

### OVERVIEW

SKILL CATEGORY	TOPICS COVERED	LESSON
Emotional Literacy (Coping Skills)	What is resilience?	1, 2
	Stress	3, 4, 5, 6
	Youth mental health	7
	Help-seeking	8, 9
	Technology and mental health	10, 11
Empathy (Social Skills)	Kindness to others	12, 13, 14
	Problem-solving	15, 16, 17
	Communication	18
School Skills	Time management	19
	Exam pressure and managing exam anxiety	20
	Study skills and techniques	21, 22
Gratitude	Explicitly taught in these lessons	23, 24
Mindfulness	Explicitly taught in these lessons	25, 26

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"> <li>Students will start to understand the concept of resilience.</li> <li>Students will evaluate their current level of resilience.</li> </ul>
2	Coping Skills	What is resilience?	Looking back at resilience	<ul style="list-style-type: none"> <li>Students will explore how others have been resilient.</li> <li>Student will reflect on their own past resilience.</li> </ul>
3	Coping Skills	Stress	What's ahead?	<ul style="list-style-type: none"> <li>Student will work in collaboration to identify potential challenges ahead.</li> <li>Student will work in collaboration to identify things they are looking forward to.</li> </ul>
4	Coping Skills	Stress	Stress self-reflection	<ul style="list-style-type: none"> <li>Students will understand what stress is and how it can be useful.</li> <li>Students will reflect on how they manage stress.</li> </ul>
5	Coping Skills	Stress	Stress	<ul style="list-style-type: none"> <li>Students will explore stressors in their own life.</li> </ul>
6	Coping Skills	Stress	Coping with stress	<ul style="list-style-type: none"> <li>Students will discover coping strategies to deal with life stressors.</li> </ul>
7	Coping Skills	Mental health	Mental health in Australia	<ul style="list-style-type: none"> <li>Students will gain an understanding of youth mental health in Australia.</li> <li>Students will develop empathy for those impacted by mental ill health.</li> </ul>
8	Coping Skills	Help-seeking	Help Seeking	<ul style="list-style-type: none"> <li>Students will discuss barriers to young people seeking help.</li> <li>Students will explore avenues for help-seeking.</li> <li>Students will reflect on their personal support network.</li> </ul>
9	Coping Skills	Help-seeking	Where to go?	<ul style="list-style-type: none"> <li>Students will investigate services for young people that are available in the community.</li> </ul>
10	School Skills	Time Management	My timetable	<ul style="list-style-type: none"> <li>Student will practise time management by developing a weekly routine.</li> </ul>
11	Coping Skills	Technology and mental health	Screen time	<ul style="list-style-type: none"> <li>Students will understand the impacts of too much screen time.</li> <li>Students will reflect on their own screen time.</li> <li>Students will set boundaries around their usage.</li> </ul>
12	Coping Skills Social Skills	Supporting friends Kindness to others	Give a little love, get a little love	<ul style="list-style-type: none"> <li>Students will discover the positive impacts of helping others.</li> </ul>

		Building empathy for others		
13	Social Skills	Kindness to others Building empathy for others	Kindness challenge	<ul style="list-style-type: none"> <li>Students will explore ways they can show kindness to others.</li> </ul>
14	Coping Skills Social Skills	Supporting Friends Kindness to others Building empathy for others	More is said than done	<ul style="list-style-type: none"> <li>Students will reflect on the concept of actions being more powerful than words.</li> <li>Students will connect with the resilience shown by Neale Daniher in his battle with motor neurone disease.</li> </ul>
15	Social Skills	Problem-solving	Problem-solving	<ul style="list-style-type: none"> <li>Students will reflect on their approach to problem-solving.</li> <li>Students will compare problem-solving on their own and as a team.</li> </ul>
16	Social Skills	Problem-solving	Know the problem	<ul style="list-style-type: none"> <li>Student will develop problem-solving strategies.</li> <li>Students will learn to distinguish things that are in and out of their control.</li> </ul>
17	Social Skills	Problem-solving	Putting our problems into perspective	<ul style="list-style-type: none"> <li>Students will learn about ‘catastrophising’ and its impact on problem solving.</li> <li>Students will practise putting things into perspective.</li> </ul>
18	Social Skills	Communication	Communication: ‘You and I’	<ul style="list-style-type: none"> <li>Student will develop their communication skills.</li> <li>Student will practise using ‘I’ statements.</li> <li>Students will build empathy for someone else’s situation.</li> </ul>
19	School Skills	Technology and mental health	Safe Socials	<ul style="list-style-type: none"> <li>Students will understand potential stressors on social media.</li> <li>Students will understand how to practise safe social media use.</li> </ul>
20	School Skills	Exam pressure and managing exam anxiety	Exam Pressures	<ul style="list-style-type: none"> <li>Students will explore causes of exam stress.</li> <li>Students will investigate ways to reduce exam stress.</li> </ul>
21	School Skills	Study skills and techniques	Memory	<ul style="list-style-type: none"> <li>Students will compare memory recall with different techniques.</li> </ul>
22	School Skills	Study skills and techniques	Study skills	<ul style="list-style-type: none"> <li>Students will understand what is involved in studying.</li> <li>Students will collaborate to develop a set of tips for good study.</li> </ul>
23	Gratitude		Gratitude 101	<ul style="list-style-type: none"> <li>Student will practise gratitude by looking at all they have.</li> <li>Students will practise expressing gratitude for everyday items.</li> </ul>
24	Gratitude		Compliments and gratitude	<ul style="list-style-type: none"> <li>Students will practise giving compliments.</li> <li>Students will show gratitude to someone who has played a role in their life.</li> </ul>

25	Mindfulness		If and then	<ul style="list-style-type: none"><li>• Student will explore the impact of 'if and then' thinking on their happiness.</li></ul>
26	Mindfulness		Mindfulness	<ul style="list-style-type: none"><li>• Students will experience mindfulness through flow.</li></ul>