



Learning Focus

Students reflect on all they have learnt throughout the program and can identify how they will use the tools going forward.

Learning Area Outcomes Met

Health:
Practice skills to establish and manage relationships ACPPS037

Examine the influence of emotional responses on behaviour and relationships ACPPS056

General Capabilities



Personal & Social Capability

Learning Intention:

We are reflecting on what we have learnt and how we will continue to use the tools in our lives.

Success Criteria:

I can reflect on how this program has changed my thoughts, feelings and actions.
I can identify what tools I will use going forward.



Resources

Reflection Interview Template
Strengths cards
Star Round Template

Lesson Sequence:

TUNE THEM IN

Turn and Talk

Write the following prompt on the board:

"Something I have learnt in this program is..."

Ask students to have a think about what they have learnt over the last 8 lessons and think of one thing that has really stuck in their minds. You might like to offer a suggestion such as:

"Something I have learnt in this program is that I can send stars to myself whenever I am feeling a bit sad or my self-image is low"

"Something I have learnt in this program is that I can turn a situation around by sending a star to someone when they send me a black hole"

Ask students to turn and talk to someone next to them about what they have learnt.

LET THEM LEARN

Interview

Partner students up and provide them with the Reflections Interview Template.

Ask them to take it in turns interview each other using the questions on the template. If you have access to tablet devices, you might like to have the students record these interviews.

ALTERNATIVE: Use the interview template as a journal prompt and ask students to individually write down their answers.



Lesson Sequence:

FINISHING OFF - REFLECTION

Star Round

Scatter the strength cards around on the floor.

Explain to students that we are going to finish the lesson by sending and receiving a star. Explain that they will be asked to send someone in the class a star. You may like to remind them that this is a black hole free zone!

Allocate to each student someone in the class to write a star too. You can include yourself as well. Ensure each person receives one star and sends one star.

Make it as easy as possible by allocating people, who you know have a friendship or reasonable relationship with. Ask each student to choose a strength that describes the person they have been allocated and write it onto the star template.

Go around the room and ask each student to say who they were allocating and the strength they chose.