

**Bounce Back / Health / Respectful Relationships EVEN Year**  
**Bounce Back / Health / Respectful Relationships**  
**Foundation Term 1 2018**  
**EVEN Year Scope and Sequence**

<b>Term</b>	<b>Bounce Back</b>	<b>Health</b>	<b>Respectful Relationships</b>
<b>1</b>	Core Values	Growth Mindset	Emotional Literacy
<b>2</b>	Social Values	Development / Hygiene	
<b>3</b>	People Bouncing Back		Personal Strengths / Positive Coping
<b>4</b>	Courage	Drug Education	Problem Solving

**ODD Year Scope and Sequence**

<b>Term</b>	<b>Bounce Back</b>	<b>Health</b>	<b>Respectful Relationships</b>
<b>1</b>	Emotions	Growth Mindset/ Healthy Lifestyle	Stress Management
<b>2</b>	Looking on the Bright Side / Humour	Healthy Lifestyle	Help Seeking
<b>3</b>	Being Safe	Promotion and Community	Gender and Identity
<b>4</b>	Success- STARS, CHAMPS, WINNERS	Hygiene and Dental Health	Positive Gender Relations

<b>Week</b>	<b>Bounce Back – Core Values</b>	<b>Health – Personality Traits / Growth Mindset</b>	<b>Respectful Relationships</b>
<b>1</b>			
<b>2</b>	Bounce Back acronym and core values Circle time expectations	Who am I? What is the best part about me?	
<b>3</b>	Key messages (Page 103)	What am I good at/ what do I need help with?	
<b>4</b>	Being Honest (Page 104)	What can you I now that I couldn't do before? What can't I do yet?	
<b>5</b>	Being Fair (Page 106)	Who are my friends?	
<b>6</b>	Being Responsible (Page 107)	How do we be a good friend?	
<b>7</b>	It's okay to be different (Page 108)	Dobbing vs telling	
<b>8</b>	Consolidation (Page 111)	Germs and Hygiene	
<b>9</b>		Germs and Hygiene	

### Foundation Term 2 2018

<b>Week</b>	<b>Bounce Back - Social Values</b>	<b>Health – Development</b>	<b>Respectful Relationships- Emotional Literacy</b>
<b>1</b>	Key messages (Page 113)		The emotions echo game (Page 4)
<b>2</b>	It's important to be kind (Page 114) Being kind (Page 114)		What do emotions look like? (Page 5)
<b>3</b>	Our teachers are kind and support us (Page 117) Our family is kind and supports us (Page 118)		Mirror, Mirror on the wall how are you feeling overall? (Page 5)
<b>4</b>	Being kind to people we don't know very well (Page 118)		What do emotions sound like? (Page 6)
<b>5</b>	We care for and support animals, they care for and support us, too (Page 119)		Drawing emotions (Page 7)
<b>6</b>	It's important to cooperate (Page 120)	The Human Lifespan	

<b>7</b>	Being friendly and including others (Page 124) It's important to be friendly towards others (Page 124)	Growing and Changing	
<b>8</b>	Smiling is contagious (Page 125) Including others (Page 127)	What I want to be when I grow up	
<b>9</b>	Showing respect (Page 129)	Identify youngest to oldest using picture cards	
<b>10</b>	Respect is important (Page 129) Self-respect is important (Page 131)	Parts of the body- identify and label	
<b>11</b>	Consolidation (Page 132)		

### Foundation Term 3 2018

<b>Week</b>	<b>Bounce Back – People Bouncing Back</b>	<b>Health</b>	<b>Respectful Relationships- Personal Strengths / Positive Coping</b>
<b>1</b>	Key messages (Page 134)		Building strengths through cooperative games (Page 10)
<b>2</b>	Everyone can bounce back (Page 135) Bouncing back from being sick or injured (Page 135)		Being kind and being brave (Page 11)
<b>3</b>	Good food and sleep helps us to bounce back (Page 138)		What does being brave look like? (Page 12)
<b>4</b>	Change happens in everyone's life (Page 139) Starting school or moving (Page 139)		Personal strength celebration tree (Page 12)
<b>5</b>	Family changes (Page 140) Losing a someone or a pet you love (Page 141)		The fast emotions game (Page 16)
<b>6</b>	Other people can help if you talk to them (Page 143)		The I think I can game (Page 17)
<b>7</b>	Unhelpful thinking makes you feel more upset (Page 143)		How are you today? (Page 17)
<b>8</b>	Nobody is perfect – not you and not others (Page 145)		Calm time (Page 20)
<b>9</b>	Everyone has unhappy times sometimes, not		Managing emotions (Page 21)

	just you (Page 146) Why do bad things happen? (Page 147)		
<b>10</b>	Consolidation (Page 148)		
<b>Foundation Term 4 2018</b>			
<b>Week</b>	<b>Bounce Back – Courage</b>	<b>Health – Drug Education</b>	<b>Respectful Relationships- Problem Solving</b>
<b>1</b>	Key messages (Page 151)		The picnic problem solving game (Page 24)
<b>2</b>	Everyone has fears, even grown-ups (Page 152)		Can everyone play? (Page 25)
<b>3</b>	We don't all get frightened by the same things (Page 154)		Friendly or unfriendly decisions (page 26)
<b>4</b>	What is courage? (Page 156) How people in different jobs are brave (Page 160)	Dolls' Hospital My Sick Toy	
<b>5</b>	Helping yourself to feel brave (Page 158)	Illness graph	
<b>6</b>	Being brave about doctors and dentists (Page 160)	Commercial and non-commercial medicines	
<b>7</b>	Being brave to help someone else (Page 161) Dealing with emergencies (Page 163)	What is an Emergency?	
<b>8</b>	The courage to be yourself (Page 164)	Emergency 000 Calling an Emergency Service	
<b>9</b>	Don't be foolish (Page 165)	Making an Ambulance	
<b>10</b>	Consolidation (Page 166)	Coping with Unsafe Situations Coping with Unsafe Situations- Group mural	
<b>11</b>			

**Bounce Back / Health / Respectful Relationships EVEN Year  
Year 1-2 Term 1 2018**

<b>Week</b>	<b>Bounce Back – Core Values</b>	<b>Health – Mindset / Relationships</b>	<b>Respectful Relationships-Emotional Literacy</b>
<b>1</b>			
<b>2</b>	Bounce Back acronym and core values Circle time expectations	Who am I? What is the best part about me? What am I good at/ what do I need help with? Growth Mindset	
<b>3</b>	Key messages (Page 103)	How do we be a good friend?	
<b>4</b>	Being Honest (Page 104)	Dobbing vs telling	
<b>5</b>	Being Fair (Page 106)	Conflict Resolution	
<b>6</b>	Being Responsible (Page 107)		Emotion Statues
<b>7</b>	It's okay to be different (Page 108)		Emotion triggers
<b>8</b>	Consolidation (Page 111)		Acts of friendship
<b>9</b>			Sharing stories about acts of kindness

### Year 1-2 Term 2 2018

<b>Week</b>	<b>Bounce Back – Social Values</b>	<b>Health – Development</b>	<b>Respectful Relationships</b>
<b>1</b>	Key messages (Page 113)	The Human Lifespan	
<b>2</b>	It's important to be kind (Page 114) Being kind (Page 114) Our teachers are kind and support us (Page 117)	Growing and Changing	
<b>3</b>	Our family is kind and supports us (Page 118)	What I want to be when I grow up	
<b>4</b>	Being kind to people we don't know very well (Page 118)	Identify youngest to oldest	
<b>5</b>	We care for and support animals, they care for and support us, too (Page 119)	Label parts of the body	
<b>6</b>	It's important to cooperate (Page 120)	Germs and Hygiene	
<b>7</b>	Being friendly and including others (Page 124) It's important to be friendly towards others	Germs and Hygiene	

<b>8</b>	(Page 124) Smiling is contagious (Page 125) Including others (Page 127)		
<b>9</b>	Showing respect (Page 129)		
<b>10</b>	Respect is important (Page 129) Self-respect is important (Page 131)		
<b>11</b>	Consolidation (Page 132)		
<b>Year 1-2 Term 3 2018</b>			
<b>Week</b>	<b>Bounce Back – People Bouncing Back</b>	<b>Health – Drug Education</b>	<b>Respectful Relationships- Personal Strengths / Positive Coping</b>
<b>1</b>	Key messages (Page 134)		The connections game: a focus on partnership skills (Page 8)
<b>2</b>	Everyone can bounce back (Page 135) Bouncing back from being sick or injured (Page 135)		The traffic lights game: a focus on listening (Page 9)
<b>3</b>	Good food and sleep helps us to bounce back (Page 138)		Strength detectives (Page 9)
<b>4</b>	Change happens in everyone’s life (Page 139) Starting school or moving (Page 139)		Building the strengths display (Page 10)
<b>5</b>	Family changes (Page 140) Losing a someone or a pet you love (Page 141)		Who goes first? (Page 18)
<b>6</b>	Other people can help if you talk to them (Page 143)		Cheering up and calming down (Page 19)
<b>7</b>	Unhelpful thinking makes you feel more upset (Page 143)		Facing fears (Page 20)
<b>8</b>	Nobody is perfect – not you and not others (Page 145)		Managing anger (Page 21)
<b>9</b>	Everyone has unhappy times sometimes, not just you (Page 146) Why do bad things happen? (Page 147)		The ‘anyone who likes’ game (Page 22)
<b>10</b>	Consolidation (Page 148)		

## Bounce Back / Health / Respectful Relationships EVEN Year

**Year 3/4 Term 4 2018**

Week	Bounce Back Core Values	Health / Drug Misuse / Relationships	Respectful Relationships	Functional Literacy
1	Key messages (Page 151) Circle time expectations	In Growth Mindset vs Fixed Mindset Feeling better and feeling cured		
2	Key messages (Page 152), even grown-ups (Page 152)	Vaccines / Medicines / Directions for Use Measuring correct dosage		
3	We don't all get frightened by the same things (Page 154)	Illness data chart / The Do's and Don'ts Always ask / Medicine – What are the rules?		
4	What is courage? (Page 156) How people in different jobs are brave (Page 160)	What is an emergency? Focusing on drug related emergencies What to do in an emergency /		
5	Helping yourself to feel brave (Page 158)	I need an ambulance / Emergency procedures at home / How to get help over the phone Quick / Who can help? / Being Responsible		
6	Being brave about doctors and dentists (Page 160)	Safe use of medicine / Safe storage of medicines / Make Yourself Safe First		
7	Being brave to help someone else (Page 161) Dealing with emergencies (Page 163)	Harmful side effects		
8	The courage to be yourself (Page 164)		Let's work together: cooperation games (Page 24)	
9	Don't be foolish (Page 165)		Dante's got problems (Page 25)	
10	Consolidation (Page 166)		Real world problems (Page 27)	
11				

<b>3</b>	Being Honest (Page 110) Cheating (Page 111)	Conflict Resolution	
<b>4</b>	Being tactful (Page 112)		The emotions echo game
<b>5</b>	Being Fair (Page 114) Social Justice (Page 116)		What do emotions look like?
<b>6</b>	Being responsible (117)		Emotional triggers
<b>7</b>	It's okay to be different (Page 119)		Emotions in the school day
<b>8</b>	Consolidation (Page 120)		Positive Peer Support
<b>9</b>			

### Year 3/4 Term 2 2018

<b>Week</b>	<b>Bounce Back- Social Values</b>	<b>Health- Development</b>	<b>Respectful Relationships</b>
<b>1</b>	Key messages (Page 124)	The Human Lifespan	
<b>2</b>	It's important to be kind (Page 125)	Physical, Social, Emotional and Intellectual Development	
<b>3</b>	Our family is kind and supports us (Page 126)		
<b>4</b>	Our teachers are kind and support us (Page 127)	Physical, Social, Emotional and Intellectual Development	
<b>5</b>	Being kind and supporting people we don't know very well (Page 128)		
<b>6</b>	Being kind to animals (Page 129)	Growing and Changing	
<b>7</b>	It's important to be friendly (Page 130)		
<b>8</b>	It's important to cooperate (Page 133)		
<b>9</b>	It's important to respect others (Page 136)		
<b>10</b>	Self-respect is important too (Page 138)		
<b>11</b>	Consolidation (Page 139)	Germes and Hygiene	

### Year 3/4 Term 3 2018

<b>Week</b>	<b>Bounce Back – People Bouncing Back</b>	<b>Health</b>	<b>Respectful Relationships- Personal Strengths/ Positive Coping</b>
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<b>1</b>	Key messages (Page 142) Life has ups and downs but you can bounce back (Page 144)		Building team strengths through cooperative games (Page 12)
<b>2</b>	Bouncing back from injury or being ill (Page 146) Animals and plants can bounce back too (Page 147)		What are personal strengths? (Page 13)
<b>3</b>	Losing someone or a pet you love (Page 149)		Strengths we use every day (Page 18)
<b>4</b>	Other people can help if you talk to them- get a reality check (Page 150)		Setting goals to develop strengths (Page 19)
<b>5</b>	Nobody is perfect – not you and not others (Page 153)		The everyone is different game (Page 22)
<b>6</b>	Unhelpful thinking makes you more upset- think again (Page 152) Concentrate on the good and funny bits when things go wrong (Page 154)		Understanding strong emotions (Page 23)
<b>7</b>	Everybody has setbacks sometimes (Page 155) Blame fairly (Page 157)		The traffic lights game (Page 24)
<b>8</b>	Accept what can't be changed (but try to change what you can change first) (Page 159)		Taming angry feelings (Page 25)
<b>9</b>	Catastrophising exaggerates your worries (Page 161) Keep things in perspective (Page 162)		Making apologies (page 27)
<b>10</b>	Consolidation (Page 139)		

### Year 3/4 Term 4 2018

<b>Week</b>	<b>Bounce Back – Courage</b>	<b>Health – Drug Education</b>	<b>Respectful Relationships- Problem Solving</b>
<b>1</b>	Key messages (Page 166)		Knots problem – solving game (Page 28)
<b>2</b>	Everyone feels frightened sometimes (Page 167)		Roads and roundabouts problem solving model (Page 29)
<b>3</b>	We don't all get frightened by the same things (Page		Problem solving in peer situations (Page 30)

	169)		
4	Everyone feels anxious sometimes (Page 170)		Evaluating problem-solving strategies (Page 34)
5	What is courage? (Page 171) There are different kinds of courage (Page 173)	Drug Information - What do students know? (What do you know and what do you want to know about drugs?) / What is a drug?	
6	Animals can be brave too (Page 173)	What drug am I? Quiz for students	
7	The courage to be yourself (Page 175)	Drugs and their effects	
8	How to become braver (Page 177)	Following directions and reading Medicine Labels / Choosing the best solution	
9	Being foolish and showing off is not being brave (Page 178)	Who can help?/ Emergencies procedures at home / How to get help	
10	Consolidation (Page 179)	Risk Taking / Scenarios	
11			

**Bounce Back / Health / Respectful Relationships EVEN Year  
Year 5/6 Term 1 2018**

Week	Bounce Back- Core Values	Health- Personality Traits/ Mindset	Respectful Relationships- Emotional Literacy
1	Bounce Back acronym and core values	Personality Traits	

	Circle time expectations		
2	Key messages (Page 108)	Growth Mindset vs Fixed Mindset	
3	Being honest (Page 109)	Growth Mindset vs Fixed Mindset	
4	Being fair (Page 112)	Growth Mindset vs Fixed Mindset	
5	Fairness, justice and human rights (Page 114)		What do emotions look like?
6	Being responsible (Page 116)		Recognising positive, negative and mixed emotions
7	Being responsible for pets (Page 117)		Intense emotions
8	It's okay to be different (Page 119)		A rollercoaster of emotions
9	Consolidation (Page 25)		The rollercoaster day

### Year 5/6 Term 2 2018

Week	Bounce Back- Social Values	Health- Development	Respectful Relationships
1	Key messages (Page 124)	Human Lifespan Different types of development- Physical, Intellectual, Social and Emotional	
2	Kindness and supporting others (Page 125)	Physical, Intellectual, Social and Emotional Development- different ages research activity	
3	Cooperation is important (Page 127)	Physical, Intellectual, Social and Emotional Development- different ages research activity	
4	Cooperating to protect the environment (Page 131)	Emotional Changes and Social Changes	
5	<b>NAPLAN week</b>		
6	<b>Camp Week</b>		
7	Friendliness and including others (Page 133)	Physical changes- Puberty	
8	It's important to treat others with respect (Page 134)	Physical changes- Puberty	
9	It's important to have self-respect (Page 136)	Physical Changes- Hygiene	
10	Consolidation (Page 137)	Physical Changes- Hygiene	
11			

### Year 5/6 Term 3 2018

Week	Bounce Back – People Bouncing Back	Health – Drug Education	Respectful Relationships- Personal Strengths/ Positive Coping
1	Key messages (Page 140)		What are character strengths? (Page 16)
2	Life has ups and downs but you can bounce back (Page 142)		Strengths I admire (Page 19)
3	Bad times don't last, things always get better- stay optimistic (Page 145) Losing someone or a pet you love (Page 147)		Using our strengths in everyday life (Page 21)
4	Other people can help you if you talk to them- get a reality check (Page 148)		Role-playing strengths (Page 25)
5	Unhelpful thinking makes you feel more upset. Think again (Page 150)		Celebrating strengths (Page 25)
6	Nobody is perfect, not you not others (Page 152)		Introducing the concept of self-talk (Page 28)
7	Concentrate on the positives (no matter how small) and use laughter (Page 154) (Growth Mindset)		Enacting positive and negative self-talk (Page 31)
8	Everybody experiences sadness, hurt, failure, rejection and setbacks (Page 155)		Personal coping profiles (Page 33)
9	Accept what can't be changed (but try to change what you can change first) (Page 160) Blame fairly (Page 158)		Sharing positive coping strategies (Page 35)
10	Catastrophising exaggerates your worries (Page 161)		

### Year 5/6 Term 4 2018

Week	Bounce Back – Courage	Health – Drug Education	Respectful Relationships- Problem Solving
1	<b>People bouncing back continued...</b> Keeping things in perspective (Page 164)	What is a drug? / Think about it	
2	Consolidation (Page 165)	Different types of drugs – legal and illegal	
3	<b>Courage-</b> Key messages (Page 170)	Effects, risks and reasons (alcohol, tobacco and caffeine)	
4	What is Courage? (Page 172)	Effects, risks and reasons (alcohol, tobacco and caffeine)	
5	People feel frightened and brave about different things (Page 174)	Effects, risks and reasons – illegal drugs	

<b>6</b>	The courage to do what's right (Page 176)	Effects, risks and reasons – illegal drugs	
<b>7</b>	Finding your own courage (Page 177)	Dealing with an emergency/ how to get help	
<b>8</b>	Who's a hero? (Page 179)		We have a problem, how can we deal with it? (Page 36)
<b>9</b>	Brave, stupid or thrill-seeking (Page 180)		Exploring what works (Page 39)
<b>10</b>	Consolidation (Page 182)		Problem solving panel (Page 39)
<b>11</b>			