

Topic: Developing Resilience

Curriculum-alignment

The Kids Helpline @ High School North QLD Developing Resilience topic has been aligned with sub-elements from the **Australian Curriculum**. For more detailed information about which lessons align with each sub-element, how these align, or to personalise your session to ensure alignment to particular sub-elements, please speak to the Project Officer on **07 3867 1334** or highschoolnq@kidshelpline.com.au.

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Personal and Social Capability Learning Continuum Year 7 - 10

Recognise emotions

Level 5 – examine influences on and consequences of their emotional responses in learning, social and work-related contexts

Level 6 – reflect critically on their emotional responses to challenging situations in a wide range of learning, social and work-related contexts

Recognise personal qualities and achievements

Level 5 – examine influences on and consequences of their emotional responses in learning, social and work-related contexts

Level 6 – reflect critically on their emotional responses to challenging situations in a wide range of learning, social and work-related contexts

Develop reflective practice

Level 5 – predict the outcomes of personal and academic challenges by drawing on previous problem-solving and decision-making strategies and feedback from peers and teachers

Level 6 – reflect on feedback from peers, teachers and other adults, to analyse personal characteristics and skill sets that contribute to or limit their personal and social capability

Express emotions appropriately

Level 5 – forecast the consequences of expressing emotions inappropriately and devise measures to regulate behaviour

Level 6 – consider control and justify their emotional responses, in expressing their opinions, beliefs, values, questions and choices

Develop self-discipline and set goals

Level 5 – select, use and analyse strategies that assist in regulating behaviour and achieving personal and learning goals

Level 6 – critically analyse self-discipline strategies and personal goals and consider their application in social and work-related contexts

Become confident, resilient and adaptable

Level 5 – assess, adapt and modify personal and safety strategies and plans, and revisit tasks with renewed confidence

Level 6 - evaluate, rethink and refine approaches to tasks to take account of unexpected or difficult situations and safety considerations

Appreciate diverse perspectives

Level 5 - acknowledge the values, opinions and attitudes of different groups within society and compare to their own points of view

Level 6 - articulate their personal value system and analyse the effects of actions that repress social power and limit the expression of diverse views

Critical and Creative Thinking Learning Continuum Year 7 - 10

Consider alternatives

Level 5 - generate alternatives and innovative solutions, and adapt ideas, including when information is limited or conflicting

Level 6 - speculate on creative options to modify ideas when circumstances change

Seek solutions and put ideas into actions

Level 5 - predict possibilities, and identify and test consequences when seeking solutions and putting ideas into action

Level 6 - assess risks and explain contingencies, taking account of a range of perspectives, when seeking solutions and putting complex ideas into action

Think about thinking

Level 5 - assess assumptions in their thinking and invite alternative opinions

Level 6 - give reasons to support their thinking, and address opposing viewpoints and possible weaknesses in their own positions

Reflect on processes

Level 5 - evaluate and justify the reasons behind choosing a particular problem solving strategy

Level 6 - balance rational and irrational components of a complex or ambiguous problem to evaluate evidence

Apply logic and reasoning

Level 5 - Identify gaps in reasoning and missing elements in information

Level 6 - analyse reasoning used in finding and applying solutions, and in choice of resources

Ethical Understanding Learning continuum Year 7 – 10

Reason and make ethical decisions

Level 5 – analyse inconsistencies in personal reasoning and societal ethical decision making

Level 6 – investigate reasons for clashes of beliefs in issues of personal, social and global importance

Consider consequences

Level 5 – investigate scenarios that highlight ways that personal dispositions and actions can affect consequences

Level 6 – analyse the objectivity or subjectivity behind decision making where there are many possible consequences

Intercultural Understanding Learning Continuum Year 7 – 10

Consider and develop multiple perspectives

Level 5 – assess diverse perspectives and the assumptions on which they are based

Level 6 – present a balanced view on issues where conflicting views cannot easily be resolved

Empathise with others

Level 5 – imagine and describe the feelings and motivations of people in challenging situations

Level 6 – recognise the effect that empathising with others has on their own feelings, motivations and actions

Health and Physical Education Year 7 – 10

Being healthy, safe and active

- Investigate the impact of transition and change on identities
- Evaluate strategies to manage personal, physical and social changes that occur as they grow older
- Practise and apply strategies to seek help for themselves or others

Communicating and interacting for health and wellbeing

- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity

Year 11 – 12

Content has not been aligned to the Year 11 - 12 syllabus; however, topics are available for Year 11 – 12 and can be tailored to fit into the syllabus for relevant subjects by request.