



## YEAR 4-5 LIFE SKILLS PROGRAM

### Program Outcomes Alignment to Australian and Western Australian Curriculum

AC Tag legend			
ACPP**	HPE Personal, Social & Community Health	ACELY**	ENGLISH -Literacy
ACPM**	HPE -Movement & Physical Activity	ACELA**	ENGLISH - Language
ACAMU**	ARTS - Music	ACELT**	ENGLISH - Examining Literature
ACADR**	ARTS - Drama		

#### Session 1 - FOCUS: Connecting and Self Respect

BUZ OUTCOMES	AC TAGS
<p><b>CONNECTING</b></p> <ul style="list-style-type: none"> <li>Introduces the BUZ Together Program to the children.</li> <li>Breaks the ice and provides a great stepping stone to introducing communication games and the BUZ Circle Skills.</li> <li>Establishing good communication and cooperation in the BUZ Circle.</li> <li>Children learn circle skills and learn how to cooperate with other in the BUZ circle. The first being the importance of eye contact.</li> <li>The importance of eye contact, listening, speaking, thinking and focus (Concentration).</li> <li>To continue to "break the ice " and get the children used to working as a group and enhancing communication skills.</li> <li>Children learn speaking skills in a group situation, especially the introduction of 'I messages'.</li> <li>Children improve their communication and cooperation skills in the BUZ circle.</li> </ul> <p><b>SELF RESPECT</b></p> <ul style="list-style-type: none"> <li>Children identify and recognise their own strengths.</li> <li>Children realise they have more than one strength and they grow an appreciation of other's strengths.</li> <li>Children complete coat of arms that focuses on their strengths.</li> <li>Children confirm their strengths with the worksheet and reflect on their friendship abilities.</li> </ul>	ACELA1488 ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACELA1501 ACPPS033 ACPMP048 ACPPS049 ACPPS050 ACPPS036 ACPPS040 ACPPS054 ACPPS055 ACPPS037 ACPPS060 ACELA1489 ACELA1496 ACELA1498

#### Session 2 - FOCUS: Cooperation, Friendship and Relationship Skills

BUZ OUTCOMES	AC TAGS
<p><b>COOPERATION</b></p> <ul style="list-style-type: none"> <li>Amazing cooperation skills. Children realise that to succeed at the number game they need to be patient and not to rush to say a number. Children use the BUZ talk cards to express how they feel during the session.</li> </ul>	ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACELY1702 ACELY1703 ACPMP049 ACPMP065

<p><b>FREINDSHIP AND RELATIONSHIPS</b></p> <ul style="list-style-type: none"> <li>To get children to focus on and consider friendship making skills.</li> </ul> <p><b>COOPERATION AND TEAMWORK</b></p> <ul style="list-style-type: none"> <li>Children realise that by working together to help each other it is easy to complete a task or challenge.</li> <li>To help the children discover the skills needed to work in a team by the example of a successful couple. To allow them to improve on their first attempt.</li> <li>Children recognise the importance of working together and appreciate the value of each aspect.</li> <li>Children have the opportunity to hone their cooperation skills through the game.</li> </ul>	ACPPS033	ACPMP067
	ACPPS034	ACPMP069
	ACPPS038	ACPPS035
	ACPMP048	ACELA1512
	ACPPS049	ACELA1488
	ACPPS050	ACELA1489
	ACPPS056	ACELY1695
	ACPPS037	ACELA1496
	ACPPS040	ACELA1498
	ACPPS060	ACELY1698
	ACELY1692	
	ACELY1701	

### Session 3 - FOCUS: COOPERATION, FEELINGS MANAGEMENT

BUZ OUTCOMES	AC TAGS	
<p><b>COOPERATION</b></p> <ul style="list-style-type: none"> <li>Children have the opportunity to continue to hone their cooperation skills through the game.</li> <li>Children practice and reinforce the skill of working cooperatively.</li> </ul> <p><b>FEELINGS MANAGEMENT (EMOTIONAL COMPETENCE)</b></p> <ul style="list-style-type: none"> <li>Children become aware of the variety of feelings and build on their emotional vocabulary. They also build their skills of recognising emotions.</li> <li>Children grow their awareness of emotional intelligence through the story, observation and discussion.</li> </ul>	ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACPMP048 ACPMP049 ACPMP065 ACPMP067 ACPMP069	ACELA1489 ACPPS034 ACPPS038 ACPPS056

### Session 4 - FOCUS: FEELINGS MANAGEMENT, COOPERATION

BUZ OUTCOMES	AC TAGS	
<p><b>FEELINGS MANAGEMENT (EMOTIONAL COMPETENCE)</b></p> <ul style="list-style-type: none"> <li>Children learn skills to identify feelings - facial expressions and body language. Children practice FBI skills and use basic empathy.</li> <li>Understanding the processing of feelings and how someone can feel more than one feeling at the same time. Also understand that anger is a secondary feeling.</li> <li>To learn the skills of feelings management and learn the BUZ Feelings Creed. Understanding where anger comes from, the feelings beneath anger and how to handle anger.</li> <li>Children are able to identify that outside influences affect our feelings and that it can be difficult to control our anger, but ultimately they are our feelings and we should manage them.</li> </ul> <p><b>COOPERATION</b></p> <ul style="list-style-type: none"> <li>Children have the opportunity to continue to hone their cooperation skills through the game.</li> </ul>	ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACPPS035 ACPPS036 ACPPS038 ACPPS054 ACPPS055 ACPPS056 ACPPS040 ACPPS052 ACPPS053 ACPPS060	ACPMP048 ACPMP049 ACPMP067 ACPMP069 ACPMP065

### Session 5 - FOCUS: COOPERATION, CONFLICT RESOLUTION

BUZ OUTCOMES	AC TAGS	
<p><b>COOPERATION AND CONFLICT RESOLUTION</b></p> <ul style="list-style-type: none"> <li>Children understand the need to cooperate to be successful and that conflict can affect the ability to cooperate effectively.</li> <li>Children learn that conflict is the term for a problem that can affect a friendship. And that conflict has many different names. Children recognise that many situations can cause conflict.</li> <li>Children have the opportunity to continue to hone their cooperation skills through the game.</li> </ul>	ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACPMP048 ACPMP049 ACPPS053 ACPPS054	ACPPS056 ACPPS060 ACPMP067 ACPMP069 ACPMP065

Session 6 - FOCUS: EMPATHY, CONFLICT RESOLUTION, RECOLCILIATION		
BUZ OUTCOMES	AC TAGS	
<p><b>EMPATHY</b></p> <ul style="list-style-type: none"> <li>Children learn to discern conflict situations, use empathy to see how the other person may be feeling and refine their skills to understand what causes conflict.</li> </ul> <p><b>CONFLICT RESOLUTION</b></p> <ul style="list-style-type: none"> <li>Children become familiar with an effective process of solving conflict.</li> <li>Children practice conflict resolution skills in a role play situation and use the steps of the BUZ Hopsctch Method effectively.</li> <li>Review and reinforce the BUZ Hopscotch Method of Conflict Resloution through a cartoon character story.</li> </ul> <p><b>RECONCILIATION</b></p> <ul style="list-style-type: none"> <li>Review the BUZ Hopscotch Method of Conflict resloution through a cartoon character story. Discover that 'sorry' is more than just a word you say, but a process that helps restore a friendship.</li> </ul>	<p>ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACPMP048 ACPMP049 ACPPS053 ACPPS054 ACPPS056 ACPPS060 ACPMP067 ACPMP069 ACPMP065</p>	<p>ACELY1692 ACELY1701 ACELY1702 ACELY1703</p>

Session 7 - FOCUS: CONFLICT RESOLUTION, PROBLEM SOLVING, BULLY-PROOFING		
BUZ OUTCOMES	AC TAGS	
<p><b>CONFLICT RESOLUTION, PROBLEM SOLVING, BULLY-PROOFING</b></p> <ul style="list-style-type: none"> <li>Children identify what bullying means to them and come up with an overall definition. Children consider some strategies for when they are being targetted.</li> <li>Children learn the Gimme 5 strategies to bully-proof themselves. WALK, TALK, BOUNCE, GET HELP, BULLY SHIELDS. Remind children that these are useful skills for them to learn, they can use them in any situation where they don't feel respected.</li> <li>Children reflect on and gain insight into ways of thinking about bully-proofing. They also learn that others can only have power over you if you let them take your power.</li> <li>Children revise Gimme 5 Bully-proofing strategies, practice them in role play situations and become competent in the skills.</li> </ul>	<p>ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACPMP048 ACPMP049 ACPPS053 ACPPS054 ACPPS056 ACPPS060 ACPMP067 ACPMP069 ACPMP065</p>	<p>ACPPS033 ACPPS037 ACPPS040 ACELY1692 ACELY1701 ACELY1702 ACELY1703</p>

Session 8 - FOCUS: COOPERATION, PROBLEM SOLVING, CELEBRATING		
BUZ OUTCOMES	AC TAGS	
<p><b>COOPERATION</b></p> <ul style="list-style-type: none"> <li>Children have the opportunity to continue to hone their cooperation skills through the game.</li> </ul> <p><b>PROBLEM SOLVING</b></p> <ul style="list-style-type: none"> <li>Children revise and consolidate Gimme 5 Bully-proofing strategies.</li> </ul> <p><b>WRAP UP</b></p> <p>Children recap the general principles learned throughout the program and express the outcome they have achieved from the program.</p> <p><b>CELEBRATING</b></p> <ul style="list-style-type: none"> <li>To celebrate the acheievments of the BUZ Together program.</li> </ul>	<p>ACELY1687 ACELY1688 ACELY1699 ACELY1796 ACPMP048 ACPMP049 ACPMP065 ACPMP067 ACPMP069 ACPPS053 ACPPS054 ACPPS056 ACPPS060</p>	<p>ACPPS033 ACPPS034 ACPPS036 ACPPS055</p>