

Stage 6 Wellbeing - Invictus Curriculum Focus - YEAR A

	Term 1	Term 2	Term 3	Term 4
Network	<p>Relationship Skills</p> <ul style="list-style-type: none"> ● Connection ● What is Love? ● How to mentor others? <p>Self-Management</p> <ul style="list-style-type: none"> ● Active Listening ● Clear communication ● Make space and time ● Gratitude ● Setting SMART goals ● Esafety <ul style="list-style-type: none"> - Cyberbullying - Spending too much time online - Online gaming 	<p>Relationship Skills</p> <ul style="list-style-type: none"> ● Leadership ● Social Pressure ● Resisting stereotypes ● How to have true joy? ● Life satisfaction ● The value of your life <p>Self-Management</p> <ul style="list-style-type: none"> ● Confidence & pride ● Tools for building resilience ● Esafety <ul style="list-style-type: none"> - Someone is creating drama online - Keeping online accounts secure - Online hate 	<p>Relationship Skills</p> <ul style="list-style-type: none"> ● Recipe for healthy relationships ● Recognise each others skills and abilities ● Not becoming a victim <p>Self-Management</p> <ul style="list-style-type: none"> ● Mindfulness techniques revisited ● The science behind living a long life ● Seeking opportunities ● Recipe for healthy body ● Peace ● Esafety <ul style="list-style-type: none"> - Fake news - Catfishing - I'm being pressured to send nudes 	<p>Relationship Skills</p> <ul style="list-style-type: none"> ● Patience ● Not living in fear - high expectation relationships <p>Self-Management</p> <ul style="list-style-type: none"> ● Appreciation ● Create your life ● Find your centre ● Self-control ● Esafety <ul style="list-style-type: none"> - Grooming - Unsafe or unwanted contact - signs to look out for - Online dating

Mastery	<p>Self-Awareness Skills</p> <ul style="list-style-type: none"> ● Identifying my strengths ● Emotions inform thinking and influence relationships ● Positive Emotions <p>Responsible Decision Making</p> <ul style="list-style-type: none"> ● Resilience 	<p>Self-Awareness Skills</p> <ul style="list-style-type: none"> ● Optimism ● Career pathways <p>Responsible Decision Making</p> <ul style="list-style-type: none"> ● Maintaining positive relationships 	<p>Self-Awareness Skills</p> <ul style="list-style-type: none"> ● Know yourself ● Beauty in fine arts - culture paths (art gallery and photography) ● Photography skills ● Processing loss - mentally & emotionally <p>Responsible Decision Making</p> <ul style="list-style-type: none"> ● Resisting social pressures 	<p>Social-Awareness</p> <ul style="list-style-type: none"> ● Emotional Intelligence - EQ <p>Responsible Decision Making</p> <ul style="list-style-type: none"> ● Preparedness for employment
Journey	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Personal bias ● Seeking and offering help ● Mental Health First Aid <p>Self-Management</p> <ul style="list-style-type: none"> ● Rock climbing 	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Safety Australia <p>Self-Management</p> <ul style="list-style-type: none"> ● Overnight hiking expedition 	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Healthy minds ● First Aid Training <p>Self-Management</p> <ul style="list-style-type: none"> ● Techniques 	<p>Self-Management</p> <ul style="list-style-type: none"> ● White card ● Defensive Driving course <p>Self-Management</p> <ul style="list-style-type: none"> ● Mountain biking
Serve	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Empathy when people are excluded or mistreated ● Negotiating conflict ● Respectful choices 	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Short and long term impacts that limited freedoms of people based on their identity groups ● Connectedness and engagement to their community 	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Rights of all individuals ● Public opinion can be used to influence and shape public policy ● True kindness 	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Improving community - helpful habits Landcare ● Conversational skills to determine the perspective of others

Stage 6 Wellbeing Term 1 Year A

Term 1 Upcoming Events to pre-organise and/or book

- Wk4 - Mental Health First Aid Training
- Wk5 - Rock climbing session and transport
- Wk6 - Pilates lesson with instructor or online (mat per student)
- Wk7 - Art Therapist
- Wk9 - Community engagement serve activity and transport

Week	Monday Connection	Tuesday Wellbeing	Wednesday Peer Coaching	Thursday Wellbeing	Friday Gratitude & Relationship
1 “	Relationship Skills The Circle Practice Conversation starters 5 finger contract <i>Fearfully and wonderfully made</i>	Self-Awareness Skills Identifying my strengths <i>Valuing others for who they are.</i>	Self-Awareness Skills What is positive psychology coaching?	Social Awareness <i>Equality - what is it?</i> <i>How can we show it?</i> <i>Equality vs Equity</i> <i>Unity in Diversity</i>	Self-Awareness Skills <i>Meaning of gratitude</i> The science behind gratitude
2	Relationship Skills Meet a new friend <i>Encourage one another</i>	Relationship Skills How do we connect with others and why? 3-2-1 Bridge thinking routine 5 Love Languages quiz.	Self-Awareness Skills How do you learn? Discover your learning style	Social Awareness How to negotiate conflict? (what is a deficit conversation?) <i>- What do healthy relationships look like?</i> - Listening skills - Conflict resolution	Social Awareness <i>Introduce the gratitude box or appropriate station</i> Self-Management Journaling

3	Relationship Skills Artefact activity	Self-Management Active Listening skills Clear communication Framing a conversation	Self-Awareness Skills Setting an academic: SMART goal	Relationship Skills <i>What is love?</i> <i>Act of Service</i> True for Who, thinking routine	Self-Awareness Skills Positive Pilot Scale
4	Relationship Skills Joke of the day - Humour Link to VIA Character strengths <i>Trust in God</i>	Social Awareness Seeking and offering help Mental Health First Aid <i>(Whole day training)</i>	Relationship Skills Students groups into learning style; share academic goals, offer feedback. Compass Points - Thinking routine	Responsible Decision Making <i>What is Resilience and how to develop it?</i>	Self-Awareness Skills Hope - future focused journaling Miracle question therapy
5	Relationship Skills Conversation starters <i>Gratitude</i>	Self-Management Rock climbing excursion <i>Be strong and courageous</i>	Self-Awareness Skills Tools and tips to be an effective peer coach	Self-Awareness Skills Emotions inform thinking and influence relationships <i>POOCH strategy</i>	Self-Awareness Skills <i>Gratitude Prompts</i>
6	Relationship Skills Conversation starters <i>God's Laws of Health; exercise</i>	Self-Management Make space and time - 8 Laws of health: Exercise <i>Run the race of life</i>	Self-Awareness Skills Tools and tips to be an effective peer coach: - Tips to be an active listener	Self-Management Make space and time - <i>Laws of health: Exercise:</i> Pilates lesson	Self-Awareness Skills <i>Gratitude:</i> - social and emotional learning
7	Relationship Skills <i>Empathy - what is it?</i>	Self-Management Make space and time Stress Management - art therapy	Self-Awareness Skills Tools and tips to be an effective peer coach: - How to offer positive support and feedback	Self-Management Make space and time Esafety - Cyberbullying - Spending too much time online - Online gaming	Social Awareness <i>Empathy - strategies to empathise with others</i> <i>Random act of kindness</i>

				Laws of health: sunshine Tug for Truth	
8	Relationship Skills <i>Exclusion - do not judge</i>	Social Awareness <i>Respectful choices and Personal bias</i> - Identifying our own personal bias - Unconscious bias and how to prevent them?	Self-Awareness Skills Tools and tips to be an effective peer coach: - Sample questions	Social Awareness Cultural assumptions <i>How we navigate between these respectfully</i> The 3 Whys thinking routine	Social Awareness <i>Random act of Kindness</i>
9	Relationship Skills Conversation starters <i>Bravery</i>	Social Awareness Mistreatment of people Respectful choices <i>10 Commandments</i> See Think Wonder	Self-Awareness Skills Tools and tips to be an effective peer coach: - How to hold each other accountable	Social Awareness Memory Event: <i>Community engagement serve activity</i>	Relationship Skills Appreciation station - presentation of each child's gratitude notes

Stage 6 Wellbeing - Invictus Term 2 Year A

Term 2 Upcoming Events to pre-organise and/or book

- Wk1 - Centre for creative leadership using pictures or 50 random picture cards
- Wk2 - Buffalo card game
- Wk4 - Mental Health Australia $\frac{1}{2}$ day training
- Wk4 - Zoom with a university (career pathways)
- Wk5 - Overnight or day hike expedition
- Wk6 - Money for PBL activity

Wk9 - Guest speaker from a local volunteer organisation (e.g landcare, SES, surf lifesaving, animal rescue)

Wk9 - Showcase of PBL to parents/public

Week	Monday Connection	Tuesday Wellbeing	Wednesday Peer Coaching	Thursday Wellbeing	Friday Optimism & Relationship
1 <i>"Believe you can and you are halfway there"</i> Theodore Roosevelt	Relationship Skills The Circle Practice Conversation starters <i>What is the Bible?</i>	Relationship Skills Leadership	Self-Awareness Skills Reflect and review Term 1 SMART goals Set Term 2 SMART academic goals;	Social Awareness <i>Community engagement - connectedness through engagement to their communities</i>	Self-Awareness Skills Meaning of optimism
2 <i>"Life is like riding a bicycle. To keep your balance, you must keep moving"</i> Albert Einstein	Relationship Skills Conversation starters <i>Trinity</i>	Relationship Skills Social Pressure Respectful choices online Esafety - Someone is creating drama online	Self-Awareness Skills Tools and tips to be an effective peer coach: Recap peer coaching skills and your style of learning. How to pick a peer tutor	Relationship Skills How stereotypes affect us? <i>God look at the heart</i> Social Awareness Community engagement - PBL project	Self-Awareness Skills Career quiz
3 <i>"I alone cannot change the world, but I can cast a stone across the water to create many ripples"</i> Mother Teresa	Relationship Skills Conversation starters <i>God the Father</i>	Self-Management Tools for building <i>resilience</i> Esafety - Online hate	Relationship Skills Introduce walk/talk concept	Social Awareness - Social Thinking - Creating a safe environment	Self-Awareness Skills WOOP self-awareness for goal setting
4 <i>"You become what you believe"</i> Oprah Winfrey	Relationship Skills Conversation starters Reliance; People who failed but then succeeded <i>Story of David</i>	Social Awareness Safety Australia Mental Health Australia <i>(½ day training)</i>	Relationship Skills Revisit the 3 learning styles and how people learn within these	Responsible Decision Making Maintaining positive relationships Protective behaviours Social Awareness	Self-Awareness Skills Career pathways - zoom discussion with a university on career pathways and early entry

				Community engagement - PBL project	
5 <i>"Be patient with yourself. Nothing in nature blooms all year."</i>	Relationship Skills Conversation starters <i>God the Son</i>	Self-Management Memory Event Overnight or day hiking expedition	Relationship Skills Peer coach; Walk/talk Topic; <i>study routines</i>	Responsible Decision Making <i>Health</i> Social Awareness Community engagement - PBL project	Self-Awareness Skills Notice good things around you
6 <i>"Some people look for a beautiful place. Others make a place beautiful"</i> Hazrat Inayat Khan	Relationship Skills Conversation starters <i>Holy Spirit</i>	Relationship Skills <i>Life satisfaction</i>	Relationship Skills Peer coach; assessment and study assistance	Relationship Skills Radical Candor conversations -Care deeply, challenge directly Social Awareness Community engagement - PBL project; delivery wk	Self-Management Positive digital footprint
7 <i>"For success, attitude is equally as important as ability"</i> Walter Scott	Relationship Skills Conversation starters Exceptions to a problem <i>Creation</i>	Self-Management Building yourself for success. Negative self talk - what triggers and how to reframe to answer	Self-Management Tips for finding Balance	Social Awareness Community engagement - PBL project (presentation preparation)	Self-Management Media as a tool Esafety - Keeping online accounts secure
8 <i>"I may not have gone where I intended to go, but I think I have ended up where I needed to be"</i> Douglas	Relationship Skills Conversation starters <i>Knowledge of Good and Evil</i>	Social Awareness <i>Impacts that limited freedoms of people based on their identity groups</i> Social influence Circle of viewpoints	Relationship Skills Exceptions to the problem Sit/Talk topic: assessment assistance	Social Awareness Pro-actively advocate for others <i>Empathy</i> PBL project presentation preparation	Self-Awareness Skills Cleaning up your digital footprint

Adams					
9 "When nothing is sure, everything is possible"	Relationship Skills Conversation starters Setbacks are temporary	Social Awareness <i>Connectedness and engagement to their community</i>	Relationship Skills Peer coach; Walk/talk Topic; <i>How did you go about achieving your Term 2 goals?</i>	Social Awareness PBL project Presentation Event	Self-Awareness Skills <i>The Resurrection of Jesus</i>

Stage 6 Wellbeing Term 3 Year A

Term 3 Upcoming Events to pre-organise and/or book

- Wk6 - Personal trainer
- Wk7 - A doctor to talk about lifestyle choices and effects on their body
- Wk8 - First Aid Training
- Wk8 - Showcase of PBL to parents/public (photos printed and displayed)
- Wk9 - Nutritionist or naturopath to talk about health diet
- Wk9 - Assisting with cooking, decorating and serving yr12 progressive dinner

Week	Monday Connection	Tuesday Wellbeing	Wednesday Peer Coaching	Thursday Wellbeing	Friday Peace & Relationship
1 "Spread love everywhere you go. Let no one ever come to you without leaving happier" Mother Teresa	Relationship Skills The Circle Practice How we treat others <i>Christain behaviour</i>	Relationship Skills Recipe for healthy relationships Cycle of negative self-talk E Safety -Catfishing	Self-Awareness Skills Set Term 3 SMART academic goals; share within small groups	Self-Awareness Skills Recognise each others skills and abilities The science of kindness <i>Spiritual gifts</i>	Self-Awareness Skills Meaning of Peace
2 "Everybody has talent. It's just	Relationship Skills Conversation starters	Social Awareness First Aid Training	Relationship Skills Peer coach; assessment	Social Awareness PBL ; How to improve the	Self-Management Creating balance

<p>a matter of moving around until you've discovered what it is" George Lucas</p>	<p><i>Christain behaviour</i></p>		<p>assistance</p>	<p>wellbeing of teenagers?</p>	<p>Scaling Questions</p>
<p>3 "Success doesn't just happen. It is a product of hard work, grit and ingenuity" Ogwo David Emenike</p>	<p>Relationship Skills Conversation starters <i>The Experience of Salvation</i></p>	<p>Self-Awareness Skills Know yourself - stress Grit Fixed vs Growth mindset</p>	<p>Relationship Skills Peer coach; assessment assistance</p>	<p>Social Awareness Esafety - <i>I'm being pressured to send nudes</i> PBL: How to improve the wellbeing of teenagers? - Photography skills</p>	<p>Self-Management 11 Optimism tools</p>
<p>4 "Don't worry about failure. Worry about the chances you miss when you don't even try" Sherman Finesilver</p>	<p>Relationship Skills Conversation starters <i>Growing in Christ</i></p>	<p>Self-Management Processing loss - mentally & emotionally Stages of grief <i>Ecclesiastes 3:1-8</i> Beauty in the fine arts; virtual art gallery tour</p>	<p>Relationship Skills Peer coach; assessment/study assistance</p>	<p>Social Awareness PBL: How to improve the wellbeing of teenagers? 7 photography mistakes</p>	<p>Self-Management The science behind living a long life - setting life goals (<i>what is in our immediate control</i>) - Exercise</p>
<p>5 "Grit is living life like it's a marathon not a sprint" Angela Duckwork</p>	<p>Relationship Skills Conversation starters <i>The Church</i></p>	<p>Responsible Decision Making Resisting social pressures Solomon Asch conformity What makes you say that?</p>	<p>Relationship Skills What is peer review?</p>	<p>Social Awareness Public opinion can be used to influence and shape public policy PBL: How to improve the wellbeing of teenagers? The power of a photograph</p>	<p>Self-Management Don't let your past mistakes define you Focus on locus of control</p>
<p>6 "Be careful with your words. Once they are said, they can only be forgiven, not forgotten." Carl Sandburg</p>	<p>Relationship Skills Conversation starters <i>The power of words</i></p>	<p>Self-Awareness Skills Healthy minds Recipe for a healthy body (physical exercise - personal trainer)</p>	<p>Relationship Skills Active listening</p>	<p>Self-Awareness Skills <i>The power of words</i> Claim, Support, Question Social Awareness PBL: How to improve the wellbeing of teenagers? -The power of photo's</p>	<p>Self-Management Nature</p>

<p>7</p> <p>"There is no failure. Only feedback" Robert Allen</p>	<p>Relationship Skills</p> <p>Conversation starters <i>The remnant and its mission</i></p>	<p>Relationship Skills and Self-Management</p> <p>Designing decor and menu for yr12 progressive dinner</p>	<p>Relationship Skills</p> <p>Tips for building and maintaining esteem</p>	<p>Social Awareness</p> <p>PBL: How to improve the wellbeing of teenagers?</p>	<p>Self-Management</p> <p>Social Media Esafety - Fake news</p>
<p>8</p> <p>"Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily" James J Corbett</p>	<p>Relationship Skills</p> <p>Conversation starters Patience</p>	<p>Relationship Skills and Self-Management</p> <p>Designing decor and menu for yr12 progressive dinner</p>	<p>Relationship Skills</p> <p>Peer coaching sample questions. Walk/talk Topic; <i>Term 3 academic goals</i></p>	<p>Social Awareness</p> <p>PBL PRESENTATIONS; How to improve the wellbeing of teenagers?</p>	<p>Self-Management</p> <p>Deep breathing</p>
<p>9</p> <p>"Understanding is the first step to acceptance" " J.K. Rowling</p>	<p>Relationship Skills</p> <p>Accepting others Conversation starters <i>Unity in the body of Christ</i></p>	<p>Relationship Skills</p> <p>Memory Event: Preparing, decorating, cooking, serving at yr12 progressive dinner</p>	<p>Relationship Skills</p> <p>To give good feedback/ to receive feedback</p>	<p>Self-Awareness Skills</p> <p><i>Recipe for a healthy body nutritionist or naturopath guest speaker</i></p>	<p>Self-Management</p> <p><i>Self-Acceptance</i></p>

Stage 6 Wellbeing Term 4 Year A

Term 4 Upcoming Events to pre-organise and/or book

- Wk4 - Employment agency to talk about interview techniques
- Wk5 - Panel of adults for mock interviews
- Wk5 - Mountain bike riding
- Wk7 - White card training
- Wk8 - Police to talk about safe driving
- Wk9 - Volunteer at soup kitchen

Wk9 - Social Event for students (bus hire and event booking)

Week	Monday Connection	Tuesday Wellbeing	Wednesday Peer Coaching	Thursday Wellbeing	Friday Appreciation & Relationship
1 <i>"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough" Oprah Winfrey</i>	Relationship Skills The Circle Practice Conversation starters Appreciation	Self-Management Personal Values <i>Biblical values</i>	Self-Awareness Skills Set Term 4 SMART academic goals; share within small groups	Self-Management Create your life <i>power of the mind; seeking opportunities</i> <i>Don't give up</i>	Self-Awareness Skills <i>Appreciation</i>
2 <i>"Disciple is choosing between what you want now and what you want most" Abraham Lincoln</i>	Relationship Skills Conversation starters <i>What does the bible say about following your dream?</i>	Self-Awareness Skills Recipe for a healthy body (dr to talk about diseases linked to diet)	Relationship Skills Peer coach; Walk/talk We connect cards <i>Biblical understanding of success</i>	Self-Management Self-control	Self-Awareness Skills <i>Appreciation for where we live</i>
3 <i>"Gratitude and attitude are not challenges; they are choices." Robert Braathe</i>	Relationship Skills <i>Death and Resurrection</i>	Relationship Skills Not living in fear - high expectation relationships <i>What does the bible say about relationship expectations?</i>	Relationship Skills Peer coach; assessment/study assistance	Social-Awareness Emotional Intelligence - Social cues (verbal and non-verbal)	Self-Awareness Skills <i>Appreciation for what we have</i> Social Awareness <i>Food hampers (introduce the idea and students begin bringing in food items)</i>
4 <i>"A leader is one who knows the way, goes the way, and shows the way." John Maxwell</i>	Relationship Skills Conversation starters <i>Characteristic traits of Jesus as a leader</i>	Responsible Decision Making Preparedness for employment - resume writing	Relationship Skills What makes a good leader? Peer coach: assessment/study assistance	Responsible Decision Making Preparedness for employment - interview techniques	Self-Awareness Skills Appreciation for our own skills and talents <i>Spiritual Gifts and Ministries</i>
5	Relationship Skills	Responsible Decision	Relationship Skills	Self-Management	Self-Awareness Skills

<p><i>"Be somebody who makes everybody feel like somebody"</i> Robby Novak</p>	<p>Conversation starters Feeling wheel</p>	<p>Making Preparedness for employment - <i>Mock interviews</i></p>	<p>Peer coach; assessment/study assistance</p>	<p>Memory Event:</p> <ul style="list-style-type: none"> Mountain biking, sailing or kayaking 	<p><i>Ways we can show appreciation</i></p>
<p>6 <i>"People will forget what you said, people will forget what you did, but people will never forget how you made them feel"</i></p>	<p>Relationship Skills Conversation starters</p>	<p>Relationship Skills Respectful relationships</p>	<p>Relationship Skills Peer coach; assessment/study assistance</p>	<p>Relationship Skills Respectful relationships</p> <p>Self-Management Esafety - Unsafe or unwanted contact</p>	<p>Self-Awareness Skills Appreciation; tackle problems positively</p>
<p>7 <i>"It always seems impossible until it's done."</i> Nelson Mandela</p>	<p>Relationship Skills Conversation starters</p>	<p>Self-Management White card or Barista Course</p>	<p>Relationship Skills Peer coach; assessment/study assistance</p>	<p>Relationship Skills & Social Awareness Conversational skills to determine the perspective of others E Safety - Online dating</p>	<p>Self-Awareness Skills Appreciation - Identifying own strengths</p>
<p>8 <i>"No one has become poor from giving."</i> by Anne Frank</p>	<p>Relationship Skills Conversation starters</p>	<p>Self-Management Police Liaison; guest speaker <i>(relevant issues for cohort)</i></p>	<p>Self-Awareness Skills Progress of termly academic goals</p>	<p>Social Awareness Compiling and packing food hampers</p>	<p>Self-Awareness Skills Appreciation - identifying own limitations</p>
<p>9 <i>"You can, you should, and if you're brave enough to start, you will."</i> by Stephen King</p>	<p>Self-Awareness Skills Reflection of the year</p>	<p>Social Awareness Memory Event: Improving community - helpful habits</p>	<p>Self-Awareness Skills Reflect on the peer coaching process</p>	<p>Relationship Skills Memory Event: Social Activity</p>	<p>Self-Awareness Skills Reflection of the year</p>

SAMPLE LESSONS

The Invictus Wellbeing Program Week 9 Term 1 Stage 6 - Year A

POSTER - "Our lives begin to end, the day we become silent about the things that matter" Dr. Martin Luther King Jr

Main Message	Suggested Teaching Strategies		Resources
<p>During the transatlantic slave trade in the 15th & 16th century it was estimated that 13 million people were held as slaves. Today 40 million people are est. to be trapped in Modern Slavery world-wide. With 1 in 4 being children and 71% are women and girls. Awareness is the first step to action!</p> <p>Disclaimer: video discusses: modern day slavery, people trafficking, mental health concerns, rape and complex trauma. If you need some space, please feel free to step out of the room and the teacher will check in with you to offer support. If this triggers anything for you personally, school staff to follow up and organise an opportunity to talk with a trusted adult of the young</p>	<p>Homeroom 10min</p>	<p>Relationship Skills - Connection During Circle Time Play: Coin Connections - Get enough coins before class for each student, making sure there are no "antique" coins (i.e, the years before your students were born). Each student gets a coin and takes a turn sharing how old they were and something significant that happened to them the year the coin was minted.</p>	<p>-1 coin per student</p>
	<p>Lesson 1 50min</p>	<p>Social Awareness - Mistreatment of people Play: Let's Count. Watch: Bravery of Harriet Tubman. Read the first 2 paragraphs to the students, explaining what slavery is. Read: Amazing Grace and listen to the song. Link to 10 Commandment Watch: Modern Slavery (content in this video is confronting; read disclaimer). Form groups (alphabetical order) of 4. Using the Thinking Routine: See Think Wonder; ask groups to answer these 3 questions. Share responses back to the class. In the same groups again, students brainstorm what THEY can do to reduce the impact of modern slavery. Individually students record in their journal, their thoughts and actions on this topic. Energiser: The Helium Stick. Check out before everyone leaves (<i>thumbs up, side or down for how they are feeling</i>)</p>	<p>-Invictus Journals -Invictus Wk9 T1 poster -long stick or tent pole</p>
	<p>Homeroom 10min</p>	<p>Self-Awareness Skills - Peer Coaching Discuss: How to hold each other accountable when peer coaching? One strategy is to end with: "What is your main insight or take-away from this coaching session?" & "What action will you take next?"</p>	
	<p>Lesson 2 50min</p>	<p>Social Awareness - Memory Event Students participate in the service activity that they decided on during week 5 planning activity for this event. Acts 20:35. Helping others results in better health and higher levels of happiness. "It is more blessed to give than to receive." <i>Giving back as a team is a positive, bonding experience that naturally boosts gratitude. Volunteer activities that are done together improve teamwork. For example a park clean-up is a great option — it gets people outdoors, and the results of everyone's hard work are immediately evident.</i></p>	<p>-community service activity</p>

person's choice or a school counsellor. Australia is founded on Christain principles.	Homeroom 10min	Relationship Skills - Appreciation for each other Presentation of each child's gratitude notes. Students spend time reading their notes. Circle Time students comment on how they are feeling after receiving the notes of gratitude - <i>Highlights</i>	-Gratitude station notes
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The Invictus Wellbeing Program
Week 6 Term 2 Stage 6 - Year A

POSTER - "Some people look for a beautiful place. Others make a place beautiful" Hazrat Inayat Khan

Main Message	Suggested Teaching Strategies		Resources
Life satisfaction measures are generally subjective, or based on the variables that an individual finds personally important in their own life. Focusing on gratitude, life experiences, social interactions and reliance aids in improved life satisfaction. Nick Vujicic Faith in Action , is an inspiring testimony to show true life satisfaction and joy. Positive Digital footprint Radical Candor teaches the	Homeroom 10min	Relationship Skills - Holy Spirit Read: What is the Holy Spirit? During Circle Time ask a Conversation starter .	-Invictus Wk6 T2 poster
	Lesson 1 50min	Relationship Skills - Life Satisfaction Positive Primer: Play - Lost on a Deserted island . Read: Definition of life satisfaction . Link with VIA Strengths - zest definition. Watch: The inspirational story of Nick Vujicic . Students complete the satisfaction with life scale . Once students finish, display the score and interpretation . Read: How to improve Life Satisfaction . In their journal, students record one strategy for each category, outlining how they could move just one step up the scale. During Circle Time ask, "What's 1 thing that you believe will give you life satisfaction?". Read: John 10:10 . Energiser: Let's make some noise .	- satisfaction with life scale 1 per student
	Homeroom 10min	Relationship Skills - Peer Coaching Students reflect on their current SMART goal. Give each student a copy of P3 - Micromovements to achieve your SMART goal to complete.	Page 3 - 1 per student -Invictus journal
	Lesson 2 50min	Relationship Skills and Social Awareness - Conversations Positive Primer: Play Buffalo card game . Listen to: Radical Candor conversations - S4 E1 - The Bob story . Discuss Ruinous Empathy and how it may feel nice or safe, but is ultimately unhelpful and even damaging. In pairs ask students to brainstorm a situation when they could have used this strategy if: <i>Care deeply, challenge directly</i> . Recap on the important techniques when having an open to learning conversation - 10 Ways to have better conversations . Students record these in their journal.	- Buffalo card game -Invictus Journal - Project Team Work Plan

techniques to care personally and challenge directly in order to help others to grow.		PBL PLANNING - Implementation week! Students record the lead up, giving of the money and responses from the receiver and also how they feel at that moment.	
	Homeroom 10min	Self-Management - <i>Digital Footprint</i> Watch: Positive digital footprint . Brainstorm why it is important to have a positive digital footprint? During Circle Time ask students to share: " <i>one thing you can do to improve your digital footprint</i> ".	-Invictus journal