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| KidsMatter & PDH SEL Competency Overview |
| Early Stage 1 | **Self-Awareness** | **Social Awareness** | **Self-Management** | **Responsible Decision Making** | **Relationship Skills** |
| Major Focus: ✓ Minor Focus: • | **Identifying emotions** | **Recognising strengths** | **Perspective-taking** | **Appreciating diversity** | **Managing Emotions** | **Goal Setting** | **Analysing situations** | **Assuming personal responsibility** | **Respecting others** | **Problem solving** | **Communication** | **Building Relationships** | **Negotiation** | **Refusal** |
| ACTIVE AND HEALTH<Insert Term, Year>Y |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| 1. How can I care for my body? (E.1,E.3) |   |   |   |   |   |   |   | **✓** |   |   |   |   |  |  |
| 2. What are my basic needs? (E.1) |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
|  3. What are m y favourite activities? (E.1) |   |   |   |   |   |   |   |   |   | **✓** |   |   |  |  |
| 4. Why is healthy food and rest important to me? (E.1,E.2) |   |   |   |   |   |   |   |   |   | **✓** |   |   |  |  |
| 5. How can I be physically active? (E.3) |   |   |   |   |   | **✓** |   |   |   | ⚫ |   |   |  |  |
| 6. What effects does exercise have on my body? (E.1)  |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| 7. What is healthy food and a balanced diet? (E.1,E.2) |   |   |   |   |   |   |   |   |   | ⚫ |   |   |  |  |
| 8. How can I keep safe in the sun? (E.1,E.2) |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| KEEPING MYSELF SAFE |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| 1. What is a caring healthy relationship? (E.1,E.2,E.3) |   |   |   |   |   |   |   |   |   |   |   | **✓** |  |  |
| 2. Why is trust important? (E.1,E.2) |   |   |   |   |   |   | **✓** |   |   |   |   |   |  | ⚫ |
| 3. How does my body tell me I feel unsafe? (E.1)  | **✓** |   |   |   | **✓** |   |  |   |   |   |   |   |  |  |
| 4. What is unsafe touching? (E.1,E.2) | **✓** |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 5. How can I ask for help when I feel unsafe? (E.1,E.2) |   |   |   |   |   |   |   |   |   |   |   |   |   | **✓** |
| 6. Whose hand can I hold when crossing the road? (E.1,E.3) |   |   |   |   |   |   | **✓** | **✓** |   |   |   |   |   |   |
| 7. Why do we hold hands when crossing the road? (E.1,E.3) |   |   |   |   |   |   | **✓** | **✓** |  |   |   |   |   |   |
| 8. How should I wear my seatbelt? (E.3) |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |   |
| 9. Where is it safe to ride? (E.3) |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |   |
| 10. How can I use the Internet and phones safely? (E.3) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ALL ABOUT MEDICINES/MAKING HEALTHIER CHOICES  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1. What keeps us healthy? (E.1,E.2,E.3) |   |   |   |   |   |   |   |   |   | ⚫ |   |   |   |   |
| 2. Who helps me to stay healthy? (E.1,E.2) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 3. What happens when we are sick? (E.2,E.3) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4. How can I stay safe in my home? (E.1,E.2,E.3) |   |   |   |   |   |   |   |   |   | ⚫ |   |   |   |   |
| 5. What are the rules for taking medicines? (E.2) |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |   |
| 6. How can I make healthy choices? (E.1,E.2) |   |   |   |   |   | ⚫ |   |   |   |   |   |   |   |   |
| 7. What are the effects of my choices? (E.2) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 8. How can I keep my home/school safe and clean? (E.2,E.3) |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |  |
| 9. How can I keep safe around water? (E.2) |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |   |
| 10. Who can help to keep me safe? (E.1,E.2,E.3) |   |   |   |   |   |   |   |   |   | **✓** |   |   |   |   |
| ME AND MY MATES |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1. What am I like? (E.1,E.3) |   |   |   | **✓** |   |   |   |   |   |   | ⚫ |   | ⚫ |   |
| 2. Why am I special? (E.1,E.3) |   | **✓** |  |  |  |  |  |  |  |  | **✓** |  | **✓** |   |
| 3. How have I changed since birth? (E.1) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4. How does my family care for each other? (E.2) |   |   |   |   |   |   |   |   |   |   |   | **✓** |   |   |
| 5. How can I make friends? (E.2,E.3) |   | ⚫ | **✓** | **✓** |   |   |   |   |   |   |   | **✓** |   |   |
| 6. Why do we need rules? (E.2) |   |   |   |   |   |   |   |   | ⚫ |   |   |   |   |   |
| 7. How can I be a good listener? (E.2) |   |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |
| 8. What are good manners? (E.2)  |   |   |   |   |   |   |   |   | **✓** |   |   |   |   |   |
| 9. How can I work well with others? (E.2,E.3) |   |   |   |   | ⚫ |   |   |   | ⚫ |   | **✓** | **✓** | **✓** |   |

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| KidsMatter & KLA/Other SEL Competency Overview |
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| Major Focus: ✓ Minor Focus: • | **Identifying emotions** | **Recognising strengths** | **Perspective-taking** | **Appreciating diversity** | **Managing Emotions** | **Goal Setting** | **Analysing situations** | **Assuming personal responsibility** | **Respecting others** | **Problem solving** | **Communication** | **Building Relationships** | **Negotiation** | **Refusal** |
| KLA – RE<Insert Unit Title, Term, Year> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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