



BIG TALKS for Little people



LESSON 3 - EMOTIONS

LESSON AIMS

In Lesson 3, we will explore emotions.

EQUIPMENT REQUIRED

General Stationery: For drawing and writing.

Digital animation: “Lighthouse” animation.

Computer access: For optional e-safety website activity

CORE CONTENT

PART 1: Review content from last week.

PART 2: Watch the animation “Lighthouse.”

PART 3: Infographic discussion.

PART 4: Make an infographic.

TEACHER NOTES

Continuing from the previous lesson, students will explore the value of social connection outside of an increasingly ‘online world’. They will begin, firstly by building their concept of what ‘health’ entails, before further exploring the importance of social connection.

In alignment with HPE Australian Curriculum V.9 Year 5/6 content descriptions students learn to: Apply strategies to manage emotions and analyse how emotional responses influence interactions (AC9HP6P06).

Furthermore, students explore concepts of health and:

Analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities. (AC9HP6P10).

In addition, this promotes learning of AC HPE General capabilities, specifically ‘Personal and social capability’, ensuring that students can: Analyse the influence that choices have on developing personal qualities and identify areas for growth (AC9HP6P01 GC/CCP).

Please read the recommended Teacher Sheet: ‘Children’s Anxiety’, located on the ‘Big Talks...’ website.

PART 1: REVIEW CONTENT FROM LAST WEEK

Ask students what they remember last week about emotions.

PART 2: WATCH THE ANIMATION LIGHTHOUSE

Begin lesson by revisiting the ‘Lighthouse’ animation.

Ask students how much time online, each day and during the week, is a ‘healthy’ amount of time to spend online. Record on interactive smartboard or whiteboard.

Students could access the Australian e-safety website to explore the question of how much time should be spent online.

Balancing your time online | eSafety Commissioner

<https://www.esafety.gov.au/young-people/balancing-your-time-online>

Following this, write ‘Health’ on the board, and ask students to contribute attributes or behaviours they think are important to health.

PART 2: CURRICULUM LINKS

Students analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities (AC9HP6P10)

Elaboration:

- Students describe strategies to support a sense of belonging and connection.

Continuum Extract:

- Analyse the influence of different factors and situations on their emotional responses.
- Manage personal factors influencing emotions in a range of contexts including learning

LESSON 3 - EMOTIONS

PART 3: INFOGRAPHIC DISCUSSION

Show students the infographic for the lesson, shown below:

<https://www.kidney.org/kidney-topics/social-determinants-health-and-chronic-kidney-disease>

Discuss particularly, the social elements of health and how connection with other people is vital to wellbeing and health.

Prompt: Teachers may explain this by describing how humans are a social species. List other mammals and animals that are social species and how they co-depend on one another for survival.

Ask students how people need one another for survival, i.e. social systems, distribution of food, sharing and connecting with family or loved ones over meals.

Ask students how a human would manage or survive in isolation and the challenges that would arise and impact an isolated human.

PART 3: CURRICULUM LINKS

Students analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities. (AC9HP6P10).

Elaboration:

Students investigate practices that help promote and maintain health and wellbeing, including creating connections with others to enhance social health.

PART 4: MAKE AN INFOGRAPHIC

To conclude, have students create their own infographic poster or diagram in their book, highlighting the ways people help each other and contribute to one another's health and wellbeing.

PART 4: CURRICULUM LINKS

Students analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities. (AC9HP6P10).

Elaboration:

- Students describe strategies to support a sense of belonging and connection.

Continuum Extract:

- Analyse the influence of different factors and situations on their emotional responses.
- Manage personal factors influencing emotions in a range of contexts including learning

TEACHER CHECKLIST

- ☐ Have you completed the relevant activities and shown the digital animation?