



Willetton Senior High School

All About Me Program

Duration: 9 Weeks

Western Australia Curriculum descriptors:*Being Healthy Safe and Active:*

Management of emotional and social changes associated with puberty through the use of; coping skills, communication skills, problem solving skills and strategies. (ACPPS071)

Feelings and emotions associated with transitions; and practising self-talk and help-seeking strategies to manage these transitions. (ACPPS0070) Strategies to promote safety in online environments. (ACPPS070)

Communicating and Interacting for Health and Well-Being:

The impact of relationships on own and others' wellbeing. The benefits of relationships, the influence of peers and family applying online and social protocols to enhance relationships. (ACPPS074)

Session:	Lesson Aim and Content:	Resources:	Assessment
One	<p>By the end of the lesson, students will;</p> <ul style="list-style-type: none"> Participate in Get to Know You Activities to enhance class connections. Be equipped with information on the unit outline and assessment requirements. Go through definitions and revision expectations (Completed at the start of each lesson) Start Letter to Me for end of year comparisons of goals, attitudes, likes, dislikes etc. finish for homework For next week students are to have parent consent form for Inside out signed - take books home after this session 	<p>MOST RESOURCES IN BOOKLET: Get to Know You Activities (suggestions only) Letter to Me</p>	
Two	<p>By the end of the lesson, students will;</p> <ul style="list-style-type: none"> Be introduced to first piece of assessment – “All About Me” to be completed over the course of the first few weeks. Students will create their own diagrammatic biography. Ice breaker activities Personality quiz Over coming set backs 	<p>Unit outline and assessment (2 pieces)</p> <p>https://www.biteback.org.au/Quiz/PersonalityQuiz?IsMFC=true</p>	<p>Hand out: All About Me Assessment DUE DATE: Week 4</p>
Three	<p>By the end of the lesson, students will;</p> <ul style="list-style-type: none"> Introduction to resilience, mental wellbeing and emotional wellbeing Glossary definition Kahoot - resilience Real life application on resilience Optional - work on assessment in class 	<p>Kahoot</p> <p>https://create.kahoot.it/share/duplicate-of-resilience/2cf4af06-ce82-4627-a62d-deab605fd954</p>	

Four	By the end of the lesson, students will; <ul style="list-style-type: none"> Review previous weeks Re-cap resilience Introduce the 5 skills of resilience 		All About Me assessment due
Five	By the end of the lesson, students will; <ul style="list-style-type: none"> Hook - river crossing activity Skills needed to build resilience Resilience application activities and reflection questions 		
Six	By the end of the lesson, students will; <ul style="list-style-type: none"> Hook - managing and regulating emotions Emotional regulation, positive self talk, building social support - fill in the blanks Applying the 5 skills of resilience 		
Seven	By the end of the lesson, students will; <ul style="list-style-type: none"> Hook - human knot (reflection questions) Time management (why & the how) Goal setting and resilience SMART goals Optional - case study 		Hand out: All Resilience Assessment DUE DATE: Week 9
Eight	By the end of the lesson, students will; <ul style="list-style-type: none"> Introduce assessment task 2 Work on assessment in class 		
Nine	By the end of the lesson, students will; <ul style="list-style-type: none"> Work on assessment Review goal setting 		ASSESSMENT 2 DUE - Resilience skills