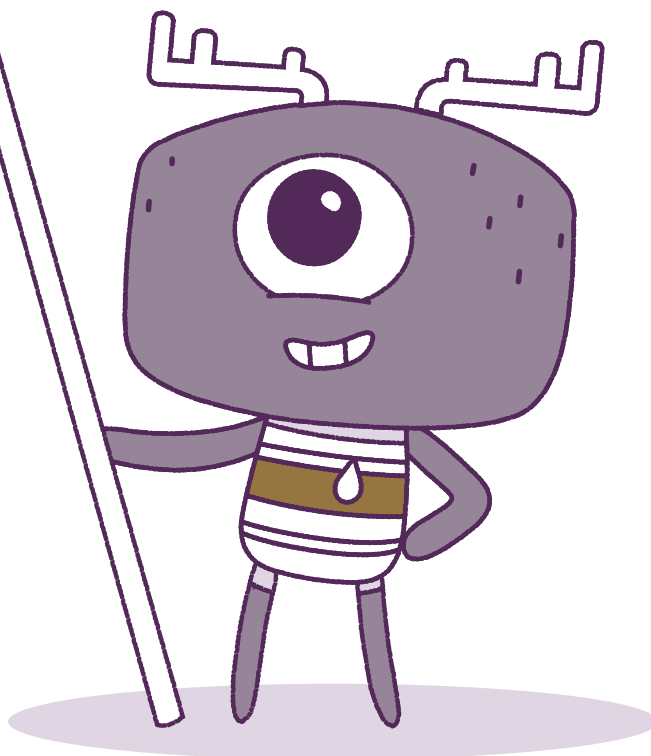




BIG TALKS for Little people



LESSON 7 - SELF-CONCEPT

LESSON AIMS

Explore more about 'Self-concept'.

EQUIPMENT REQUIRED

Digital Animation: "Under a Cloud"

General Stationery: Tools for drawing and writing.

CORE CONTENT

PART 1: Review content from last week.

PART 2: Watch animation "Under a Cloud".

PART 3: Reflecting on sad experiences.

PART 4: Seeking help for sadness.

PART 5: Continue reflection.

TEACHER NOTES

Drawing on the previous lesson learnings, students will develop an understanding of the importance of seeking help when experiencing strong emotions or feeling sad.

In alignment with HPE Australian Curriculum V.9 Year 5/6 content descriptions, students will: Describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04).

This will enable students to:

Apply strategies to manage emotions and analyse how emotional responses influence interactions (AC9HP6P06).

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: 'Restorative Mindset', located on the 'Big Talks...' website.

PART 1: REVIEW CONTENT FROM LAST WEEK

Begin by reviewing what students remember about self-concept from last week.

PART 2: WATCH ANIMATION: UNDER A CLOUD

Begin lesson by rewatching the 'Under a Cloud' animation.

Again, bring students' focus to the Peep – Pan, and how they were feeling. Ask students to think about situations that made them feel sad that way, as though they were 'under a cloud'.

PART 2: CURRICULUM LINKS

Students learn to apply strategies to manage emotions and analyse how emotional responses influence interactions. (AC9HP6P06).

General Capabilities: Emotional Awareness

Continuum Extract:

Students analyse the influence of different factors and situations on their emotional responses.

LESSON 7 - CONFLICT MANAGEMENT

PART 3: REFLECTING ON SAD EXPERIENCES

Have students return to their workspaces and record situations in which they have felt sadness.

Prompt: Discuss with students first, how everyone experiences sadness, and that it is normal and okay to feel that way sometimes.

PART 3: CURRICULUM LINKS

Students learn to apply strategies to manage emotions and analyse how emotional responses influence interactions. (AC9HP6P06).

General Capabilities: Emotional Awareness

Continuum Extract:

Students analyse the influence of different factors and situations on their emotional responses.

Elaborations:

Students explore the emotions associated with feeling unsafe or uncomfortable and organise strategies to manage these situations.

Continuum Extract:

Students manage personal factors influencing emotions in a range of contexts including learning.

PART 4: SEEKING HELP FOR SADNESS

Regroup students and facilitate a discussion on the importance of asking for help from a friend or trusted adult when feeling sad.

On the whiteboard or interactive smartboard, have students contribute the benefits of seeking support. Follow up by brainstorming strategies and approaches for asking for help when feeling sad.

PART 4: CURRICULUM LINKS

Students learn to apply strategies to manage emotions and analyse how emotional responses influence interactions. (AC9HP6P06).

General Capabilities: Emotional Awareness

Continuum Extract:

Students analyse the influence of different factors and situations on their emotional responses.

Elaborations:

Students explore the emotions associated with feeling unsafe or uncomfortable and organise strategies to manage these situations.

Continuum Extract:

Students manage personal factors influencing emotions in a range of contexts including learning.

LESSON 7 - SELF-CONCEPT

PART 5: CONTINUE REFLECTION

To conclude, have students return to their workspace and from their previous recordings, students add to their past experiences, ways in which they could have asked for help or sought support.

PART 5: CURRICULUM LINKS

Students analyse the influence that choices have on developing personal qualities and identify areas for growth (AC9HP6P01 GC/CCP).

TEACHER CHECKLIST

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