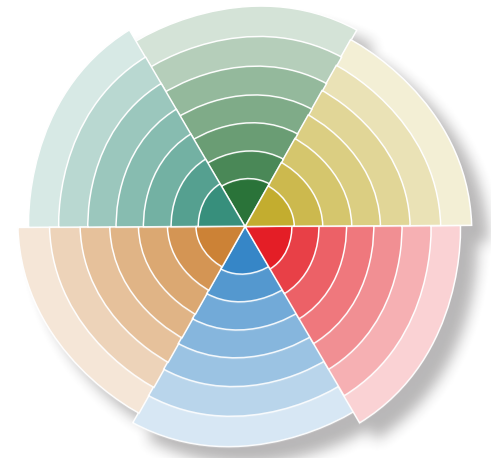


# PERSONAL AND SOCIAL LEARNING CAPABILITIES

## COMPETENCY FRAMEWORK



### FOUNDATION

Maps to ACARA level 1a & 1b

Recognise and label basic emotions, express emotions appropriately, and show basic empathy towards others.

#### Competencies

##### Identifying Emotions

Recognising basic emotions in oneself and others, specifically happiness, sadness, anger, anxious, excitement and fear.

##### Expressing Emotions

Developing the ability to express emotions in an appropriate manner through words, facial expressions, and body language.

##### Empathy

Showing basic empathy by understanding and responding to the emotions of others.

#### Lesson Plans

- F1 My Emotions
- F2 Introduction to Happy
- F3 Introduction to Anxious
- F4 Introduction to Angry
- F5 Introduction to Sad
- F6 Introduction to Scared
- F7 Introduction to Excited
- F8 Understanding Emotions
- F9 Empathy
- F10 Recognising Emotional Intensity

### PROFICIENT

Maps to ACARA level 2

Deepen self awareness, enhance emotional regulation skills, and introduce the concept of perspective taking to understand others' emotions.

#### Competencies

##### Self Awareness

Increasing self-awareness by recognising and labeling a wider range of emotions and understanding their impact on personal wellbeing.

##### Emotional Regulation

Developing strategies to manage and regulate emotions effectively, with some coregulatory support.

##### Perspective Taking

Beginning to understand different perspectives and considering how others may feel in specific situations.

#### Lesson Plans

- |                         |                          |
|-------------------------|--------------------------|
| P1 Exploring Emotions   | P10 Emotional Expression |
| P2 Exploring Happiness  | P11 Emotional Resilience |
| P3 Exploring Anxiety    | P12 Emotion vs Feeling   |
| P4 Exploring Anger      | P13 Conflict Resolution  |
| P5 Exploring Sadness    |                          |
| P6 Exploring to Scared  |                          |
| P7 Exploring Excitement |                          |
| P8 Emotional Regulation |                          |
| P9 Perspective Taking   |                          |

Maps to ACARA level 3

Foster emotional expression, teach effective coping mechanisms, and promote constructive conflict resolution strategies.

#### Competencies

##### Emotional Expression

Enhancing the ability to express emotions assertively and constructively, using appropriate communication techniques.

##### Emotional Resilience

Developing resilience and coping skills to bounce back from setbacks and manage stress effectively.

##### Conflict Resolution

Learning constructive ways to resolve conflicts by understanding emotions, listening actively, and finding win-win solutions.

### ADVANCED

Maps to ACARA level 4

Deepen emotional awareness, enhance emotional intelligence in relationships, and cultivate empathy and compassion towards others.

#### Competencies

##### Self Awareness

Recognising and labeling to an even wider range of emotions and understanding their impact on personal wellbeing.

##### Emotional Awareness

Recognising subtle emotional cues and non verbal expressions in oneself and others.

##### Emotional Regulation

Developing strategies to manage and regulate emotions effectively, with little co-regulatory support.

##### Emotional Intelligence in Relationships

Understanding the impact of emotions on relationships and developing skills for building and maintaining positive connections.

##### Empathy and Compassion

Considering others' feelings, perspectives, and needs in a more profound manner.

Maps to ACARA level 5

Refine emotional management skills, foster leadership abilities through emotional intelligence, and promote advanced conflict resolution techniques.

#### Competencies

##### Emotional Management

Enhancing emotional management skills by identifying triggers, applying coping strategies, and making proactive choices to regulate emotions effectively.

##### Emotional Intelligence in Leadership

Developing leadership skills by understanding and managing emotions within a group or team setting, fostering collaboration and motivation.

##### Conflict Management

Applying advanced conflict resolution techniques, such as negotiation, active listening, and finding mutually beneficial solutions.

#### Lesson Plans

- |  |  |
|--|--|
| A1 Self-awareness and Emotional Awareness  | A11 Emotional Management                 |
| A2 Understanding and Managing Happiness    | A12 Advanced Conflict Management         |
| A3 Understanding and Managing Anxiety      | A13 Emotional Intelligence in Leadership |
| A4 Understanding and Managing Anger        |  |
| A5 Understanding and Managing Sadness      |  |
| A6 Understanding and Managing Scared       |  |
| A7 Understanding and Managing Excitement   |  |
| A8 Social Intelligence                     |  |
| A9 Emotional Intelligence in Relationships |  |
| A10 Advanced Empathy                       |  |

### MASTERY

Maps to ACARA level 6

Integrate emotional intelligence into decision making processes, develop emotional agility for adaptability, and promote resilience and wellbeing.

#### Competencies

##### Self Awareness

Recognising and labeling a wider range of emotions, primary and secondary emotions, interpreting data and understanding impact.

##### Emotional Regulation

Strategies to manage and self regulate emotions effectively.

##### Emotional Intelligence in Decision Making

Conscientious and rational decision making considering emotion and logic.

##### Emotional Agility

Demonstrating flexible and adaptive responsiveness, openness to new perspectives, and adjusting behaviour accordingly.

##### Resilience and Wellbeing

Cultivating self care better wellbeing through self reflection, positivity, and support seeking.

#### Lesson Plans

- M1 Exploring and Embracing Emotions
- M2 EI in Decision Making
- M3 The Pursuit of Happiness: Cultivating EI
- M4 Understanding Anxiety: Cultivating EI
- M5 Investigating Anger: Building EI
- M6 Navigating Sadness: Developing EI
- M7 Conquering Fear: Developing EI
- M8 Harnessing Excitement: Developing EI
- M9 Emotional Agility
- M10 Advanced Resilience
- M11 Understanding Change and Adaptability
- M12 Self Awareness and Wellbeing



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# PERSONAL AND SOCIAL LEARNING CAPABILITIES

## Lesson Plan Map



### FOUNDATION

Maps to ACARA level 1a & 1b

#### F1 My Emotions (30-45mins)

Identify and express a range of emotions and understand that emotions are normal and it's important to express and manage appropriately.

#### F2 Introduction to Happy (30-45mins)

Deepen understanding of "happy", identify its characteristics, express what it looks and feels like, and explore activities that bring joy.

#### F3 Introduction to Anxiety (45-60mins)

Deepen understanding of "anxiety", identify its characteristics, expressing what it looks and feels like, and explore strategies to manage it.

#### F4 Introduction to Angry (45-60mins)

Deepen understanding of "angry", identify its characteristics, express what it looks and feels like, and explore strategies for healthy management.

#### F5 Introduction to Sad (45-60mins)

Deepen understanding of "sad", identify its characteristics, express what it looks and feels like, and explore ways cope and support others.

#### F6 Introduction to Scared (35-45mins)

Deepen understanding of "scared", identify its characteristics, express what it looks and feels like, and explore strategies to overcoming fear.

#### F7 Introduction to Excited (45-60mins)

Deepen understanding emotion "excited", identify characteristics, express what it looks and feels like, and explore ways to channel and manage energy.

#### F8 Understanding Emotions (45mins)

Identify and label basic emotions in themselves and others, and express their emotions effectively.

#### F9 Empathy (45mins)

Define the concept of empathy, develop the ability to identify and understand others' feelings, and demonstrate empathy through various activities.

#### F10 Recognising Emotional Intensity (30mins)

Identify and express the different intensity levels of emotions using the metaphor of a volcano.

**+13 MORE**  
level 1 lesson plans  
attached to SWITCHES

Including...



#### The Calmer Farmer

A picture based story about a farmer facing many challenges. Perfect for managing **anxiety**.



#### Maze Games

Perfect for building confidence, mindfulness and problem solving skills, and managing **excitement**.



#### Scrunchie

Perfect for redirecting energy to use physiology to control and manage **anger**.



### PROFICIENT

Maps to ACARA level 2 & 3

#### P1 Exploring Emotions (30-45mins)

Identify and name different emotions, understand that everyone experiences emotions, and recognise that it is okay to have a range of emotions.

#### P2 Exploring Happiness (45-60mins)

Define happiness and understand its importance, identify activities and behaviours that contribute to their own happiness.

#### P3 Exploring Anxiety (45-60mins)

Define anxiety and understand its role in the body, identify strategies for managing anxiety in a healthy way.

#### P4 Exploring Anger (45-60mins)

Define anger and understand its role in the body, identify strategies for managing anger in a healthy way.

#### P5 Exploring Sadness (45-60mins)

Define sadness and understand its role in the body, identify strategies for managing sadness in a healthy way.

#### P6 Exploring Scared (45-60mins)

Define fear, differentiate anxiety and feeling scared, identify the physical and emotional signs of scared, and learn strategies for managing and coping.

#### P7 Exploring Excitement (45-60mins)

Define excitement and identify the physical and emotional signs of excitement, as well as learn ways to express excitement in appropriate ways.

#### P8 Emotional Regulation (45mins)

Develop strategies to manage and regulate emotions more effectively.

#### P9 Perspective Taking (45mins)

Practice perspective taking and consider how others may feel in specific situations.

#### P10 Emotional Expression (45mins)

Explore strategies to express emotions assertively and constructively.

#### P11 Emotional Resilience (45mins)

Define emotional resilience, develop strategies to cope with challenging situations, and demonstrate resilience through various activities.

#### P12 Emotions Versus Feelings (35mins)

Differentiate between emotions and feelings, understand the importance of emotional awareness, and express emotion healthily and constructively.

#### P13 Conflict Resolution (45mins)

Resolve conflict constructively by managing emotion, active listening, finding win-win solutions, and enhancing emotional expression skills.

**+42 MORE**  
level 3 lesson plans  
attached to SWITCHES

Including...



#### Identify 5

Perfect for shifting focus from an internal state to an external one, and managing being **scared**.



#### Stars & Wishes

Perfect for capturing optimism, focusing, and feeling positive about the future.

### ADVANCED

Maps to ACARA level 4 & 5

#### A1 Self-Awareness and Emotional Awareness (45mins)

Recognise and label a wider range of emotions, understand their impact on personal wellbeing, and develop skills for deepening emotional awareness.

#### A2 Understanding and Managing Happiness (45mins)

Understand the fundamentals of peace and happiness to enhance self-awareness.

#### A3 Understanding and Managing Anxiety (45mins)

Recognise, understand, manage, and use anxiety constructively to enhance self-awareness.

#### A4 Understanding and Managing Anger (45mins)

Recognise, understand, manage, and use anger constructively to enhance self-awareness.

#### A5 Understanding and Managing Sadness (45mins)

Recognise, understand, and manage sadness constructively to enhance self-awareness.

#### A6 Understanding and Managing Scared (45mins)

Recognise, understand, manage, and constructively use feeling scared to enhance self awareness.

#### A7 Understanding and Managing Excitement (45mins)

Recognise, understand, manage, and use excitement constructively to enhance self awareness.

#### A8 Social intelligence (45mins)

Define social intelligence, develop skills in observing and assisting others in coping with emotions, and apply these skills in real life scenarios.

#### A9 Emotional Intelligence in Relationships (45mins)

Understand the impact of emotions on relationships, and develop skills for building and maintaining positive connections.

#### A10 Advanced Empathy (45mins)

Recognising, practicing and cultivating empathy and compassion. Apply cognitive empathy.

#### A11 Emotional Management (45mins)

Enhance emotional management skills and make proactive choices to better regulate emotions.

#### A12 Advanced Conflict Management (45mins)

Recognise types of conflict in everyday life, the role emotions play in escalating conflict, and how to use emotion to drive better outcomes.

#### A13 Emotional Intelligence (EI) in Leadership (45mins)

Understanding and managing emotions within a group or team setting, fostering collaboration and motivation.

**+50 MORE**  
level 5 lesson plans  
attached to SWITCHES

Including...



#### Bubble of Control

Perfect for feelings of overwhelm or panic, and helping manage **anxiety** and being **scared**.



#### Breath Draw

Perfect for quickly calming the mind, refocusing attention, and managing **anger**.

### MASTERY

Maps to ACARA level 6

#### M1 Exploring and Embracing Emotions (45mins)

Increase self awareness, understand primary and secondary emotions, and consider how energy and emotion are correlated through data.

#### M2 Emotional Intelligence (EI) in Decision Making (45mins)

Utilise emotional intelligence in decision making by considering both emotional and logical factors.

#### M3 The Pursuit of Happiness: Cultivating EI (45mins)

Define happiness and connection with wellbeing. Explore contributing factors, and explore how to cultivate happiness and foster positive relationships.

#### M4 Understanding Anxiety: Cultivating EI (45mins)

Understand impact on emotional wellbeing, identify triggers and coping strategies, and manage anxiety by fostering empathy and self-regulation.

#### M5 Investigating Anger: Building EI (45mins)

Understand impact on emotional wellbeing, identify triggers, and learn strategies to manage anger, fostering empathy, and communicate effectively.

#### M6 Navigating Sadness: Developing EI (45mins)

Define sadness and impact on wellbeing, explore the causes and manifestations of sadness, and foster self awareness, empathy, and coping mechanisms.

#### M7 Conquering Fear: Developing EI (45mins)

Define being scared and impact on wellbeing, explore causes and manifestations, and foster self awareness, resilience, and coping mechanisms.

#### M8 Harnessing Excitement: Developing EI (45mins)

Enhance self awareness and emotional regulation skills, and deepen understanding of excitement and how to better embrace and manage it.

#### M9 Emotional Agility (45mins)

Define flexibility and adaptability in emotional responses, and develop self reflection, positive coping strategies, and seeking support when needed.

#### M10 Advanced Resilience (45mins)

Be equipped with advanced resilience skills to navigate challenges, setbacks, and transitions effectively.

#### M11 Understanding Change and Adaptability (45mins)

Understand the stages of the Change Cycle, recognise responses to change, and develop strategies for navigating through each stage.

#### M12 Self Awareness and Wellbeing (45mins)

Enhance self awareness and promote overall wellbeing through advanced self reflection and self care practices.

**+53 MORE**  
level 7 lesson plans  
attached to SWITCHES

Including...



#### Values

Perfect for creating clarity and focus about your personal priorities.



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