

**Topic: Emotional Intelligence****Curriculum-alignment**

The Kids Helpline @ High School North QLD Emotional Intelligence 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](mailto:highschoolnq@kidshelpline.com.au).

## Contents

|   |   |
|---|---|
| Personal and Social Capability Learning Continuum Year 7 - 10 ..... | 2 |
| Health and Physical Education Year 7 - 10 .....                     | 3 |
| Year 11 - 12 .....  | 3 |

## 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

## 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.