Life Skills GO - Building Positive Relationships Teaching and Learning Program

NSW - Early Stage 1



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Key Learning Areas addressed: PDHPE & General Capabilities		**Unit/Topic:** Building Positive Relationships	
Stage: Early Stage 1	**Term:**	**Duration:** 9 weeks	**Hours Per Week:** 0.5- 1.5

NSW Syllabus Aim

The aim of PDHPE K–6 is to empower students with the essential knowledge, understanding, skills, values and attitudes to promote wellbeing and lead a safe, active and healthy life.

Outcomes Addressed

Movement skill and physical activity

PHE-MSP-01 demonstrates fundamental movement skills and participates with others in physical activities

Respectful relationships and safety

PHE-RRS-01 identifies how respectful relationships and safety contribute to wellbeing

Identity, health and wellbeing

PHE-IHW-01 identifies factors that contribute to identity, health and wellbeing

Self-management and interpersonal skills

PHE-SMI-01 identifies and demonstrates self-management and interpersonal skills

Health and Physical Education *(Australian Curriculum)*

ACPPS002: Name parts of the body and describe how their body is growing and changing

ACPPS004: Practise personal and social skills to interact positively with others.

ACPPS006: Identify actions that promote health, safety and wellbeing

Personal and Social Capability

PSC021: Describe ways to express emotions to show awareness of the feelings and needs of others.

PSC024: Share experiences of cooperation in play and group activities.

Intercultural Understanding

IU006: Imagine and describe their own feelings if they were put in someone else's place.

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Objectives	This unit aims to equip students with the necessary skills to develop and manage respectful relationships. It aims to introduce specific social skills such as effective listening, mindful communication, negotiation, compassion and forgiveness. These character strengths are the fundamental skills needed to get along with others Students: ● develop interpersonal skills that enable them to interact effectively and respectfully with others, build and maintain respectful relationships and advocate for their own and others' health, safety, wellbeing and participation in physical activity ● develop and use self-management skills that enable them to take personal responsibility for their actions and emotions and take positive action to protect and enhance the health, safety and wellbeing of others
Learning & Focus Areas	Learning Areas: social awareness, self management, positive relationships, physical awareness Focus Areas: respect, kindness, physical awareness, empathy, compassion, honesty, team mindset, social intelligence
Assessment	● Daily data from the Emotion Check-in ● Student responses to multiple choice questions, short answer questions and journal entries. Responses recorded in LSG platform under assessment. All multiple choice questions are marked automatically. Short answer and journal responses allow for teacher assessment within the platform. ● Teacher observation
Resources	● Life Skills Go platform ● Student login details or QR codes (optional) ● Emotion cards and wall displays ● Sport equipment-listed under resources in each physical lesson

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Evaluation **(Complete this section at the end of unit)** - Is there sufficient evidence that students have made progress as a result of teaching and learning experiences? - Do I have enough evidence to justify my assessment of students' work?	
Where to next? **(Complete this section at the end of each cycle)**	

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Lesson 1 - Respect For Others		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● How do we show respect to others? ● How can you demonstrate respect when you are at school and at home? ● What are some examples of respectful actions? ● How do you respect someone who has a different opinion to you?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard. Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform

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Physical Activity (Physical Education Lesson) (30 minutes)	Resources	Assessment
Respect For Others - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice - Ocean Inside 2. Breathing Exercise - Balloon Breath 3. Warm Up Movements - Mountain 4. Game - Around the Block 5. Cool Down - Mindful Wave 6. Relaxation - Belly Breathing	Equipment:	Teacher observation
Annotations/Register:		

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Lesson 2 - What is Kindness?		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● What does a kind person look like? ● How do you show you care for other people? ● How do we feel about ourselves when we are kind? ● If you know someone is feeling sad, what can you do to show kindness?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard. Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform

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Physical Activity (Physical Education Lesson) (30 minutes)	Resources	Assessment
What is Kindness? - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice - Mindful Gratitude 2. Warm Up Movements - Sun & Earth 3. Warm Up Game - Ice Cream & Fire 4. Cool Down - Mindful Body 5. Relaxation - Journey into the Body	Equipment:	Teacher observation
Annotations/Register:		

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Lesson 3 - Showing Kindness		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● Describe ways to include others to make them feel they belong. Identify ways to care for others, including ways of making and keeping friends ● Describe a time when you acted with kindness. What could have happened if you didn't show kindness in that situation? ● Why do you think being kind helps build positive relationships?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard. Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform

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Physical Activity (Physical Education Lesson) (30 minutes)	Resources	Assessment
Showing Kindness - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice - Mindful Kindness 2. Breathing Exercise - Balloon Breathing 3. Warm Up Movements - Downward Facing Dog & Rabbit 4. Cool Down - Mindful Wave 5. Relaxation - Belly Breathing	Equipment:	Teacher observation
Annotations/Register:		

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Lesson 4 - The Prefrontal Cortex		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● Why is it important to understand how our brains work? ● Knowing what is happening within our brain and body helps us understand the things we feel. It can help us feel safe and in control. ● If we know what is happening in our brain and body, do you think we could learn ways (strategies) to make it easier to deal with or to stop uncomfortable emotions taking over our thoughts? ● We can start to use what we know about the brain to talk about what is happening; ● Eg. “My /your amygdala is really firing right now, what can I /you do to deactivate it and switch my prefrontal cortex back on so I /you can think straight and make wise decisions?”. ● Can you come up with any fun names for the parts of the brain based on what they do?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard.	Interactive white board, device/s	Data collected in LSG platform

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Guided/Independent Activity (continued…)	Resources	Assessment
Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform
Physical Activity (Physical Education Lesson) (30 minutes)	**Resources**	**Assessment**
The Prefrontal Cortex - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice - Five Finger Breathing 2. Mindful Practice - Mindful Anchor 3. Warm Up Movements - Snake 4. Game - Sea Land Sky 5. Cool Down - Mindful Body 6. Relaxation - Journey into the Body	Equipment:	Teacher observation
Annotations/Register:		

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Lesson 5 - Empathising With Others		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● What are the signs and signals that help you to understand how another person was feeling? We all use body language and facial expressions to communicate. ● What skills help your team work well together? ● How does it feel when you are not sure what to do? ● How do you know when another person needs help? ● What could you do to help another person if they were not sure what to do?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard.	Interactive white board, device/s	Data collected in LSG platform

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Guided/Independent Activity (continued…)	Resources	Assessment
Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform
Physical Activity (Physical Education Lesson) (30 minutes)	**Resources**	**Assessment**
Empathising With Others - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Breathing Exercise - Wave Breath 2. Warm Up Movements - Dragon 3. Game - Mirror Me 4. Cool Down - Mindful Wave 5. Relaxation - Belly Breathing	Equipment:	Teacher observation
Annotations/Register:		

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Lesson 6 - Telling the Truth		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● Being honest means that you tell the truth. ● Being honest and telling the truth helps you to make friends. ● How does it feel when someone is honest with you? ● Describe a time when it was hard for you to tell the truth but you did what was right and acted with honesty. How did it make you feel?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard. Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform

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Physical Activity (Physical Education Lesson) (30 minutes)	Resources	Assessment
Telling the Truth - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice - Mindful Listening 2. Breathing Technique - Lazy 8s 3. Warm Up Movements - Butterfly 4. Game - Collect the Rocks 5. Cool Down - Mindful Body 6. Relaxation - Journey into the Body	Equipment: Bucket of Pom Pom Balls	Teacher observation
Annotations/Register:		

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Lesson 7 - What is Compassion?		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● Compassion is about understanding and helping other people. ● We are compassionate when we respond with care and kindness to another person if they are sad or are having trouble with something. How can you help others when they are feeling sad or when they have a problem? ● What are the signs and signals that help you to understand how another person was feeling? ● How does it feel to show compassion towards someone else?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard.	Interactive white board, device/s	Data collected in LSG platform

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Guided/Independent Activity (continued…)	Resources	Assessment
Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform
Physical Activity (Physical Education Lesson) (30 minutes)	**Resources**	**Assessment**
What is Compassion? - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice - Shiny Ball 2. Mindful Practice - Mindful Seeing 3. Warm Up Movements - Cat 4. Game - Cat & Mouse 5. Cool Down - Mindful Wave 6. Relaxation - Belly Breathing	Equipment: 2 x different coloured balls	Teacher observation
Annotations/Register:		

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Lesson 8 - Being a Team Player		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● What does it mean to work as a team? What are the benefits of working as a team? ● Everyone is important in a team. What skills help teams work well together? ● What can you do or say to help your team focus and cooperate? ● Have you ever noticed when you are kind and friendly to others that they are kind back?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard. Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform

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Physical Activity (Physical Education Lesson) (30 minutes)	Resources	Assessment
Being a Team Player - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice- Mindful Communication 2. Warm Up Movements - Crab 3. Warm Up Game - Bats and Bugs 4. Game - Over, Under & Around 5. Cool Down - Mindful Body 6. Relaxation - Journey into the Body	Equipment: Balls	Teacher observation
Annotations/Register:		

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Lesson 9 - Social Skills: Making Friends		
Daily Emotion Check-in (10 minutes)	Resources	Assessment
At the beginning of each day, using the Emotion Check-in feature on your dashboard, administer the *Emotion Check-in*. This can be done in a variety of delivery modes. Some options are listed below: a) Displayed on IWB for students to register upon entry b) On student devices using QR codes or logins c) On a singular device such as an ipad set up in a private space. d) On multiple devices set up around the room.	Device/s to conduct whole class Emotion Check-in	Data collected in the LSG program
Prepare for Learning Activity (10 minutes)	Resources	Assessment
If a number of your students are in the red, purple, blue or yellow zones after the Emotion Check-in, you can use the Prepare for Learning activity to help your students move into a state of 'ready to learn'. Choose an emotion on the Prepare for Learning activity that represents the majority of students who are not in a state of 'ready to learn'. This data can be viewed on the table in the Emotion Check-in feature. Based on your Emotion Check-in response, a predictive evidence based exercise will play to prepare students for learning. Enjoy this exercise with your students.	Interactive White Board Prepare for Learning activity	Teacher observation Student responses

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Explicit Teaching - Lesson Video (10 minutes)	Resources	Assessment
This explicit teaching session can be delivered in flexible modes: On an IWB involving whole class/small groups or on student devices using QR codes or student logins **Discussion Points:** ● What are some ways that you can make new friends? ● How do good friends make you feel? ● What makes a good friend? ● Why do you think being kind helps build positive relationships?	Interactive white board, device/s Audio required	Teacher observation Student responses
Guided/Independent Activity (20 minutes)	**Resources**	**Assessment**
This guided or independent activity can be delivered in flexible modes: 1) On the an IWB involving whole class/small groups 2) On student devices using QR codes or student logins 3) Or a mix of both modes Following the explicit teaching video, students are presented with several reflection questions in the form of multiple choice and short answer responses. Student responses/whole class responses are recorded in the LSG platform. This data can be viewed under reporting on your teacher dashboard. Next, students enjoy an interactive game allowing them to apply knowledge they have attained in the lesson. *Badges can be awarded in this session by clicking on Award Badges in the top right hand corner of your teacher device.*	Interactive white board, device/s	Data collected in LSG platform

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Physical Activity (Physical Education Lesson) (30 minutes)	Resources	Assessment
Social Skills: Making Friends - This physical unit can be found on your LSG platform under classroom resources- physical lesson plans. **Lesson activities:** 1. Mindful Practice- Back-to-Back Breathing 2. Fundamental Movement Skill - Catching 3. Warm Up Movements - Tree 4. Warm Up Game - Caterpillar Tip 5. Cool Down - Mindful Wave 6. Relaxation - Belly Breathing	Equipment:	Teacher observation
Annotations/Register:		

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