



## PASTORAL CARE R-9 SEQUENCE OF LEARNING/FOCUS SOCIAL-EMOTIONAL CONCEPTS

### **Term 1 - Emotions and Wellbeing**

Students develop a stronger understanding of their values and character strengths, and those of others. They learn to identify their emotions and build emotional resilience. Students experience and build positive emotions in their lives such as joy, love and gratitude. They are led in practising mindfulness and resilience techniques to promote greater health outcomes. Students are supported to develop broader healthy behaviour in terms of exercise, nutrition and sleep. Students develop sustainable habits for optimal physical and psychological health.

YCDI Focus - Emotional Resilience

Key Ideas/Learning - Wellbeing, Classroom Values, Character Strengths, Emotions/Emotional Regulation, Emotional Resilience, Mindfulness, Breathing Techniques, Gratitude

### **Healthy Habits**

### **Term 2 - Positive Relationships**

Students develop social and emotional skills that nourish their relationships with themselves and others. They explore the importance of connectedness and strong relationships for wellbeing. They develop skills in effective communication, collaboration and responding to the needs of others. Students are empowered to navigate the online social world with the knowledge of how to interact with others responsibly.

YCDI Focus - Getting Along

Key Ideas/Learning - Relationships, Getting Along, eSafety

### **Term 3 - Achievement**

Empowering individual growth through striving for and achieving meaningful outcomes. Students embrace challenges with a growth mindset, grit, persistence and confidence. Students are able to set goals and build a sense of self management.

YCDI Focus - Confidence, Persistence, Organisation

Key Ideas/Learning - Confidence, Persistence, Organisation, Growth Mindset, Grit/Determination, Goal Setting

### **Term 4 - Empower**

Students grow to appreciate diversity and contribute to a civil society. Students draw on their character strengths to contribute to the benefit of others and the wider community. Students are confident in who they are and are ready to make a difference. Students demonstrate empathy and responsibility.

YCDI Focus - All (review/apply)

Key Ideas/Learning - Community, Involvement, Responsibility, Empathy, Kindness