



PP - YEAR 1 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: It's good to be me (Self Image)

BUZ OUTCOMES	AC TAGS	
<p>CONNECTING</p> <ul style="list-style-type: none"> A general group introduction and warmup that leads into talk about BUZ circle skills. Children learn circle skills and learn how to cooperate with others in the BUZ circle. The first being the importance of eye contact, listening, speaking, thinking and focussing (Concentrating) <p>SELF RESPECT</p> <ul style="list-style-type: none"> To help the children realise that before they can truly be a friend to anyone else they have to be a friend to themselves. Children identify what they are good at or what they like about themselves (their strengths) and appreciate the strengths of others. Children identify what they are good at or what they like about themselves (their strengths). 	ACELA1443 ACELA1444 ACELY1788 ACPPS004 ACPMP012 ACPMP013 ACPMP014 ACPMP032 ACPPS006 ACPPS019 ACELA1428 ACELA1444 ACELA1446 ACELY1656 ACELY1784 ACELY1788	ACPPS022 ACPPS020 ACELT1583 ACELT1585 ACELY1646 ACELY1650 ACELY1656 ACELY1660 ACELT1583 ACAMUM081 ACELT1578 ACPPS001 ACPPS015 ACELA1429 ACELA1786 ACELA1787 ACELA1429

Session 2 - FOCUS: What does a friend do? (Being a friend)

BUZ OUTCOMES	AC TAGS	
<p>SELF RESPECT AND RESPECT FOR OTHERS</p> <ul style="list-style-type: none"> Children become more aware of their own uniqueness and the uniqueness of others and continue to build a healthy self respect. To demonstrate to children that games that include everyone are more fun and making friends is important. <p>FREINDSHIPS AND RELATIONSHIPS</p> <ul style="list-style-type: none"> Demonstrate through reading 'Friends' story book the attributes of being a good friend. Children build their knowledge base of friendship skills and recognise that to have a friend you have to be a friend. Revise friendship attributes. Introduce the idea that it is important to do things together as friends. To get children to focus on and consider friendship making skills. 	ACPPS005 ACPPS015 ACELY1650 ACELA1782 ACELA1447 ACELA1542 ACELT1783 ACPMP012 ACPMP014 ACPMP030 ACPMP032 ACELY1784 ACELA1444 ACELY1788 ACAMUM081	ACELT1585 ACELT1578 ACPPS004 ACPPS019 ACELY1660 ACELA1786 ACELT1575 ACPPS003 ACPPS006 ACPPS022 ACPPS024 ACELA1435 ACELA1437 ACPPS001 ACPPS020

Session 3 - FOCUS: Feelings (Feeling 'good')

BUZ OUTCOMES	AC TAGS	
<p>FEELINGS AWARENESS and VOCABULARY (EMOTIONAL COMPETENCE)</p> <ul style="list-style-type: none"> For the children to experience excitement and fun and begin to build a vocabulary of feelings. Children identify the feeling of being happy and explore what it means to feel 'good'. Children identify 'good' or desirable feelings. They may briefly explain a time when they have felt that way. 	ACPMP012 ACPMP014 ACPSS017 ACPSS022 ACPMP030 ACPMP031 ACPMP032 ACELA1429 ACELA1437 ACELY1784 ACPPS019 ACPPS020 ACELT1583	ACELT1585 ACELY1646 ACELY1650 ACELY1656 ACELY1660 ACELT1583 ACAMUM081 ACELT1578 ACPPS003 ACPPS006 ACPPS018 ACELA1444 ACELA1787

Session 4 - FOCUS: Feelings (Feeling sad and bad)

BUZ OUTCOMES	AC TAGS	
<p>FEELINGS AWARENESS and VOCABULARY (EMOTIONAL COMPETENCE)</p> <ul style="list-style-type: none"> Children identify sad characteristics and reflect on what can cause sadness. Children understand that feeling sad is OK and there are things they can do that can make them feel better. For the children to identify the feelings they don't like, including fear and worry. Children establish for themselves what 'bad' feelings are and what causes them as well as enhance their skills to handle these feelings. Children can identify what negative feelings feel and look like in themselves and others and continue to build on the emotional vocabulary and competence. To enable children to individually reflect on the feelings that they don't like (Sad and Bad) using their worksheet activities 	ACPPS017 ACPPS003 ACPPS006 ACPPS017 ACPPS018 ACPPS022 ACELA1429 ACELA1444 ACELA1787 ACPPS019 ACPPS020 ACELY1646 ACELY1650	ACELY1656 ACELY1660 ACELY1784 ACPMP012 ACPMP013 ACPMP014 ACPMP030 ACPMP032 ACELT1583 ACELT1585 ACELY1784

Session 5 - FOCUS: Feeling Mad – (Handling Anger)

BUZ OUTCOMES	AC TAGS	
<p>FEELINGS AWARENESS and VOCABULARY</p> <ul style="list-style-type: none"> Children identify the facial expressions and body language that are expressed in anger. <p>FEELINGS MANAGEMENT (EMOTIONAL COMPETENCE)</p> <ul style="list-style-type: none"> Children realise that their anger can build up and explode like a coke bottle if it is not handled correctly. Children learn how to handle their feelings in a positive way. Children recognise that it is ok to get angry but there are effective ways of handling the anger without hurting anyone. 	ACAMUM081 ACPPS017 ACPPS020 ACELT1583 ACELT1585 ACELY1646 ACELY1650 ACELY1784 ACELY1656	ACELY1660 ACELT1578

Session 6 - FOCUS: Solving Fights – (Conflict Resolution)

BUZ OUTCOMES	AC TAGS	
<p>CONFLICT RESOLUTION</p> <ul style="list-style-type: none"> Children experience what can cause fights. Children identify how fights begin. Children realise that friendships are too important to break up because of a conflict, fight or disagreement and that there are ways to sort things out. Children learn and apply the BUZ Hopscotch Method of Conflict resolution to solve fights. Children recognise that a fight is really a problem that can be fixed. 	ACPPS005 ACPPS020 ACELA1428 ACELA1429 ACELA1437 ACELA1444 ACELA1787 ACELY1656 ACELY1784 ACPPS017	ACELT1583 ACELT1585 ACELY1646 ACELY1650 ACELY1656 ACELY1660 ACPPS004 ACELA1435 ACPPS006 ACPPS018

	ACPPS019 ACPPS020 ACELA1786	ACPPS022 ACPPS024
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Session 7 - FOCUS: Saying sorry and when someone is not being friendly (Bully-proofing)

BUZ OUTCOMES	AC TAGS	
<p>RECONCILIATION, PROBLEM SOLVING, BULLY-PROOFING</p> <ul style="list-style-type: none"> Children recognise the importance of saying sorry in the restoring of friendships and the power of forgiveness. Children begin to get an understanding of the difference between conflict and bullying and think about some ideas for when someone is not being friendly. Children learn an effective way of walking away from someone who is constantly not treating them properly. Children learn an acceptable way to talk to someone who is not being friendly to them. Children learn the most effective way to get help and the difference between getting help and 'dobbing'. 	ACPPS004 ACPPS005 ACPPS006 ACPPS017 ACPPS019 ACPPS020 ACELT1583 ACELT1585 ACELY1646 ACELY1650 ACELY1656 ACELY1660	ACELY1784 ACELT1578 ACPPS018 ACPPS022 ACPPS003

Session 8 - FOCUS: REVISION AND CELEBRATING

BUZ OUTCOMES	AC TAGS	
<p>WRAP UP REVISION CELEBRATING</p> <ul style="list-style-type: none"> Children revise the content of the program and share ideas with others in the class. Celebrate the learnings in the program. 	ACPMP012 ACPMP014 ACPPS022 ACPMP030 ACPMP032 ACPPS020 ACELT1583	ACELT1585 ACELY1646 ACELY1650 ACELY1656 ACELY1660 ACELT1583 ACELY1784