action, empathy and space in improvisations, play building and scripted drama to develop characters and situations.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements</p> <p>Self-management Become confident, resilient and adaptable</p> <p>ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas</p> <p>Literature Examining literature Responding to literature</p> <p>Literacy interpreting, analysing, evaluation Creating texts</p>

Lesson # Title Theme	19 "Breathing and Mindfulness" Mindfulness	20 "Mindful through music" Mindfulness	21 "Brain business" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> We are learning to use the deep belly breathing strategy to become mindful. 	<ul style="list-style-type: none"> We are learning to understand that music can influence our emotions. We are learning to identify music that can help us to be mindful. 	<ul style="list-style-type: none"> We are learning to describe what happens to our brain when we feel certain emotions and develop strategies to encourage positive emotions.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communication and interacting for health and wellbeing Practice skills to establish and manage relationships. Plan and practice strategies to promote health, safety and wellbeing.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice.</p> <p>VISUAL ARTS Plan the display of artworks to enhance their meaning for an audience</p> <ul style="list-style-type: none"> 	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Recognise emotions.</p> <p>MUSIC Explore meaning and interpretation, forms and elements of music as we make and respond to music.</p> <ul style="list-style-type: none"> 	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Develop reflective practice.</p> <p>Self-management Develop self-discipline</p> <p>VISUAL ARTS Plan the display of artworks to enhance their meaning for an audience</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing.</p> <ul style="list-style-type: none">

Lesson # Title Theme	22 "Influencing our emotions" Emotional Literacy	23 "Card of compliments" Gratitude	24 "Gratitude writing" Gratitude
Learning Intention	<ul style="list-style-type: none"> We are learning to develop strategies to cope with strong emotions. 	<ul style="list-style-type: none"> We are learning to give and receive compliments. 	<ul style="list-style-type: none"> We are learning to express gratitude to our carers.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Self-management Express emotions appropriately Develop self-discipline Social awareness Understand relationships.</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing Plan and practice strategies to promote health, safety and wellbeing.</p> <p>ENGLISH Language Phonics and word knowledge Literature Examining literature Literature and context Literacy interpreting, analysing, evaluation Interacting with others</p> <ul style="list-style-type: none"> 	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing. Communicating and interacting for health and wellbeing Practice skills to establish and manage relationships.</p> <p>PERSONAL AND SOCIAL CAPABILITY Social awareness Understand relationships.</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information. Identify and clarify information and ideas. Generating ideas, possibilities and actions Imagine possibilities and connect ideas.</p> <p>ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas Literacy Creating texts</p> <ul style="list-style-type: none"> 	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements. Develop reflective practice. Recognise emotions. Social awareness Understand relationships. Self-management Express emotions appropriately CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information. Identify and clarify information and ideas. Generating ideas, possibilities and actions Imagine possibilities and connect ideas. ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas Literacy Creating texts Interacting with others</p> <ul style="list-style-type: none">

Lesson # Title Theme	25 "This moment" Gratitude	26 "Sportsmanship" Empathy	27 "Cause and effect in conflict" Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning to be grateful in the present moment. 	<ul style="list-style-type: none"> We are learning to develop empathy for others. 	<ul style="list-style-type: none"> We are learning to use visual representations to describe different emotions.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing. Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Recognise emotions.</p> <p>Generating ideas, possibilities and actions Imagine possibilities and connect ideas.</p> <p>VISUAL ARTS Plan the display of artworks to enhance their meaning for an audience</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Express emotions appropriately</p> <p>Social management Work collaboratively Negotiate and resolve conflict</p> <p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing.</p> <p>ENGLISH Language Phonics and word knowledge Expressing and developing ideas</p> <p>Literature Literature and context Responding to literature</p> <p>Literacy interpreting, analysing, evaluation</p> <p>CRITICAL AND CREATIVE THINKING Inquiring Organise and process information.</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Express emotions appropriately Develop self-discipline</p> <p>Social management Negotiate and resolve conflict</p> <p>Self-awareness Develop reflective practice. Recognise emotions.</p>

Lesson # Title Theme	28 "Mindful colouring in" Mindfulness	29 "Emotions and friendship" Emotional Literacy	30 "Everyone experiences emotions differently" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> We are learning to use meditation as a strategy for being mindful. 	<ul style="list-style-type: none"> We are learning to identify characters of a good friend and reflect on how we can become a better friend. 	<ul style="list-style-type: none"> We are learning to understand that individuals show and express emotions differently.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing.</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Self-management Express emotions appropriately Develop self-discipline</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-management Express emotions appropriately Develop self-discipline Social management Negotiate and resolve conflict</p> <p>ENGLISH Language Text structure and organization Phonics and word knowledge Expressing and developing ideas Literature Examining literature Literature and context Responding to literature Literacy interpreting, analysing, evaluation Creating texts</p>	<p>PERSONAL AND SOCIAL CAPABILITY Social management Work collaboratively Communicate effectively HEALTH AND PHYSICAL EDUCATION Personal, social and community health Plan and practice strategies to promote health, safety and wellbeing. PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice. Self-management Express emotions appropriately Develop self-discipline</p>