

Exploring Our Emotions, 'Inside and Out'

MPW Throughlines:

1. Each person is unique and there are many things that shape our identity as we change and grow.
2. We become increasingly resilient when we actively and positively manage ourselves and our responsibilities.
3. The way we see, think and feel about ourselves has an effect on the way we live, behave and relate to others.
4. We have our own values and changing view of the world, yet we share common needs.
5. We can take responsibility for our own physical, mental, social and emotional health and well-being, and contribute to that of others.

Focus Question: How can I use the things that are special and different about me to be a happy and confident learner?

Contributing questions:

- What helps me to be a happy and confident learner?
- How can I understand the needs and feelings of myself and others to learn and play cooperatively?
- What are my rights and responsibilities?
- How can I resolve conflicts in positive manner and accept responsibility for my actions?
- What are some ways in which people are special and different?

Understandings:

- I can help to make my school a happy place to learn and be.
- To learn and play cooperatively I need to understand the needs and feelings of myself and others.
- With rights come responsibilities.
- Conflict is a part of life! There are ways to resolve conflicts in a positive manner and there are things that I can do to control how I react to conflict.
- Our growth is not even or uniform. We are all special and different!

Key Concepts:

- Self esteem
- Empathy
- Respect
- Honesty and Integrity
- Rights and Responsibilities
- Community
- Optimism

Cognitive Skills:

- Reflecting
- Suggesting consequences
- Predicting outcomes
- Evaluating situations
- Self questioning
- Linking ideas

Interpersonal and Personal Skills:

- Displaying confidence
- Working interdependently
- Acting enthusiastically
- Sharing
- Cooperating
- Negotiating
- Active listening
- Self control
- Making choices
- Demonstrating persistence
- Accepting responsibility and being truthful

