

<p>SELF AWARENESS</p> <p>Composite skills: identifying emotions, recognising strengths</p>			
<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Kinder/Prep</p> <ul style="list-style-type: none"> • Each person is an individual with similarities and differences to others. • Describing personal attributes and identifying personal strengths helps us to develop mental well-being. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 1 and 2</p> <ul style="list-style-type: none"> • Recognising emotions in self and others is important in helping us to understand ourselves and others. • When you can identify your own and others feelings, you can give an appropriate emotional response. • There are many factors that contribute to a person’s individual identity. • A person’s self-concept can change and grow with experience. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 3 and 4</p> <ul style="list-style-type: none"> • Examining success, challenge and failure can strengthen personal identities. • Embracing and developing optimism helps us to have confidence in ourselves and our future. • Self-efficacy influences the way people feel, think and motivate themselves, and behave. • Reflecting on the strategies we use to manage change and face challenges helps us to develop new strategies to cope with adversity. • Increasing our self-reliance and persisting with tasks independently supports our efforts to be more autonomous. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 5 and 6</p> <ul style="list-style-type: none"> • Being emotionally aware helps us to influence behaviour, manage relationships and support each other. • A person’s self-worth is reinforced and reflected in engagement with and/or service to others. • Self respect (kindness to self) • The changes that people experience at different stages in their lives affect their evolving identities.

<p>SOCIAL AWARENESS</p> <p>Composite skills: perspective taking, appreciating diversity</p>			
<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Kinder/Prep</p> <ul style="list-style-type: none"> Recognising that others have emotions, feelings and perspectives that may be different from their own is important in beginning to understand other people. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 1 and 2</p> <ul style="list-style-type: none"> Including others develops a sense of belonging and builds open-mindedness. Understanding and respecting other peoples' perspectives helps us to develop empathy. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 3 and 4</p> <ul style="list-style-type: none"> Respect, empathy and valuing difference can positively influence relationships. A person's self-concept is influenced by how others regard and treat him or her. Being aware of our own and other's emotions and reactions helps us to understand and empathize with others. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 5 and 6</p> <ul style="list-style-type: none"> Valuing diversity positively influences the wellbeing of the community. Stereotyping or prejudging can lead to misconceptions and conflict. The values, beliefs and norms of a society can impact on an individual's self-concept and self-worth. A strong sense of self-efficacy enhances human accomplishments and personal well-being.

<p>SELF MANAGEMENT</p> <p>Composite skills: managing emotions, expressing emotionsl appropriately, goal setting</p>			
<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Kinder/Prep</p> <ul style="list-style-type: none"> • Positive thoughts help us to develop a positive attitude. • Managing our emotional responses helps us to interact positively. • Following class routines assists learning. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 1/2</p> <ul style="list-style-type: none"> • Identifying and understanding our emotions helps us to regulate our behaviour. • Using self-knowledge and a positive attitude helps us to overcome challenges and embrace new situations with confidence. • Setting goals for learning and personal organisation helps us to be successful. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 3/4</p> <ul style="list-style-type: none"> • We can use strategies to manage social and emotional change. • Emotional responses vary in depth and strength. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 5/6</p> <ul style="list-style-type: none"> • Our emotional responses can influence behaviour and relationships • Coping with situations of change, challenge and adversity develops our resilience.

<p>RESPONSIBLE DECISION MAKING</p> <p>Composite skills: analysing situations, assuming personal responsibility, respecting others, problem-solving</p>			
<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Kinder/Prep</p> <ul style="list-style-type: none"> • There are times when we need assistance to help us with a problem or to help us stay safe. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 1/2</p> <ul style="list-style-type: none"> • The actions of individuals help make our school a safe place. • Different challenges and situations require different strategies. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 3/4</p> <ul style="list-style-type: none"> • Developing protective behaviours for different situations will help people to feel safe and mentally well. • Responsible decision making involves identifying your own and others' emotions and understanding that what decision you make on how to act can make a situation better or worse. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 5/6</p> <ul style="list-style-type: none"> • People have a responsibility to repair and restore relationships where harm has taken place. • Providing social support and a sense of belonging is critical in promoting mental health and wellbeing.

<p>RELATIONSHIP SKILLS</p> <p>Composite skills: communication, building relationships, negotiation, refusal</p>			
<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Kinder/Prep</p> <ul style="list-style-type: none"> • Interacting with others can be fun. • Group experiences depend on cooperation of group members. • Ideas and feelings can be communicated with others in a variety of modes. • Our relationships with others contribute to our well-being (for example, parent:child; teacher:student; friend:friend). 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 1 and 2</p> <ul style="list-style-type: none"> • Relationships require nurturing. • Our actions towards others influence their actions towards us. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 3 and 4</p> <ul style="list-style-type: none"> • An effective group capitalizes on the strengths of its individual members and recognises the different roles and responsibilities within a group. • Healthy relationships are supported by the development and demonstration of constructive attitudes such as respect, empathy and compassion. 	<p>CONCEPTUAL UNDERSTANDINGS</p> <p>Years 5 and 6</p> <ul style="list-style-type: none"> • An effective group can accomplish more than a set of individuals. • An individual can experience both intrinsic satisfaction and personal growth from interactions. • Individuals can extend and challenge their current understanding by engaging with the ideas and perspectives of others. • Relationships continually change and evolve.