

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

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

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

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

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