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| **KidsMatter & PDH SEL Competency Overview** |
| **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** |
| **Food, Fun and Fitness** |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| **1. What is a balanced lifestyle? (E.1)** |   |   |   |   |   |   | ⚫ |   |   |   |   |   |  |  |
| **2. Why is a balanced lifestyle important? (E.1)** |   |   |   |   |   |   | ⚫ |   |   |   |   |   |  |  |
| **3. What are healthy eating habits? (E2)** |   |   |   |   |   |   | ⚫ |   |   |   |   |   |  |  |
| **4. Who influences my eating habits? (E.2)** |   |   |   |   |   |   | **✓** | **✓** |   |   |   |   |  |  |
| **5. How can fast food be healthy? (E.2)** |   |   |   |   |   |   |   |   |   | **✓** |   |   |  |  |
| **6. How do I make healthy decisions? (E.1)** |   |   |   |   |   |   |   |   |   | **✓** |   |   |  |  |
| **7. How does physical activity affect me? (E.3)** |   |   |   |   |   |   |   |   |   |  | ⚫ |   |  |  |
| **8. What are the benefits of physical activity? (E.3)** |   |   |   |   |   | **✓** |   |   |   | **✓** | ⚫ |   |  |  |
| **9. What are the benefits of physical activity? (E.3)** |   |   |   |   |   |   | **✓** |   |   |  | **✓** |   |  |  |
| 10. **What are the consequences of my decisions? (** |   |   |   |   |   |   | **✓** |   |   | **✓** |   |   |  |  |
| **GETTING ALONG WITH OTHERS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1. How can I share and cooperate with others? (E.1)** |   | ⚫ |  |  | ⚫ | ⚫ |  |  |  |  | **✓** | **✓** | **✓** |  |
| **2. What is good communication? (E.1)** |   |  |  |  |  |  |  |  | **✓** |  | **✓** |  |  |  |
| **3. Who is in my family? (E.2)** |   |  |  |  | **✓** |  |  |  | ⚫ |  |  |  |  |   |
| **4. What activities can I do with my family? (E.2)** |   |  | **✓** | **✓** |  |  |  |  |  |  |  |  | ⚫ |   |
| **5. What is a good friend? (E.2)** |   |  | **✓** |  |  |  |  |  | **✓** |  |  |  |  |   |
| **6. Who is important and special to me? (E.2)** |   |  |  |  |  |  |  |  |  |  |  | **✓** |  |   |
| **7. Why is it important to belong to various groups? (E.2)** |   |  |  | **✓** |  |  |  |  |  |  |  |  |  |   |
| **8. What is bullying/cyberbullying? (E.3)** |   |  |  |  |  |  |  |  | **✓** |  |  |  |  |   |
| **9. How do I respond to conflict? (E.3)** |   |  |  |  | **✓** |  |  |  |  |  |  |  | **✓** |   |
| 10. **Why do we have rules? (E.3)** |   |  |  |  |  |  |  | **✓** |  | ⚫ |  |  |  |   |
| **KEEPING MYSELF SAFE AROUND MEDICINES - PUTTING SAFETY FIRST** |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| **1. What should I do to get help? (E.1)** |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| **2. What needs to be kept in a safe place? (E.1)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **3. How do my friends and I use medicines safely? (E.2)** |  |  |  | ⚫ |  |  | **✓** |  |  |  |  |  |  | **✓** |
| **4. How can we store medicines safely? (E.1, E.2)** |  |  |  |  |  |  | **✓** |  |  | **✓** |  |  |  |  |
| **5. How do I know what is safe for me? (E.2)** |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| **6. How do I cross the road safely?(E.1, E.2)** |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **7. Where is it safe to cross? (E.1, E.2)** |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **8. How do I use pedestrian lights? (E.2)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **9. How do I cross the road safely? (E.2)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **10. Why use seatbelts? (E.1, E.2)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **MEDICINES AND ME/PLAY IT SAFE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1. What happens when I am unwell? (E.1)** | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2. Who helps me when I am sick? (E.1)** |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| **3. How do we use medicines safely? (E.1, E.2)** |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| **4. How do my friends and I take medicines safely? (E.2)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **5. What is safe and unsafe around the home? (E.3)** |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| **6. How do I help others stay healthy? (E.2, E.3)** |  |  | **✓** |  |  |  |  |  | **✓** |  |  |  |  |  |
| **7. What equipment and rules keep me safe? (E.2)** |  |  |  |  |  |  | ⚫ | **✓** |  |  | ⚫ |  |  |  |
| **8. How can I play safely? (E.1, E.2)** |  |  |  |  |  |  | **✓** | **✓** |  |  |  |  |  |  |
| **9. How can I stay safe near water? (E.1)** |  |  |  |  |  |  | **✓** | **✓** |  |  |  |  |  |  |
| **10. How can I keep safe on a farm and at home? (E.2)** |  |  |  |  |  |  | **✓** | **✓** |  |  |  |  |  |  |
| **KidsMatter & PDH SEL Competency Overview** |
| **Stage 1 (continued)** | **Self-Awareness** | **Social Awareness** | **Self-Management** | **Responsible Decision Making** | **Relationship Skills** |
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| **MY BEAUT BODY** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1. How do I use my senses to listen? (E.1)** |  |  |  | ⚫ |  |  |  |  | ⚫ |  |  |  |  |  |
| **2. What are my body parts? (E.1)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3. How strong am I? (E.1)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4. How has my body changed? (E.2)** |  | **✓** |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| **5. How do I feel about changes in my life? (E.2)** | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6. How am I unique? (E.1)** |  | ⚫ |  |  |  |  |  |  |  |  |  |  |  |  |
| **7. How do I protect myself from disease? (E.1)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8. How do I protect myself from the sun? (E.3)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9. What is pollution? (E.3)** |  |  |  |  |  | ⚫ |  |  |  | ⚫ |  |  |  |  |
| **10. How can pollution affect my health? (E.3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Protecting Me** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1. What things keep me healthy, happy and safe? (E.1)** |  |  |  |  |  | **✓** |  |  |  | **✓** |  |  |  |  |
| **2. Why is it important to tell others how I feel? (E.1, E.3)** |  |  |  |  |  |  |  |  | ⚫ |  | **✓** | ⚫ |  |  |
| **3. What are warning signals? (E.1)** | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4. How can I recognise safe and unsafe situations? (E.1)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  | ⚫ |
| **5. Who can I trust? (E.2)** |  |  |  |  |  |  |  |  |  |  |  | ⚫ |  | ⚫ |
| **6. How can I protect myself? (E.1)** |  |  |  |  |  |  |  |  |  | ⚫ |  |  |  |  |
| **7. When should people ask permission? (E.3)** |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| **8. What can I do when I feel unsafe? (E.2, E.3)** |  |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| **9. When are secrets unhappy? (E.1, E.2)** | **✓** |  |  |  | **✓** |  |  |  |  |  |  |  |  |  |
| **10. Who will help me when I feel unsafe? (E.1, E.2, E.3)** |  |  |  |  |  |  |  | **✓** |  | ⚫ | **✓** |  |  |  |
| **STREET SENSE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. **1. When and where should I hold an adult’s hand? (E.1)**
 |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **2. How should I cross the road? (E.1, E.2)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **3. How can I keep safe in a carpark or driveway? (E.1)** |  |  |  |  |  |  |  |  |  | ⚫ |  |  |  |  |
| **4. Why should I wear a seatbelt correctly?(E.1)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **5. How should I enter and exit a car? (E.1)** |  |  |  |  |  |  |  | **✓** |  | ⚫ |  |  |  |  |
| **6. What rules apply to different modes of transport? (E.1)** |  |  |  |  |  |  |  | **✓** |  | ⚫ |  |  |  |  |
| **7. How can I cooperate with the driver on a long journey? (E.2)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **8. How can I help my friends and family to travel safely? (E.1, E.2)** |  |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |  |
| **9. Where can I be safe on wheels? (E.1)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **10. Why is wearing a helmet important? (E.1)** |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |
| **Who I am** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1. Who am I? (E.1)** |  |  |  | **✓** |  |  |  |  |  |  |  |  |  |  |
| **2. What are my qualities? (E.1)** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **3. What are favourite things? (E.1)** |  |  |  | **✓** |  |  |  |  |  |  |  |  |  |  |
| **4. What are my basic needs? (E.3)** |  |  |  |  |  |  |  |  |  | ⚫ |  |  |  |  |
| **5. What are my body’s needs? (E.3)** |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| **6. What do I belong to? (E.3)** |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| **7. How do I feel? (E.2)** | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8. How can I understand other’s feelings? (E.2)** |  |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |
| **9. How can I express my feelings? (E.2)** |  |  | **✓** |  | ⚫ |  |  |  |  |  |  |  |  |  |
| **10. How can I express my feelings appropriately? (E.2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |