

Year 6 Lesson Overview

Gratitude Lessons – 7

Empathy Lessons - 6

Mindfulness Lessons – 7

Emotional Literacy Lessons - 10

Total Lessons – 30

Lesson # Title Theme	1 "My gratitude" Gratitude	2 "Empathy 101" Empathy	3 "Emotions vary in depth and strength" Emotional Literacy
Learning Intention	<ul style="list-style-type: none"> We are learning to define gratitude and recognise things we can be grateful for. 	<ul style="list-style-type: none"> We are learning to define empathy and to develop strategies to show empathy to others. 	<ul style="list-style-type: none"> We are learning to understand emotions vary in depth and strength according to the individual.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements Develop reflective practice</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>ENGLISH Literacy Interacting with others Language Expressing and developing ideas</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice</p> <p>ENGLISH Language Phonics and word knowledge Language for interaction Literacy Interacting with others Interpreting, analysing, evaluating Literature Literature and context</p>	<p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Social management Express emotions appropriately Work collaboratively Social awareness Appreciate diverse perspectives</p> <p>MATHEMATICS Statistics and Probability Data representation and interpretation</p> <p>ENGLISH Language Expressing and developing ideas Language for interaction Literacy Interpreting, analysing, evaluating Interacting with others</p>

Lesson # Title Theme	4 "How mindful am I?" Mindfulness	5 "Mindful senses" Mindfulness	6 "My favourite gratitude quote" Gratitude
Learning Intention	<ul style="list-style-type: none"> We are learning to identify different strategies we can use to be mindful. 	<ul style="list-style-type: none"> We are learning to use our senses as a mindfulness strategy. 	<ul style="list-style-type: none"> We are learning to research gratitude quotes and identify a quote that resonates with ourselves.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Social management Work collaboratively</p> <p>DRAMA Explore dramatic action, empathy and space in improvisations, play building and scripted drama to develop characters and situations.</p> <p>ENGLISH Literacy Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice</p> <p>ENGLISH Literacy Interacting with others Interpreting, analysing, evaluating</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT Locate, generate and access data and information</p> <p>ENGLISH Language Text structure and organisation Expressing and developing ideas</p>

Lesson # Title Theme	7 "20 things we should say more often" Gratitude	8 "Kindness through challenges" Empathy	9 "Sharing your knowledge" Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning to recognise that positive words have an impact on how people feel. 	<ul style="list-style-type: none"> Recognise peer pressure as a potential barrier for helping others in need or showing kindness, and exploring strategies to overcome this. 	<ul style="list-style-type: none"> We are learning to describe empathy to others.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information Identify and clarify information and ideas Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>ENGLISH Language Expressing and developing ideas Literacy Creating texts Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITIES Social awareness Understand relationships Social management Communicate effectively Work collaboratively Make decisions Negotiate and resolve conflict</p> <p>CREATIVE AND CRITICAL THINKING Generating ideas, possibilities and actions Consider alternatives Seek solutions and put ideas into action</p> <p>DRAMA Explore dramatic action, empathy and space in improvisations, play building and scripted drama to develop characters and situations.</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITIES Self-awareness Recognise emotions Social management Communicate effectively Work collaboratively</p> <p>CREATIVE AND CRITICAL THINKING Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>ENGLISH Literacy Interacting with others</p>

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		<p>ENGLISH Literature Literature and context Literacy Interacting with others</p>	
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Lesson # Title Theme	10 "My top strengths" Emotional Literacy	11 "Character strengths" Emotional Literacy	12 "Thank you" Gratitude
Learning Intention	<ul style="list-style-type: none"> We are learning to identify character strengths in ourselves and others. 	<ul style="list-style-type: none"> We are learning to identify character strengths in inspirational people 	<ul style="list-style-type: none"> We are learning to express gratitude to teachers who have had a positive impact on our life.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITIES Self-awareness Recognise emotions Recognise personal qualities and achievements Develop reflective practice Self-management Express emotions appropriately</p> <p>CRITICAL AND CREATIVE THINKING Reflecting on thinking and processes Reflect on processes</p> <p>ENGLISH Language Phonics and word knowledge Language for interaction Literacy Interpreting, analysing, evaluating Interacting with others Literature Literature and context</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITIES Self-awareness Recognise emotions Self-management Express emotions appropriately</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Identify and clarify information and ideas Organise and process information</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY (If technology used for research) Investigating with ICT Select and evaluate data and information Locate generate and access data and information</p> <p>ENGLISH Literacy Interpreting, analysing, evaluating Creating texts</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements Understand ourselves as learners Develop reflective practice Social awareness Understand relationships. Self-management Express emotions appropriately</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information. Identify and clarify information and ideas.</p>

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			<p>ENGLISH Language Language for interaction Expressing and developing ideas Literature Creating literature Literacy Creating texts</p>
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Lesson # Title Theme	13 "Look at what we have" Gratitude	14 "Worming it out" Emotional Literacy	15 "Noticing negative thoughts" Mindfulness
Learning Intention	<ul style="list-style-type: none"> We are learning to express gratitude for our school facilities. 	<ul style="list-style-type: none"> Notice when we are experiencing positive and negative emotions and identify strategies we can use to move from negative to positive feelings. 	<ul style="list-style-type: none"> Be mindful of our inner dialogue to notice negative thoughts and use strategies to think more positively.
AUS. Curriculum	<p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Identify and clarify information and ideas Organise and process information Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>PERSONAL AND SOCIAL CAPABILITY Social management Communicate effectively Work collaboratively</p> <p>ENGLISH Language Expressing and developing ideas Literature Creating literature Literacy Creating texts</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Develop reflective practice Self-management Express emotions appropriately Become confident resilient and adaptable</p> <p>CRITICAL AND CREATIVE THINKING Reflecting on thinking and processes Reflect on processes</p> <p>MATHEMATICS Statistics and Probability Data representation and interpretation</p> <p>ENGLISH Literacy Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Develop reflective practice Self-management Express emotions appropriately Become confident resilient and adaptable</p> <p>CRITICAL AND CREATIVE THINKING Reflecting on thinking and processes Think about thinking (metacognition)</p> <p>ENGLISH Language Language for interaction Literacy Interacting with others Interpreting, analysing, evaluating Creating texts</p>

Lesson # Title Theme	16 "Understanding chemical responses." Emotional Literacy	17 "Natural emotions" Emotional Literacy	18 "Gratitude for VIPs" Gratitude
Learning Intention	<ul style="list-style-type: none"> We are learning to understand the chemical response emotions have on our bodies. 	<ul style="list-style-type: none"> We are learning to develop strategies to deal with strong emotions. 	<ul style="list-style-type: none"> We are learning to express gratitude to others.
AUS. Curriculum	<p>PERSONAL AND SOCIAL CAPABILITIES Self-awareness Recognise emotions Self-management Express emotions appropriately</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT Locate generate and access data and information</p> <p>CREATIVE AND CRITICAL THINKING Inquiring – identifying, exploring and organising information and ideas Identify and clarify information and prioritise ideas Organise and process information</p> <p>ENGLISH Language Expressing and developing ideas Literacy Interpreting, analysing, evaluating</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Self-management Express emotions appropriately Develop self-discipline and set goals</p> <p>ENGLISH Literacy Interacting with others Interpreting, analysing, evaluating</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, social and community health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements Develop reflective practice Recognise emotions Social awareness Understand relationships</p> <p>ENGLISH Language Expressing and developing ideas Phonics and word knowledge Literature Creating literature Literacy Creating texts</p>

Lesson # Title Theme	19 "Gratitude Podcast" Gratitude	20 "Positive self-talk" Empathy	21 "All unique, all different" Empathy
Learning Intention	<ul style="list-style-type: none"> Reflect deeply on important people in our lives and express our gratitude for them. 	<ul style="list-style-type: none"> We are learning to understand the benefits of positive self-talk. 	<ul style="list-style-type: none"> We are learning to reflect on our own strengths. We are learning to develop our self-esteem.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being health, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-management Express emotions appropriately Social management Communicate effectively Work collaboratively</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Creating with ICT Generate ideas, plans and processes Communicating with ICT Collaborate, share and exchange MEDIA ARTS Plan, produce and present media artworks for specific audiences and purposes using responsible media practice.</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise personal qualities and achievements Develop reflective practice</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT (optional) Locate generate and access data and information</p> <p>ENGLISH Literature Literature and context</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITIES Self-awareness Recognise personal qualities and achievements Self-management Become confident, resilient and adaptable Social management Work collaboratively</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Identify and clarify information and ideas Organise and process information</p> <p>ENGLISH Literacy Texts in context Interacting with others Interpreting, analysing, evaluating</p>

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	<p>ENGLISH Language Language for interaction Literacy Interacting with others Literature Creating literature</p>		
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Lesson # Title Theme	22 "Managing emotional changes" Emotional Literacy	23 "Managing social changes" Emotional Literacy	24 "Encouraging change" Empathy
Learning Intention	<ul style="list-style-type: none"> We are learning to develop strategies to deal with stressful situations. 	<ul style="list-style-type: none"> We are learning to develop strategies to deal with conflict. 	<ul style="list-style-type: none"> We are learning to persuade others to show empathy and kindness.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Develop reflective practice Self-management Express emotions appropriately</p> <p>ENGLISH Literacy Interacting with others Interpreting, analysing, evaluating</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communication and interacting for health and wellbeing</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Recognise emotions Self-management Express emotions appropriately Social awareness Understand relationships Social management Communicate effectively Negotiate and resolve conflict</p> <p>CRITICAL AND CREATIVE THINKING Generating ideas, possibilities and actions Consider alternatives Reflecting on thinking and processes Reflect on processes</p> <p>ENGLISH Literacy Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Social management Communicate effectively</p> <p>ENGLISH Language Language for interaction Literacy Interacting with others</p>

Lesson # Title Theme	25 "Emotions are essential" Emotional Literacy	26 "Who can help?" Emotional Literacy	27 Mind-Body Connection: Healthy Eating Mindfulness
Learning Intention	<ul style="list-style-type: none"> We are learning to recognise the importance of sharing our emotions. 	<ul style="list-style-type: none"> We are learning to understand the importance of seeking emotional help. We are learning to identify people and places we can go to for emotional help. 	<ul style="list-style-type: none"> We are learning to understand the importance of healthy eating on our physical and mental wellbeing.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Communicating and interacting for health and wellbeing Contributing to healthy and active communities</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Recognise emotions Self-management Express emotions appropriately Social management Work collaboratively</p> <p>MEDIA ARTS Plan, produce and present media artworks for specific audiences and purposes using responsible media practice.</p> <p>ENGLISH Language Language for interaction Expressing and developing ideas Literacy Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-management Become confident, resilient and adaptable Social awareness Appreciate diverse perspectives</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT Locate generate and access data and information</p> <p>ENGLISH Language Language for interaction Literacy Interpreting, analysing, evaluating Interacting with others</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Social management Work collaboratively</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT Locate, generate and access data and information</p> <p>ENGLISH Literacy Interpreting, analysing, evaluating Creating texts Interacting with others</p>

Lesson # Title Theme	28 Mind-Body Connection: Physical Activity Mindfulness	29 Mind-Body Connection: Sleep & Digital Distractions Mindfulness	30 Mind-Body Connection: Presentations Mindfulness
Learning Intention	<ul style="list-style-type: none"> We are learning to understand the importance of physical activity on our physical and mental wellbeing. 	<ul style="list-style-type: none"> We are learning to understand the importance of sleep on our physical and mental wellbeing. 	<ul style="list-style-type: none"> We are learning that physical and mental wellbeing can be influenced by many factors.
AUS. Curriculum	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Contributing to healthy and active communities</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Social management Work collaboratively</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT Locate, generate and access data and information</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Social management Work collaboratively</p> <p>CRITICAL AND CREATIVE THINKING Inquiring – identifying, exploring and organising information and ideas Organise and process information Generating ideas, possibilities and actions Imagine possibilities and connect ideas</p> <p>INFORMATION AND COMMUNICATION TECHNOLOGY Investigating with ICT Locate, generate and access data and information</p>	<p>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</p> <p>PERSONAL AND SOCIAL CAPABILITY Self-awareness Develop reflective practice Social management Work collaboratively</p> <p>ENGLISH Literacy Interacting with others</p>

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	<p>ENGLISH Literacy Interpreting, analysing, evaluating Creating texts Interacting with others</p>	<p>ENGLISH Literacy Interpreting, analysing, evaluating Creating texts Interacting with others</p>	
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