

Senior Australian Curriculum Mapping

SKILL CATEGORY	TOPICS COVERED	LESSON
Emotional Literacy (Coping Skills)	What is resilience?	1, 2, 43, 44, 45
	Stress	3, 4, 5, 6, 7, 8, 9
	Youth mental health	10
	Help-seeking	11, 12, 13
	Mood-changers	14
	Technology and mental health	15, 16, 17
Empathy (Social Skills)	Kindness to others	18, 19, 20
	Problem-solving	21, 22, 23, 24
	Teamwork	25, 26
	Communication	27
School Skills	Goal-setting	28, 29
	Time management	30, 31
	Exam pressure and managing exam anxiety	32
	Study skills and techniques	33, 34, 35

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Gratitude	Explicitly taught in these lessons	36, 37
Mindfulness	Explicitly taught in these lessons	38, 39, 40, 41, 42
Cross Curriculum Priority – Aboriginal & Torres Strait Islander Histories & Cultures	Country/Place	8, 12, 19, 27, 34, 37, 38, 42
	Culture	4, 5, 8, 12, 14, 17, 19, 27, 31, 34, 37, 38, 40, 41, 42
	People	4, 5, 8, 12, 14, 17, 19, 27, 31, 34, 37, 38, 40, 41, 42

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Cross Curriculum Priority – Aboriginal & Torres Strait Islander Histories & Cultures Overview

Country/Place These organising ideas recognise the special connection of First Nations Australians to Country/Place and acknowledge the impacts of colonisation on their ownership of, and access to, Country/Place.	Culture These organising ideas examine the cultural diversity of the First Peoples of Australia and the First Nations Peoples of the Torres Strait, and recognise Australian First Nations Peoples as belonging to the world's oldest continuous cultures.	People These organising ideas recognise that Australia has 2 distinct First Nations Peoples, each encompassing a diversity of nations and peoples, and examine the significant contributions of First Nations Australians' histories and cultures on a local, national and global scale.
A_TSICP1 First Nations communities of Australia maintain a deep connection to, and responsibility for, Country/Place and have holistic values and belief systems that are connected to the land, sea, sky and waterways.	A_TSIC1 First Nations Australian societies are diverse and have distinct cultural expressions such as language, customs and beliefs. As First Nations Peoples of Australia, they have the right to maintain, control, protect and develop their cultural expressions, while also maintaining the right to control, protect and develop culture as Indigenous Cultural and Intellectual Property.	A_TSIP1 Australia has 2 distinct First Nations Peoples; each encompasses a diversity of nations across Australia. Aboriginal Peoples are the first peoples of Australia and have occupied the Australian continent for more than 60,000 years. Torres Strait Islander Peoples are the First Nations Peoples of the Torres Strait and have occupied the region for over 4,000 years.
A_TSICP2 The occupation and colonisation of Australia by the British, under the now overturned doctrine of <i>terra nullius</i> , were experienced by First Nations Australians as an invasion that denied their occupation of, and connection to, Country/Place.	A_TSIC2 First Nations Australians' ways of life reflect unique ways of being, knowing, thinking and doing.	A_TSIP2 First Nations Australians have sophisticated political, economic and social organisation systems, which include family and kinship structures, laws, traditions, customs, land tenure systems, and protocols for strong governance and authority.
A_TSICP3 The First Peoples of Australia are the traditional owners of Country/Place, protected in Australian Law by the <i>Native Title Act 1993</i> which recognises pre-existing sovereignty, continuing systems of law and customs, and connection to Country/Place. This recognised legal right provides for economic sustainability and a voice into the development and management of Country/Place.	A_TSIC3 The First Peoples of Australia (Aboriginal Peoples) belong to the world's oldest continuous cultures. First Nations Australians demonstrate resilience in the maintenance, practice and revitalisation of culture despite the many historic and enduring impacts of colonisation, and continue to celebrate and share the past, present and future manifestations of their cultures.	A_TSIP3 The significant and ongoing contributions of First Nations Australians and their histories and cultures are acknowledged locally, nationally and globally.

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Lesson	Skill Category	Topics Covered	Lesson Title	Learning Intention
1	Coping Skills	What is resilience?	What is resilience anyway?	<ul style="list-style-type: none"> Students will start to understand the concept of resilience. Students will evaluate their current level of resilience.
2	Coping Skills	What is resilience?	Looking back at resilience	<ul style="list-style-type: none"> Students will explore how others have been resilient. Students will reflect on their own past resilience.
3	Coping Skills	Stress	What's ahead?	<ul style="list-style-type: none"> Students will work in collaboration to identify potential challenges ahead. Students will work in collaboration to identify things they are looking forward to.
4	Coping Skills	Stress	Strengths	<ul style="list-style-type: none"> Students will identify their strengths and evaluate how to use them to overcome challenges. Students will make a plan for personal growth.
5	Coping Skills	Stress	Stress self-reflection	<ul style="list-style-type: none"> Students will understand what stress is and how it can be useful. Students will reflect on how they manage stress.
6	Coping Skills	Stress	Stress	<ul style="list-style-type: none"> Students will explore stressors in their own life.
7	Coping Skills	Stress	Coping with stress	<ul style="list-style-type: none"> Students will discover coping strategies to deal with life stressors.
8	Coping Skills	Stress	Are you kind to yourself?	<ul style="list-style-type: none"> Students will understand the power of self-talk and how to be kind to themselves.

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9	Coping Skills	Stress	Self-compassion	<ul style="list-style-type: none"> • Students will understand self-compassion. • Students will explore ways to develop good self-care.
10	Coping Skills	Mental health	Mental health in Australia	<ul style="list-style-type: none"> • Students will gain an understanding of youth mental health in Australia. • Students will develop empathy for those impacted by mental ill health.
11	Coping Skills	Help-seeking	Help Seeking	<ul style="list-style-type: none"> • Students will discuss barriers to young people seeking help. • Students will explore avenues for help-seeking. • Students will reflect on their personal support network.
12	Coping Skills	Help-seeking	Where to go?	<ul style="list-style-type: none"> • Students will investigate services for young people that are available in the community.
13	Coping Skills	Help-seeking	Help-seeking promotion	<ul style="list-style-type: none"> • Students will contribute to the broader school community. • Students will encourage others to seek help when needed. •
14	Coping Skills	Mood-changers	Flipping the mood	<ul style="list-style-type: none"> • Students will understand ways they can improve their mood.
15	School Skills	Time Management	My timetable	<ul style="list-style-type: none"> • Students will practise time management by developing a weekly routine.
16	Coping Skills	Technology and mental health	Screen time	<ul style="list-style-type: none"> • Students will understand the impacts of too much screen time. • Students will reflect on their own screen time. • Students will set boundaries around their usage.
17	Emotion Vocabulary	Emotional Literacy	Emotions refresher	<ul style="list-style-type: none"> • Students will practise naming emotions.

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18	Coping Skills Social Skills	Supporting friends Kindness to others Building empathy for others	Give a little love, get a little love	<ul style="list-style-type: none"> • Students will discover the positive impacts of helping others. •
19	Social Skills	Kindness to others Building empathy for others	Kindness challenge	<ul style="list-style-type: none"> • Students will explore ways they can show kindness to others. •
20	Coping Skills Social Skills	Supporting Friends Kindness to others Building empathy for others	More is said than done	<ul style="list-style-type: none"> • Students will reflect on the concept of actions being more powerful than words. • Students will connect with the resilience shown by Neale Daniher in his battle with motor neurone disease.
21	Social Skills	Problem-solving	Problem-solving	<ul style="list-style-type: none"> • Students will reflect on their approach to problem-solving. • Students will compare problem-solving on their own and as a team.
22	Social Skills	Problem-solving	Know the problem	<ul style="list-style-type: none"> • Students will develop problem-solving strategies. • Students will learn to distinguish things that are in and out of their control.
23	Social Skills	Problem-solving	Putting our problems into perspective	<ul style="list-style-type: none"> • Students will learn about 'catastrophising' and its impact on problem solving. • Students will practise putting things into perspective.

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24	Social Skills	Problem-solving	Put it into practice	<ul style="list-style-type: none"> Students will apply problem-solving skills to a scenario.
25	Social Skills	Teamwork	Teamwork	<ul style="list-style-type: none"> Students will identify the characteristics of a good team. Students will discover their personality style.
26	Social Skills	Teamwork	NSEW (North, South, East, West)	<ul style="list-style-type: none"> Students will discuss their personality style and strengths, and the impacts of these on teamwork. Students will discover different personality styles and reflect on how these can affect the way they work with different people.
27	Social Skills	Communication	Communication: 'You and I'	<ul style="list-style-type: none"> Students will develop their communication skills. Students will practise using 'I' statements. Students will build empathy for someone else's situation.
28	School Skills	Goal-setting	SMART Goals	<ul style="list-style-type: none"> Students will understand how to set specific, measurable, attainable, relevant and timely (SMART) goals. Students will practise setting SMART goals for their final years of school.
29	School Skills	Goal-setting	Setting strategies	<ul style="list-style-type: none"> Students will investigate strategies to meet their goals. Students will practise creating and applying strategies to meet the goals they have set.
30	School Skills	Time Management	Procrastinating	<ul style="list-style-type: none"> Students will explore the impact of procrastinating.

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				<ul style="list-style-type: none"> • Students will investigate techniques to stop procrastinating. •
31	School Skills	Technology and mental health	Safe Socials	<ul style="list-style-type: none"> • Students will understand potential stressors on social media. • Students will understand how to practise safe social media use.
32	School Skills	Exam pressure and managing exam anxiety	Exam Pressures	<ul style="list-style-type: none"> • Students will explore causes of exam stress. • Students will investigate ways to reduce exam stress. •
33	School Skills	Study skills and techniques	Memory	<ul style="list-style-type: none"> • Students will compare memory recall with different techniques.
34	School Skills	Study skills and techniques	Study skills	<ul style="list-style-type: none"> • Students will understand what is involved in studying. • Students will collaborate to develop a set of tips for good study.
35	School Skills	Study skills and techniques	Study technique	<ul style="list-style-type: none"> • Students will try a new study technique. • Students will explore five different student techniques.
36	Gratitude		Gratitude 101	<ul style="list-style-type: none"> • Students will practise gratitude by looking at all they have. • Students will practise expressing gratitude for everyday items.
37	Gratitude		Compliments and gratitude	<ul style="list-style-type: none"> • Students will practise giving compliments. • Students will show gratitude to someone who has played a role in their life.

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38	Mindfulness		If and then	<ul style="list-style-type: none"> Students will explore the impact of 'if and then' thinking on their happiness.
39	Mindfulness		Mindfulness	<ul style="list-style-type: none"> Students will experience mindfulness through flow.
40	Mindfulness		Mindfulness	<ul style="list-style-type: none"> Students will experience mindfulness through paying attention to things they normally wouldn't.
41	Mindfulness		Mindfulness	<ul style="list-style-type: none"> Students will experience mindfulness through mindful colouring.
42	Mindfulness		Mindfulness	<ul style="list-style-type: none"> Students will experience mindfulness in nature. Students will experience mindfulness through meditation.
43	Coping Skills	What is resilience?	The Blind Side	<ul style="list-style-type: none"> Students will identify aspects of resilience, strengths, kindness to others and empathy in the movie 'The Blind Side'.
44	Coping Skills	What is resilience?	The Blind Side	<ul style="list-style-type: none"> Students will identify aspects of resilience, strengths, kindness to others and empathy in 'The Blind Side'.
45	Coping Skills	What is resilience?	The Blind Side	<ul style="list-style-type: none"> Students will apply their understanding of character strengths to characters in 'The Blind Side'. Students will reflect on ways they can move forward in life.