

Smiling Mind Primary Classroom Curriculum



Links to the Australian Curriculum Personal and Social Capabilities

YEARS 1-6

Lesson 1 — Awareness

- [Self-awareness] **Develop reflective practice** reflect on what they have learnt about themselves from a range of experiences at home and school.
 - [Self-management] **Become confident, resilient and adaptable** undertake and persist with short tasks, within the limits of personal safety.
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Lesson 2 — Attention

- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.
 - [Self-management] **Develop self-discipline and set goals** in learning and personal organisation by completing tasks within a given time.
 - [Self-management] **Work collaboratively** Identify cooperative behaviours in a range of group activities.
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Lesson 3 — The Senses

- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.
 - [Self-awareness] **Develop reflective practice** reflect what they have learnt about themselves from a range of experiences at home and school.
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Lesson 4 — Savouring

- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.
- [Self-awareness] **Recognise personal qualities and achievements** identify and describe personal interests, skills and achievements and explain how these contribute to family and school life.

Lesson 5 — Movement

- [Social management] **Make decisions** practise individual and group decision making in situations such as class meetings and when working in pairs and small groups.
- [Social management] **Work collaboratively** identify cooperative behaviours in a range of group activities.
- [Social management] **Develop leadership skills** discuss ways in which they can take responsibility for their own actions.

Lesson 6 — Self-compassion

- [Self awareness] **Recognise emotions** compare their emotional responses with those of their peers.
- [Self-management] **Express emotions appropriately** describe ways to express emotions to show awareness of the feelings and needs of others.
- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.

Lesson 7 — Recognising Emotions

- [Self-awareness] **Recognise emotions** compare their emotional responses with those of their peers.
- [Self-management] **Express emotions appropriately** describe ways to express emotions to show awareness of the feelings and needs of others.
- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.
- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.

Lesson 8 — Managing Emotions

- [Self-awareness] **Recognise emotions** compare their emotional responses with those of their peers.
- [Self-management] **Express emotions** appropriately describe ways to express emotions to show awareness of the feelings and needs of others.
- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.
- [Social management] **Negotiate and resolve conflict** practise solving simple interpersonal problems, recognising there are many ways to solve conflict.

Lesson 9 — Optimism

- [Self-awareness] **Recognise personal qualities and achievements** identify and describe personal interests, skills and achievements and explain how these contribute to family and school life.
- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.

Lesson 10 — Strengths

- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.
- [Self-awareness] **Recognise personal qualities and achievements** identify and describe personal interests, skills and achievements and explain how these contribute to family and school life.
- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.

Lesson 11 — Gratitude

- [Social awareness] **Contribute to civil society** describe how they contribute to their homes, classrooms and local communities, and how others care for and assist them.
- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.

Lesson 12 — Making Decisions

- [Social management] **Make decisions practise** individual and group decision making in situations such as class meetings and when working in pairs and small groups.
- [Social management] **Develop leadership skills** discuss ways in which they can take responsibility for their own actions.
- [Social management] **Work collaboratively** identify cooperative behaviours in a range of group activities.

Lesson 13 — Setting Goals

- [Self-management] **Develop self-discipline and set goals** in learning and personal organisation by completing tasks within a given time.

Lesson 14 — Empathy

- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.
- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.

Lesson 15 — Acts of Kindness

- [Social awareness] **Contribute to civil society** describe how they contribute to their homes, classrooms and local communities, and how others care for and assist them.
- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.
- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.

Lesson 16 — Positive Relationships

- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.
- [Social awareness] **Appreciate diverse perspectives** describe similarities and differences in points of view between themselves and people in their communities.
- [Social management] **Work collaboratively** identify cooperative behaviours in a range of group activities.
- [Social management] **Communicate effectively** discuss the use of verbal and non-verbal communication skills to respond appropriately to adults and peers.

Lesson 17 — Positive Communication

- [Social awareness] **Understand relationships** identify ways to care for others, including ways of making and keeping friends.
- [Social management] **Communicate effectively** discuss the use of verbal and non-verbal communication skills to respond appropriately to adults and peers.

Lesson 18 — A Curious Mind

- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.
- [Self-awareness] **Develop reflective practice** reflect on what they have learnt about themselves from a range of experiences at home and school.

Lesson 19 — Growth Mindset

- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.
- [Self-management] **Develop self-discipline and set goals** in learning and personal organisation by completing tasks within a given time.
- [Self-management] **Work independently and show initiative** work independently on routine tasks and experiment with strategies to complete other tasks where appropriate.

Lesson 20 — Resilience

- [Self-awareness] **Understand themselves as learners** discuss their strengths and weaknesses as learners and identify some learning strategies to assist them.
- [Self-management] **Develop self-discipline and set goals** in learning and personal organisation by completing tasks within a given time.
- [Self-management] **Become confident, resilient and adaptable** undertake and persist with short tasks, within limits of personal safety.