



Social and Emotional Lesson Plan Scope and Sequence Summary

| Unit ID | Unit | Term | Lesson | Key Concept | Prep | Grade One | Grade Two | Grade Three | Grade Four | Grade Five | Grade Six |
|---------|---|------|--------|--|---|---|---|---|--|--|--|
| EMO | Emotions and Me | 1 | 1 | Identify and express a range of emotions, understand that emotions are normal, and it's important to express and manage them appropriately. | EMO.00.01: My Emotions - Identify and label level 1 universal emotions | EMO.01.01: My Emotions - Identify and label level 1 universal emotions - Verbal expression of emotions | EMO.02.01: Exploring Emotions - Identify and label level 3 universal emotions | EMO.03.01: Exploring Emotions - Identify and label level 3 universal emotions - Emotions vs feelings | EMO.04.01: Exploring Emotions - Identify and label level 3 universal emotions - Emotions vs feelings - Journaling Switch | EMO.05.01: Self & Emotional Awareness - Identify and label level 5 universal emotions - Impact of emotions on wellbeing | EMO.06.01: Self & Emotional Awareness - Identify and label level 5 universal emotions - Impact of emotions on wellbeing - Developing emotional awareness through reflective practice, specifically Journaling Switch |
| | | 1 | 2 | Identify reactivity and develop strategies to manage and regulate emotions more effectively. | EMO.00.02: Brain Eruptions - Recognise when emotions are escalating to avoid catastrophisation | EMO.01.02: Brain Eruptions - Thinking, Emotion and Body Brain - Hand brain model - Recognise when emotions are escalating to avoid catastrophisation - Switches to regulate emotions | EMO.02.02: Emotion Regulation - Anatomy of the brain - Hand brain model - Fight flight freeze response - Regulating emotions with Switch | EMO.03.02: Emotion Regulation - Anatomy of the brain - Hand brain model - Fight flight freeze and fawn response - Daily DOSE of positive chemicals | EMO.04.02: Emotion Regulation - Anatomy of the brain - Hand brain model - Fight flight or freeze or fawn response - Daily DOSE of positive chemicals | EMO.05.02: Emotion Regulation - Anatomy of the brain - Fight flight or freeze or fawn response - Daily DOSE of positive chemicals - Coping strategies | EMO.06.02: Emotion Regulation - Anatomy of the brain - Fight flight or freeze or fawn response - Daily DOSE of positive chemicals - Coping strategies - Respond Switch |
| | | 1 | 3 | Describe personal qualities and understand how these contribute to growth and sense of belonging. | EMO.00.03: Uniquely Us - Personal character traits | EMO.01.03: Uniquely Us - Personal character traits - Shared and unique traits | EMO.02.03: Stars & Wishes - Stars & Wishes Switch - Strengths and weaknesses - Simple goal setting | EMO.03.03: Stars & Wishes - Stars & Wishes Switch - Strengths and weaknesses - Simple goal setting | EMO.04.03: Goals & Growth - Strengths and weaknesses - Simple goal setting - Personal affirmations (Like Page Switch) | EMO.05.03: Goals & Growth - Strengths and weaknesses - Personal affirmations (Like Page Switch) - SMART Goals Switch | EMO.06.03: Values & Vision - Values Switch - Future Letter Switch (visioning/goal setting) |
| REL | Building Positive Relationships | 1 | 4 | Understand and practice empathy to build trust and emotional connections. | REL.00.01 Understanding and Developing Relationships - Identify and care about feelings in others - Kindness Switch | REL.01.01 Understanding and Developing Relationships - See things and care about feelings in others - Recognise and respect diversity - What it means to be a good friend - Give and receive compliments | REL.02.01: Perspective Taking - See things from another's perspective in different contexts - Make a New Friend Switch - Ostracism (You don't have to be friends to be friendly!) | REL.03.01: Perspective Taking - See things from another's perspective in different contexts - Random Act of Kindness Switch | REL.04.01: Perspective Taking - See things from another's perspective in different contexts - Thankfulness Switch | REL.05.01 Advanced Empathy - Cognitive and emotional empathy. - Appreciating and respecting differences. | REL.06.01 Advanced Empathy - Cognitive, emotional and compassionate empathy. - Appreciating and respecting differences. - The bystander effect |
| | | 1 | 5 | Develop effective communication skills to express thoughts clearly and listen actively. | REL.00.02 Making Friends - Social skills and strategies for making new friends - Friend Finder Switch | REL.01.02 Making Friends - Social skills and strategies for making new friends, including communicating and active listening - Friend Finder Switch | REL.02.02: Express Yourself - Verbal and non-verbal communication aligned with emotional intelligence - Story Sentence Switch | REL.03.02 Express Yourself - Verbal and non-verbal communication aligned with emotional intelligence - Express emotions assertively and constructively - Be Creative Switch | REL.04.02: Express Yourself - Express emotions assertively and constructively - Active listening skills - Staying safe on social media | REL.05.02 Social Intelligence - Understanding social intelligence - Observing emotions - Assisting others with emotions | REL.06.02: Emotional Intelligence in Relationships - Impact of emotions on relationship - Be Social Switch (social connectedness) - Mirroring |
| EHS | Balancing Emotions: Happy and Sad | 2 | 6 | Define happiness, understand its importance and identify activities and behaviours that contribute to happiness. | EHS.00.01: Introducing Happy - Characteristics of happy emotion - Likes and dislikes - Activities that bring joy - Draw Happiness Switch | EHS.01.01: Introducing Happy - Characteristics of happy emotion - Likes and dislikes - Activities that bring joy - Colour it Switch | EHS.02.01: Exploring Happy - Define happiness and it's importance - Activities and behaviours that contribute to happiness - Laugh Switch | EHS.03.01: Exploring Happy - Define happiness and it's importance - Activities and behaviours that contribute to happiness - Be Creative Switch | EHS.04.01: Exploring Happy - Define happiness and it's importance - Activities and behaviours that contribute to happiness - Secrets for better sleep | EHS.05.01: Understanding and Managing Happy - Define the fundamentals of happiness to enhance self awareness - Activities and behaviours that contribute to happiness | EHS.06.01: Understanding and Managing Happy - Define the fundamentals of happiness to enhance self awareness - Practicing gratitude |
| | | 2 | 7 | Define sadness, understand its importance and impact, and identify activities and behaviours that contribute to managing sadness in a healthy way. | EHS.00.02: Introducing Sad - Characteristics of sad emotion - Coping and supporting others when feeling sad - Hug Switch | EHS.01.02: Introducing Sad - Characteristics of sad emotion - Coping and supporting others when feeling sad - Serene Garden (mindfulness and focus) | EHS.02.02: Exploring Sad - Define sadness and it's importance - Activities for managing sadness in a healthy way | EHS.03.02: Exploring Sad - Define sadness and it's importance - Activities for managing sadness in a healthy way - Animal Mash Up Switch | EHS.04.02: Exploring Sad - Define sadness and it's importance - Activities for managing sadness in a healthy way - Music Switch | EHS.05.02: Understanding and Managing Sad - Define the fundamentals of sadness to enhance self awareness | EHS.06.02: Understanding and Managing Sad - Define the fundamentals of sadness to enhance self awareness. - Bucket List Switch |
| PSD | Problem Solving and Decision Making | 2 | 8 | Learn conflict resolution techniques to manage and resolve disagreements constructively. | PSD.00.01 Positive Group Play - Interact positively with peers - Reinforce school values and expected behaviours | PSD.01.01: Problem Solving - Steps for solving problems (problem solving wheel) | PSD.02.01: Problem Solving - Steps for solving problems (problem solving wheel) - Interpersonal problem solving skills (empathy and communication) | PSD.03.01: Conflict Resolution - Recognising and expressing emotions effectively - Actively listening and working together to resolve conflict | PSD.04.01: Conflict Resolution - Recognising and expressing emotions effectively using I statements - Actively listening and working together to resolve conflict - Negotiation and compromise | PSD.05.01: Advanced Conflict Management - Types of conflict - Role of emotions in escalating conflict - Use emotion to drive better outcomes | PSD.06.01 Advanced Conflict Management - Types of conflict - Role of emotions in escalating onflict - Mirroring - Peer mediation skills |
| | | 2 | 9 | Evaluate options and make informed decisions both individually and in groups. | PSD.00.02: Making Strong Choices - Recognise feelings and actions to make kind, safe and helpful choices. | PSD.01.02: Fundamentals of Decision Making - Making individual decisions - Group decision making | PSD.02.02: Fundamentals of Decision Making - Making individual decisions - Group decision making - Consider potential consequences | PSD.03.02: Evaluating Options and Making Decisions - Weighing pros and cons - Considerations and consequences | PSD.04.02: Evaluating Options and Making Decisions - Weighing pros and cons - Considerations and consequences - Ethical decision making | PSD.05.02: Critical Thinking in Decision Making - Define critical thinking and why it's important in decision making - Questioning assumptions | PSD.06.02: Critical Thinking in Decision Making - Define critical thinking and why it's important in decision making - Questioning assumptions - Evaluating evidence |
| | | 2 | 10 | Demonstrate resilience, perseverance and adaptability. | PSD.00.03: Navigating Challenges - Characteristics of perseverance - Perseverance to complete challenging tasks - Maze Games Switch | PSD.01.03: Navigating Challenges - Perseverance to complete challenging tasks - Choosing responsive (not reactive) actions | PSD.02.03: Emotional Resilience - Ways to cope with challenging situations - Explain resilience - Coping with friendship break down | PSD.03.03: Emotional Resilience - Ways to cope with challenging situations - Explain resilience - Coping with friendship break down and maintaining relationships - Bubble of Control Switch | PSD.04.03: Emotional Resilience - Ways to cope with challenging situations - Explain resilience - Coping with friendship break down and maintaining relationships - Dear Diary Switch | PSD.05.03: Perseverance and Growth - View mistakes as opportunities to learn and improve - The Do Over Switch - Setting boundaries | PSD.06.03: Perseverance and Growth - View mistakes as opportunities to learn and improve - Setting boundaries - Growth Mindset Switch |
| EAE | Channeling Energy: Anger and Excitement | 3 | 11 | Define excitement, identify the physical and emotional signs of excitement, as well as learn ways to express excitement in appropriate ways. | EAE.00.01: Introducing Excited - Characteristics of excited emotion - Activities that channel and manage excitement levels - Wall Push Ups Switch | EAE.01.01: Introducing Excited - Characteristics of excited emotion - Activities that channel and manage excitement levels - Treasure Hunt Switch | EAE.02.01: Exploring Excited - Define excitement and it's importance - Activities for managing excitement levels - Colour Hunt Switch | EAE.03.01: Exploring Excited - Define excitement and it's importance - Activities for managing excitement levels - Exercise or Dance Switch | EAE.04.01: Exploring Excited - Define excitement and it's importance - Activities for managing excitement levels - Trace Breathing Switch | EAE.05.01: Understanding and Managing Excitement - Define the fundamentals of excitement to enhance self awareness - Sand Alphabet Switch | EAE.06.01: Understanding and Managing Excitement - Define the fundamentals of excitement to enhance self awareness - Three Sketches Switch |
| | | 3 | 12 | Define anger, understand its role in the body, and identify strategies for managing anger in a healthy way. | EAE.00.02: Introducing Angry - Characteristics of angry emotion - Activities that channel and manage anger levels - 10 Breaths Switch | EAE.01.02: Introducing Angry - Characteristics of angry emotion - Activities that channel and manage anger levels - Scrunchie Switch | EAE.02.02 Exploring Angry - Define anger and it's importance - Activities for managing anger levels - Palm Push Switch | EAE.03.02: Exploring Angry - Define anger and it's importance - Activities for managing anger levels - Breath Draw Switch | EAE.04.02: Exploring Angry - Define anger and it's importance - Activities for managing anger levels - Calming Breath Switch | EAE.05.02: Understanding and Managing Anger - Define the fundamentals of anger to enhance self awareness - Safe Rant Switch | EAE.06.02: Understanding and Managing Anger - Define the fundamentals of anger to enhance self awareness - Stop Steps Switch |

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|---------|--|------|--------|--|--|---|---|---|---|---|--|
| LAR | Leadership and Responsibility | 3 | 13 | Show awareness of personal responsibility and practice self-leadership. (+ Goal setting) | LAR.00.01: Personal Responsibility <ul style="list-style-type: none">- Own personal actions- Five steps to a good apology- Seek Help Switch | LAR.01.01: Personal Responsibility <ul style="list-style-type: none">- Own actions- Five steps to a good apology- Seek Help Switch | LAR.02.01: Self Motivation and Initiative <ul style="list-style-type: none">- What is self motivation and why is it important- Develop self discipline | LAR.03.01: Self Motivation and Initiative <ul style="list-style-type: none">- What is self motivation and why is it important- Practice self discipline- Overcoming procrastination | LAR.04.01: Self Motivation and Initiative <ul style="list-style-type: none">- What is self motivation and why is it important- Practice self discipline- Overcoming procrastination | LAR.05.01: Building Confidence and Self Esteem <ul style="list-style-type: none">- Positive self view- Impacts of social media on self view- Strategies to manage anticipatory anxiety | LAR.06.01: Building Confidence and Self Esteem <ul style="list-style-type: none">- Positive self view- Diversity and stereotypes- Impacts of social media on self view- Strategies to manage anticipatory anxiety- Mantra Switch |
| | | 3 | 14 | Practice ways to lead and make decisions considering the influence on others to select appropriate approaches. | LAR.00.02: Being a Kind Leader <ul style="list-style-type: none">- Importance of small acts of kindness- Consider other's feelings | LAR.01.02: Being a Kind Leader <ul style="list-style-type: none">- Leading self versus leading others | LAR.02.02: Being a Kind Leader <ul style="list-style-type: none">- Leading self versus leading others | LAR.03.02: Being a Collaborative Leader <ul style="list-style-type: none">- Encourage teamwork- Value and respect contributions- Shared decision making | LAR.04.02: Being a Collaborative Leader <ul style="list-style-type: none">- Encourage teamwork- Value and respect contributions- Shared decision making- Build trust and communication | LAR.05.02: Emotional Intelligence in Leadership <ul style="list-style-type: none">- Daniel Goleman's five components of emotional intelligence- Understand and manage emotion within group/team setting- Foster collaboration and motivation | LAR.06.02: Emotional Intelligence in Leadership <ul style="list-style-type: none">- Daniel Goleman's five components of emotional intelligence- Understand and manage emotion within group/team setting- Foster collaboration and motivation |
| | | 3 | 15 | Fostering community awareness including recognising diverse groups, understanding connections, and actively contributing to local, regional, national, and global communities. | LAR.00.03: Our Community Connections <ul style="list-style-type: none">- Recognise and connect with different community groups- Understand and contribute to community wellbeing- Explore and support communities beyond their own | LAR.01.03: Caring Communities <ul style="list-style-type: none">- Identify ways they help at home and school- Discuss how community helpers assist them- Explore how they and others support their communities | LAR.02.03: Caring Communities <ul style="list-style-type: none">- Identify ways they help at home and school- Discuss how community helpers assist them- Explore how they and others support their communities | LAR.03.03: Global Neighbours <ul style="list-style-type: none">- Identify different communities beyond their own- Discuss ways to support these communities- Explore the impact of their actions on global communities | LAR.04.03: Global Neighbours <ul style="list-style-type: none">- Identify different communities beyond their own- Discuss ways to support these communities- Explore the impact of their actions on global communities | LAR.05.03: Community Impact <ul style="list-style-type: none">- Identify how personal actions affect the community- Discuss the influence of others' actions on community wellbeing- Explore ways to positively impact their communities | LAR.06.03: Community Impact <ul style="list-style-type: none">- Identify how personal actions affect the community- Discuss the influence of others' actions on community wellbeing- Explore ways to positively impact their communities |
| RES | Respectful Relationships | 4 | 16 | Personal and Social Awareness: Understanding and managing emotions, challenging gender stereotypes, and recognising the influences on personal identity. | RES.00.01: Being Ourselves <ul style="list-style-type: none">- Challenging gender stereotypes- Character traits- Personal identity profile | RES.01.01: Emotional Responses <ul style="list-style-type: none">- Recognising body language associated with emotions- Connecting sensory information with emotions (thinking/emotion/body brain)- Using senses for safety | RES.02.01: Emotional Responses <ul style="list-style-type: none">- Recognising body language associated with emotions- Connecting sensory information with emotions (thinking/emotion/body brain)- Using senses for safety | RES.03.01: Gender Dynamics & Stereotypes <ul style="list-style-type: none">- Understanding assigned sex, gender, and gender stereotypes- Exploring cultural, historical, and social influences on gender- Identifying how stereotypes influence choices and behaviours | RES.04.01: Gender Dynamics & Stereotypes <ul style="list-style-type: none">- Understanding assigned sex, gender, and gender stereotypes- Exploring cultural, historical, and social influences on gender- Identifying how stereotypes influence choices and behaviours | RES.05.01: Influences on Personal Identity <ul style="list-style-type: none">- Exploring influences of people, popular culture, and media on identity- Understanding self-identity development | RES.06.01: Influences on Personal Identity <ul style="list-style-type: none">- Exploring influences of people, popular culture, and media on identity- Understanding self-identity development- Analysing media messages about identity |
| | | 4 | 17 | Respectful Interactions: Positive communication, inclusion, and advocating for gender equality and human rights in various relationships. | RES.00.02: I Belong <ul style="list-style-type: none">- Explore what it means and how it feels to belong- Identify groups to which they belong. | RES.01.02: Respect and Inclusion <ul style="list-style-type: none">- Understanding inclusion and exclusion feelings- Gender respect | RES.02.02: Respect and Inclusion <ul style="list-style-type: none">- Practicing respectful communication- Understanding inclusion and exclusion feelings- Gender respect- Practicing respectful communication | RES.03.02: Upholding Human Rights <ul style="list-style-type: none">- Understanding human rights and responsibilities- Practicing asserting and defending human rights- Valuing diversity and treating others equally | RES.04.02: Upholding Human Rights <ul style="list-style-type: none">- Understanding human rights and responsibilities- Practicing asserting and defending human rights- Valuing diversity and treating others equally | RES.05.02: Power Play <ul style="list-style-type: none">- Understanding power, control, and coercion in relationships- Examining the impact of power balance on relationships- Practicing respectful ways to manage power dynamics | RES.06.02: Power Play <ul style="list-style-type: none">- Understanding power, control, and coercion in relationships- Examining the impact of power balance on relationships- Practicing respectful ways to manage power dynamics- Circle of influence Switch |
| | | 4 | 18 | Protective Behaviours: Body safety, help-seeking strategies, and resilience in both offline and online contexts to ensure personal safety and wellbeing | RES.00.03: Body Safety <ul style="list-style-type: none">- Understanding private body parts- Identifying anatomical names for private parts- Recognising the need to cover private parts in public- Seeking help when feeling unsafe or hurt | RES.01.03: Body Safety <ul style="list-style-type: none">- Understanding private body parts- Identifying anatomical names for private parts- Recognising the need to cover private parts in public- Some secrets shouldn't be kept- Seeking help when feeling unsafe or hurt | RES.02.03: Body Safety <ul style="list-style-type: none">- Understanding private body parts- Identifying anatomical names for private parts- Understanding Personal Boundaries- Some secrets shouldn't be kept- Seeking help when feeling unsafe or hurt | RES.03.03: Positive Coping Strategies <ul style="list-style-type: none">- Responding positively to difficult gendered situations- Demonstrating resilience in isolation, bullying, harassment, and abuse- Practicing help-seeking and reporting strategies | RES.04.03: Positive Coping Strategies <ul style="list-style-type: none">- Responding positively to difficult gendered situations- Demonstrating resilience in isolation, bullying, harassment, and abuse- Practicing help-seeking and reporting strategies | RES.05.03: Staying Safe <ul style="list-style-type: none">- Recognising and assessing risk in online and offline contexts- Identifying preventative strategies for safety- Types of harm and help-seeking strategies | RES.06.03: Staying Safe <ul style="list-style-type: none">- Recognising and assessing risk in online and offline contexts- Identifying preventative strategies for safety including situational awareness- Types of harm and help-seeking strategies |
| EAS | Navigating Fear Based Emotions: Anxious and Scared | 4 | 19 | Define anxious, understand its role in the body, and identify strategies for managing anxiety in a healthy way. | EAS.00.01: Introducing Anxious <ul style="list-style-type: none">- Characteristics of anxious emotion- Strategies for managing and coping with anxious feelings- Five Finger Breathing Switch | EAS.01.01: Introducing Anxious <ul style="list-style-type: none">- Characteristics of anxious emotion- Strategies for managing and coping with anxious feelings- Butterfly Hug Switch | EAS.02.01: Exploring Anxious <ul style="list-style-type: none">- Define anxious feeling and it's importance- Strategies for managing and coping with anxious feelings- Tense and Relax Switch | EAS.03.01: Exploring Anxious <ul style="list-style-type: none">- Define anxious feeling and it's importance- Strategies for managing and coping with anxious feelings- Breath Cycle Switch | EAS.04.01: Exploring Anxious <ul style="list-style-type: none">- Define anxious feeling and its importance- Strategies for managing and coping with anxious feelings- Safe Sketch Switch | EAS.05.01: Understanding and Managing Anxious <ul style="list-style-type: none">- Define the fundamentals of anxious feelings to enhance self awareness- Reframe Switch | EAS.06.01: Understanding and Managing Anxious Feelings <ul style="list-style-type: none">- Define the fundamentals of anxious feelings to enhance self awareness- Reality Check Switch |
| | | 4 | 20 | Define fear, differentiate anxious and scared, identify the physical and emotional signs, and learn strategies for managing and coping with fear. | EAS.00.02: Introducing Scared <ul style="list-style-type: none">- Characteristics of scared emotion- Strategies for managing and coping with anxious feelings- Balloon Breathing Switch | EAS.01.02: Introducing Scared <ul style="list-style-type: none">- Characteristics of scared emotion- Strategies for managing and coping with anxious feelings- Cartoon It Switch | EAS.02.02: Exploring Scared <ul style="list-style-type: none">- Define scared feeling and it's importance- Strategies for managing and coping with scared feelings- Talk About It Switch | EAS.03.02: Exploring Scared <ul style="list-style-type: none">- Define scared feeling and it's importance- Strategies for managing and coping with scared feelings- Face It Switch | EAS.04.02: Exploring Scared <ul style="list-style-type: none">- Define scared feeling and it's importance- Strategies for managing and coping with scared feelings- The Appreciator Switch | EAS.05.02: Understanding and Managing Scared <ul style="list-style-type: none">- Define the fundamentals of scared feelings to enhance self awareness- See It Switch | EAS.06.02: Understanding and Managing Scared Feelings <ul style="list-style-type: none">- Define the fundamentals of scared feelings to enhance self awareness- Visualise Switch |

Additional Lessons

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| Additional lessons targeting specific issues or areas of focus. Adjustment to suit different age and maturity levels required. | ALL.01-01.01: Introduction to Switch4Schools: Level 1 App Navigation <ul style="list-style-type: none">- Orientation to the features and functionality of the Switch app at the level 1 emotion wheel setting | ALL.01-12.02: Introduction to Switch4Schools: Level 3 App Navigation <ul style="list-style-type: none">- Orientation to the features and functionality of the Switch app at the level 3 emotion wheel setting | ALL.01-12.03: Introduction to Switch4Schools: Level 5 App Navigation <ul style="list-style-type: none">- Orientation to the features and functionality of the Switch app at the level 5 emotion wheel setting | ALL.01-12.04: Introduction to Switch4Schools: Level 7 App Navigation <ul style="list-style-type: none">- Orientation to the features and functionality of the Switch app at the level 7 emotion wheel setting. |
| | ALL.01-12.05: Understanding and Addressing Bullying <ul style="list-style-type: none">- Bullying as dominance behaviour- Strategies to address bullying- Importance of staying calm | ALL.01-12.06: Embracing Boredom <ul style="list-style-type: none">- Benefits of Boredom- Digital Downtime | ALL.01-12.07: Manage Self Through Change <ul style="list-style-type: none">- The grief cycle- Emotive responses to change- Mindfulness and self control | |