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Wellbeing lessons to be taught during our whole school wellbeing time Mondays middle block after STAR news. Resilience Project program will drive the majority of sessions, with Berry Street and Respectful Relationships complimenting. There will be a Cyber Safety Webinar and activities each term for all grades.

<p>Resilience Project Curriculum</p>	<p>Berry Street Curriculum</p>	<p>Respectful Relationship Curriculum</p>	<p>Cyber Safety Program</p>
<p>Prep 1/2 (Grade 2) 3/4 (Grade 4) 5/6 (Grade 6)</p>	<p>Berry Street Lessons</p>	<p>Prep 1/2 3/4 5/6</p>	<p>Teacher Portal Password: Empower12227</p>

Term 1, 2022				
	Prep	1/2	3/4	5/6
Week 1-2	STAR Values / Team building	STAR Values / Team building	STAR Values / Team building	STAR Values / Team building
Week 3	<p>CyberSafety Webinar Teacher Portal (Term 1 Webinar replay is halfway down the page, Ollie Online) F-2 Lesson Ideas</p>	<p>CyberSafety Webinar Teacher Portal Password: Empower12227 Live Stream - 15/2 12:00pm Or watch replay F-2 Lesson Ideas</p>	<p>CyberSafety Webinar Teacher Portal Password: Empower12227 Live Stream 14/2 12:00pm Or watch replay 3/4 Lesson Ideas (Picture Story Books with Melissa)</p>	<p>CyberSafety Webinar Teacher Portal Password: Empower12227 Live Stream 14/2 9:15 or 10:15am Or watch replay 5/6 Lesson Ideas</p>
	<p>Mindfulness 4. Mindful Now Lesson 4 Plan Meditation</p>	<p>Mindfulness 3. Happy Mind Lesson 3 Plan</p>	<p>Mindfulness 4. What is Mindfulness Lesson 4 Plan</p>	<p>Mindfulness 27. Mind/Body Connection: Eating Lesson 27 Plan</p>
Week 4	<p>Mindfulness 11. Mindful Breathing Lesson 11 Plan</p>	<p>Mindfulness 9. Counting Sounds Lesson 9 Plan</p>	<p>Mindfulness 12. Five Count Belly Breathing Lesson 12 Plan</p>	<p>Mindfulness 28. Mind/Body Connection: Physical Lesson 28 Plan</p>
Week 5	Mindfulness	Mindfulness	Mindfulness	Mindfulness

	12. Feel the Music Lesson 12 Plan	10. Cloud Dreaming Lesson 10 Plan	13. Yoga Mindfulness Lesson 13 Plan	29. Mind/Body: Sleep and Digital Distractions Lesson 29 Plan
Week 6	<i>Berry Street Lesson Strategy: Find Your Centre and getting Ready to Learn</i>	<i>Mindfulness</i> 16. Mindful Time Lesson 16 Plan	<i>Mindfulness</i> 20. Mindful Eating Lesson 20 Plan	<i>Mindfulness</i> 30. Mind/Body Connection: Presentations Lesson 30 Plan
Week 7 (Labour Day Week)	<i>Emotional Literacy</i> 1. Feelings Lesson 1 Plan	<i>Berry Street Lesson Strategy: Find Your Centre and getting Ready to Learn</i>	<i>Mindfulness</i> 21. Mindful Outdoors Lesson 21 Plan	<i>Berry Street Lesson Wellbeing Workspace</i>
STAR DAY 18/3	Respectful Relationships Help Seeking Unit  STAR Day Planner ...	Respectful Relationships Help Seeking Unit  STAR Day Planner ...	Respectful Relationships Help Seeking Unit  STAR Day Planner ...	Respectful Relationships Help Seeking Unit  STAR Day Planner ...
Week 8	<i>Emotional Literacy</i> 5. A Good Friend Lesson 5 Plan	<i>Emotional Literacy</i> 4. Emotional Face Lesson 4 Plan	<i>Berry Street Lesson Strategy: Find Your Centre and getting Ready to Learn</i>	<i>Emotional Literacy</i> 3. Emotions Vary in Depth and Strength Lesson 3 Plan
Week 9	<i>Emotional Literacy</i> 6. Sharing is Caring Lesson 6 Plan	<i>Emotional Literacy</i> 11. Bouncing Back Lesson 11 Plan	<i>Emotional Literacy</i> 1. Introduction into Emotional Literacy Lesson 1 Plan	<i>Emotional Literacy</i> 10. My Top Strengths Lesson 10 Plan
Week 10	<i>Emotional Literacy</i> 13. Changing Faces Lesson 13 Plan	<i>Emotional Literacy</i> 12. Together, Everyone Achieves More Lesson 12 Plan	<i>Emotional Literacy</i> 5. Character Strengths Lesson 5 Plan	<i>Emotional Literacy</i> 11. Character Strengths Lesson 11 Plan
Term 2				
	Prep	1/2	3/4	5/6
Week 1 (ANZAC Day Week)	<i>Emotional Literacy</i> 14. Picturing Emotions Lesson 14 Plan	<i>Emotional Literacy</i> 17. Emotional Me Lesson 17 Plan	<i>Emotional Literacy</i> 6. Strength Spotting Lesson 6 Plan	<i>Emotional Literacy</i> 14. 'Worming it Out' Lesson 14 Plan
Week 2	CyberSafety Webinar F-2 Teacher Portal <i>Password: Empower12227</i> Live Stream 2/5 @ 9:15 or 10:15 10/5 @ 12:00  F-2 Teacher Resources (Term 2, 2022)  F-2 Tip Sheet for Parents T2.pdf		CyberSafety Webinar Teacher Portal <i>Password: Empower12227</i> Live Stream 3/5 @ 9:15 or 10:15 9/5 @ 12:00	<i>Emotional Literacy</i> 16. Understanding Chemical Responses Lesson 16 Plan
	<i>Emotional Literacy</i> 15. Emotional Timeline Lesson 15 Plan	RR: Positive Gender Relations Lesson 1 (Page 63): What is fair play?  RRRR1and2.pdf	<i>Emotional Literacy</i> 14. Emotions Influencing our Behaviour Lesson 14 Plan	CyberSafety Webinar Teacher Portal <i>Password: Empower12227</i> Live Stream 3/5 @ 12pm

				9/5 @ 9:15 or 10:15
Week 3	RR: Positive Gender Relations <u>Lesson 1 (Page 44):</u> Fair and Friendly Play  RRRR Foundation....	RR: Positive Gender Relations <u>Lesson 2 (Page 64):</u> Creating a Gender Friendly classroom  RRRR1and2.pdf	<i>Emotional Literacy</i> 15. Catastrophe Scale Lesson 15 Plan	<i>Emotional Literacy</i> 17. Natural Emotions Lesson 17 Plan
Week 4	RR: Positive Gender Relations <u>Lesson 2 (Page 45):</u> What is Fair? What is Violent?  RRRR Foundation....	RR: Positive Gender Relations <u>Lesson 3 (Page 65):</u> What is Gender Based Violence?  RRRR1and2.pdf	RR: Positive Gender Relations <u>Lesson 1 (Page 75):</u> What is Violence  RRRR3and4.pdf	RR: Positive Gender Relations <u>Lesson 1 (Page 93):</u> What is Violence  RRRR5and6new.pdf
Week 5	RR: Positive Gender Relations <u>Lesson 3 (Page 47):</u> Sharing Play Space and Equipment  RRRR Foundation....	<i>Emotional Literacy</i> 18. Emotional Body Lesson 18 Plan	RR: Positive Gender Relations <u>Lesson 2 (Page 76):</u> What is Gender Based Violence  RRRR3and4.pdf	RR: Positive Gender Relations <u>Lesson 2 (Page 95):</u> What is Gender Based Violence  RRRR5and6new.pdf
Week 6	RR: Positive Gender Relations <u>Lesson 4 (Page 48):</u> Witnessing Gender Based Violence at School  RRRR Foundation....	<i>Emotional Literacy</i> 21. My Emotional Thermometer Lesson 21 Plan	3/4 Camp	RR: Positive Gender Relations <u>Lesson 3 (Page 99):</u> Understanding power relations  RRRR5and6new.pdf
Week 7	RR: Positive Gender Relations <u>Lesson 5 (Page 49):</u> What are Clothes For?  RRRR Foundation....	<i>Emotional Literacy</i> 22. It's OK To Be Alone Lesson 22 Plan	RR: Positive Gender Relations <u>Lesson 3 (Page 80):</u> Rights and responsibilities  RRRR3and4.pdf	RR: Positive Gender Relations <u>Lesson 4 (Page 100):</u> Active respect in peer relationships  RRRR5and6new.pdf
Week 8	RR: Positive Gender Relations <u>Lesson 6 (Page 52):</u> Keeping my body safe  RRRR Foundation....	RR: Positive Gender Relations <u>Lesson 4 (Page 67):</u> The Opposite of Violence is Respect  RRRR1and2.pdf	RR: Positive Gender Relations <u>Lesson 4 (Page 81):</u> Respect in action  RRRR3and4.pdf	RR: Positive Gender Relations <u>Lesson 5 (Page 103):</u> What is sexual harassment and sexual assault?  RRRR5and6new.pdf
Week 9	<i>Empathy</i> 3. Be a Helper Lesson 3 Plan	RR: Positive Gender Relations <u>Lesson 5 (Page 68):</u> Respect my space, respect my body  RRRR1and2.pdf	RR: Positive Gender Relations <u>Lesson 5 (Page 83):</u> It starts with me: A gender-friendly community  RRRR3and4.pdf	RR: Positive Gender Relations <u>Lesson 6 (Page 105):</u> Peer support: setting boundaries, communicating standards  RRRR5and6new.pdf
Term 3				
	Prep	1/2	3/4	5/6
Week 1	<i>Empathy</i> 9. Help Lesson 9 Plan	<i>Gratitude</i> 1. Gratitude Heart Lesson 1 Plan	RR: Positive Gender Relations <u>Lesson 6 (Page 86):</u> Seeking safety, seeking help  RRRR3and4.pdf	RR: Positive Gender Relations <u>Lesson 7 (Page 113):</u> Help-seeking in response to gender based violence  RRRR5and6new.pdf

Week 2	<p align="center">CyberSafety Webinar F-2 Teacher Portal Password: Empower12227 Live Stream Monday 18th 9:15am or 10:15am</p>		<p align="center">CyberSafety Webinar Teacher Portal Password: Empower12227 Live Stream Tuesday 19th 9:15am or 10:15am</p>	<p align="center">CyberSafety Webinar Teacher Portal Password: Empower12227 Live Stream Tuesday 19th 12pm</p>
Week 3	<p align="center"><i>Empathy</i> 10. Co-operation Lesson 10 Plan</p>	<p align="center"><i>Gratitude</i> 5. Gratitude Jar Lesson 5 Plan</p>	<p>RR: Positive Gender Relations Lesson 7 (Page 88): Practising asking for help in situations involving gender-based violence  RRRR3and4.pdf</p>	<p align="center"><i>Emotional Literacy</i> 22. Managing Emotional Changes Lesson 22 Plan</p>
Week 4	<p align="center"><i>Empathy</i> 10. Co-operation Lesson 10 Plan</p>	<p align="center"><i>Gratitude</i> 6. Gratitude Appreciation Lesson 6 Plan</p>	<p align="center"><i>Emotional Literacy</i> 22. Positive Self Talk Lesson 22 Plan</p>	<p align="center"><i>Emotional Literacy</i> 23. Managing Social Changes Lesson 24 Plan</p>
Week 5	<p align="center"><i>Gratitude</i> 2. Gratitude Chain Lesson 2 Plan</p>	<p align="center"><i>Gratitude</i> 6. Gratitude Appreciation Lesson 6 Plan</p>	<p align="center"><i>Emotional Literacy</i> 23. Emotion PEP Talks Lesson 23 Plan</p>	<p align="center"><i>Emotional Literacy</i> 25. Emotions are Essential Lesson 25 Plan</p>
Week 6	<p align="center"><i>Gratitude</i> 7. Please and Thank You Lesson 7 Plan</p>	<p align="center"><i>Gratitude</i> 13. Family Gratitude Lesson 13 Plan</p>	<p align="center"><i>Emotional Literacy</i> 28. Emotions Influencing Friendship Lesson 28 Plan</p>	<p align="center"><i>Emotional Literacy</i> 26. Who Can I Help? Lesson 26 Plan</p>
Week 7	<p>RR: Gender and Identity Lesson 1 (Page 36): Different things to know about me  RRRR Foundation....</p>	<p>RR: Gender and Identity Lesson 1 (Page 52): Identity: comparing personal preferences  RRRR1and2.pdf</p>	<p align="center"><i>Emotional Literacy</i> 29. The Invisible Boy Lesson 29 Plan</p>	<p>RR: Gender and Identity Lesson 1 (Page 69): Born of Made? Thinking About Gender  RRRR5and6new.pdf</p>
Week 8	<p>RR: Gender and Identity Lesson 2 (Page 38): Exploring gender: Boys and Girls can be the same and different  RRRR Foundation....</p>	<p>RR: Gender and Identity Lesson 2 (Page 54): Labels are for jars, not for people  RRRR1and2.pdf</p>	<p>RR: Gender and Identity Lesson 1 (Page 61): The many facets of me  RRRR3and4.pdf</p>	<p>RR: Gender and Identity Lesson 2 (Page 70): From Words to Actions  RRRR5and6new.pdf</p>
Week 9	<p>RR: Gender and Identity Lesson 3 (Page 39): Anyone Can Choose  RRRR Foundation....</p>	<p>RR: Gender and Identity Lesson 3 (Page 56): Inclusive gender stories  RRRR1and2.pdf</p>	<p>RR: Gender and Identity Lesson 2 (Page 65): Exploring gender norms through literature  RRRR3and4.pdf</p>	<p>RR: Gender and Identity Lesson 1 (Page 72): From Gender Norms to Adolescence  RRRR5and6new.pdf</p>
Week 10	<p>RR: Gender and Identity Lesson 4 (Page 41): Everyone can be strong and gentle  RRRR Foundation....</p>	<p>RR: Gender and Identity Lesson 4 (Page 58): Using personal strengths to resist gender stereotyping  RRRR1and2.pdf</p>	<p>RR: Gender and Identity Lesson 3 (Page 65): Investigating gender roles in children's media  RRRR3and4.pdf</p>	<p>RR: Gender and Identity Lesson 4 (Page 73): Facts About Gender Opportunity  RRRR5and6new.pdf</p>

Term 4

Week 1	<p align="center"><i>Gratitude</i> 8. Friends, I am Grateful For Lesson 8 Plan <i>Use for reporting statement</i></p>	<p align="center"><i>Empathy</i> 2. Empathy Role Play Lesson 2 Plan</p>	<p align="center"><i>Empathy</i> 3. What is Empathy? Lesson 3 Plan</p>	<p align="center">2. Empathy 101 Lesson 2 Plan</p>
Week 2	<p align="center">CyberSafety Webinar F-2 Teacher Portal <i>Password: Empower12227</i> Live Stream Monday 10th @ 9:15am or 10:15am OR Tuesday 18th @ 12pm</p>		<p align="center">CyberSafety Webinar Teacher Portal <i>Password: Empower12227</i> Live Stream Tuesday 11th 9:15am or 10:15am OR Monday 17th 12pm</p>	<p align="center">CyberSafety Webinar Teacher Portal <i>Password: Empower12227</i> Live Stream Tuesday 11th @ 12pm OR Monday 17th 9:15am or 10:15am</p>
Week 3	<p align="center"><i>Gratitude</i> 6. Gratitude Appreciation Lesson 6 Plan <i>Use for reporting statement</i></p>	<p align="center"><i>Empathy</i> 7. Inclusion Lesson 7 Plan</p>	<p align="center"><i>Empathy</i> 10. Small Acts of Kindness Lesson 10 Plan</p>	<p align="center"><i>Empathy</i> 8. Empathy vs Sympathy Lesson 8 Plan</p>
Week 4	<p align="center"><i>Gratitude</i> 13. Family Gratitude Lesson 13 Plan <i>Use for reporting statement</i></p>	<p align="center"><i>Empathy</i> 8. In Their shoes Lesson 8 Plan</p>	<p align="center"><i>Empathy</i> 11. Ordinary Mary Lesson 11 Plan</p>	<p align="center"><i>Empathy</i> 9. Sharing Your Knowledge Lesson 9 Plan</p>
Week 5	<p>RR: Emotional Literacy Lesson 1 (Page 4): The Emotions Echo Game RRRR Foundation....</p>	<p align="center"><i>Empathy</i> 14. Role Play with a Challenge Lesson 14 Plan</p>	<p align="center"><i>Empathy</i> 18. Different Perspectives Lesson 18 Plan</p>	<p align="center"><i>Empathy</i> 14. Small Acts of Kindness Lesson 14 Plan</p>
Week 6	<p>RR: Emotional Literacy Lesson 3 (Page 5): Mirror, Mirror on the wall, How are you feeling overall? RRRR Foundation....</p>	<p align="center"><i>Empathy</i> 15. Cooperation Lesson 15 Plan</p>	<p align="center"><i>Empathy</i> 19. Building Strong Communities Lesson 19 Plan</p>	<p align="center"><i>Empathy</i> 20. Positive Self Talk Lesson 20 Plan</p>
Week 7	<p>RR: Emotional Literacy Lesson 5 (Page 7): Drawing Emotions RRRR Foundation....</p>	<p align="center"><i>Empathy</i> 19. Kindness Tree Lesson 19 Plan</p>	<p align="center"><i>Empathy</i> 25. Importance of Showing Empathy Lesson 25 Plan</p>	<p align="center"><i>Empathy</i> 21. All Unique, All Different Lesson 21 Plan</p>
Week 8	<p>RR: Positive Coping Lesson 1 (Page 16): Fast Emotions Game RRRR Foundation....</p>	<p align="center"><i>Empathy</i> 20. When I Grow Up Lesson 20 Plan</p>	<p align="center"><i>Empathy</i> 26. Small Gestures Lesson 26 Plan</p>	<p align="center"><i>Empathy</i> 24. Encouraging Change Lesson 24 Plan</p>
Week 9	<p>RR: Positive Coping Lesson 3 (Page 17): How are you Today? RRRR Foundation....</p>	<p align="center"><i>Emotional Literacy</i> 18. Emotional Body Lesson 18 Plan</p>	<p align="center"><i>Empathy</i> 27. Empathy and Family Lesson 27 Plan</p>	<p align="center"><i>Gratitude</i> 1. My Gratitude Lesson 1 Plan</p>

Week 10	RR: Positive Coping <u>Lesson 5 (Page 21):</u> Managing Emotions  RRRR Foundation...	<i>Emotional Literacy</i> 21. My Emotional Thermometer Lesson 21 Plan	<i>Gratitude</i> 16. Gratitude Wall Lesson 16 Plan	<i>Gratitude</i> 6. My Fav Gratitude Quote Lesson 6 Plan
Week 11	RR: Stress Management <u>Lesson 1 (Page 28):</u> The Melting Tiger Game  RRRR Foundation...	<i>Emotional Literacy</i> 22. It's OK To Be Alone Lesson 22 Plan	<i>Gratitude</i> 17. Thank You Poster Lesson 17 Plan	<i>Gratitude</i> 19. Gratitude Quilt Lesson 19 Plan