

Smiling Mind Primary Classroom Curriculum – Mapping to the Australian Curriculum v9.0

Introduction

The following document provides mapping of the lessons within the Smiling Mind Primary Classroom Curriculum to the Australian Curriculum v9.0 aligning to the following two areas:

- Learning Area: [Health & Physical Education](#)
- General Capabilities: [Personal & Social Capability](#)

The mapping below is divided into the following Year Levels to align to the structure of the Australian Curriculum: Years 1-2; Years 3-4; and Years 5-6.

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Smiling Mind Lesson Topics

0 – Orientation

To introduce the concept of mental fitness; why it matters, and how it can be practised.

7 – Recognising Emotions

To recognise emotions and how they change and develop self-regulation skills.

14 – Empathy

To understand and grow skills around empathy, values and positive relationships.

1 – Awareness

To explore what awareness is and how students build self-awareness.

8 – Managing Emotions

To explore pleasant and unpleasant emotions and continue to develop self-regulation skills.

15 – Acts of Kindness

To understand and experience the benefits of kindness.

2 – Attention

To develop the skill of paying attention.

9 – Building Optimism

To develop the ability to cultivate an optimistic outlook and to recognise the benefits of an optimistic outlook.

16 – Positive Relationships

To grow connections by building positive relationships with others.

3 – The Senses

To develop sensory awareness through listening.

10 – My Strengths

To identify and grow personal strengths and to recognise and appreciate strengths in others.

17 – Positive Communication

To develop skills for effective and positive communication.

4 – Savouring

To savour positive experiences through tastes, storytelling, or appreciating special places.

11 – Gratitude

To understand and cultivate gratitude—both personally and through community.

18 – A Curious Mind

To embrace flexible thinking by being curious and comfortable with uncertainty.

5 – Movement

To learn to pay attention to the body through movement.

12 – Making Decisions

To develop decision making skills using awareness and personal values.

19 – Growth Mindset

To develop a growth mindset.

6 – Self-Compassion

To develop the skill of kindness and self-compassion.

13 – Setting Goals

To build skills around setting and working towards goals.

20 – Resilience

To develop the skills and ability to cope and persevere through life's setbacks.

Years 1 and 2 – Health & Physical Education (Learning Area)

Australian Curriculum: Health & Physical Education (Yr1-2)		Smiling Mind Primary Classroom Curriculum																				
Code	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Personal, social and community health: Identities and change																						
AC9HP2P01	describe their personal qualities and those of others, and explain how they contribute to developing identities			✓				✓			✓	✓		✓	✓	✓	✓		✓		✓	✓
Personal, social and community health: Interacting with others																						
AC9HP2P02	identify and explore skills and strategies to develop respectful relationships							✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓		
AC9HP2P03	identify how different situations influence emotional responses	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
AC9HP2P04	practise strategies they can use when they need to seek, give or deny permission respectfully													✓								
Personal, social and community health: Making healthy and safe choices																						
AC9HP2P05	identify and demonstrate protective behaviours and help-seeking strategies they can use to help them and others stay safe				✓				✓	✓	✓			✓		✓		✓			✓	
AC9HP2P06	investigate a range of health messages and practices in their community and discuss their purposes														✓							
Movement and physical activity: Moving our bodies																						
AC9HP2M01	practise fundamental movement skills and apply them in a variety of movement situations			✓	✓		✓			✓								✓	✓	✓		✓

Australian Curriculum: Health & Physical Education (Yr1-2)		Smiling Mind Primary Classroom Curriculum																				
Code	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
AC9HP2M02	investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness		✓		✓		✓			✓									✓	✓		✓
Movement and physical activity: Making active choices																						
AC9HP2M03	participate in a range of physical activities in natural and outdoor settings, and investigate factors and settings that make physical activity enjoyable			✓			✓													✓		✓
Movement and physical activity: Learning through movement																						
AC9HP2M04	co-construct and apply rules to promote fair play in a range of physical activities																					
AC9HP2M05	apply strategies to work collaboratively when participating in physical activities					✓	✓											✓				✓

Years 1 and 2 – Personal & Social Capability (General Capabilities)

Australian Curriculum: Personal and Social Capabilities (Yr1-2)		Smiling Mind Primary Classroom Curriculum																				
Sub-element	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Self Awareness																						
Personal Awareness	Describe personal qualities and how these contribute to growth			✓	✓	✓					✓	✓								✓	✓	✓
Emotional Awareness	Describe the emotional responses of themselves and others	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reflective Practice	Describe what they have discovered about themselves by engaging with feedback		✓	✓	✓						✓	✓								✓		
Self Management																						
Goal Setting	Collaboratively develop goals to improve learning			✓											✓						✓	✓
Emotional Regulation	Describe ways to moderate emotions in familiar contexts						✓	✓	✓	✓												
Perseverance and adaptability	Demonstrate perseverance and adaptability with unfamiliar tasks		✓				✓														✓	✓
Social Awareness																						
Empathy	Describe similarities and differences between the needs, emotions, cultures and backgrounds of themselves and others.					✓		✓	✓	✓		✓				✓	✓	✓				
Relational Awareness	Describe ways they can initiate and develop relationships, including identifying how others may feel in a range of contexts						✓	✓	✓	✓		✓	✓			✓	✓	✓	✓			

Australian Curriculum: Personal and Social Capabilities (Yr1-2)		Smiling Mind Primary Classroom Curriculum Lesson #																				
Sub-element	Students learn to:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Community Awareness	Describe how they contribute to their communities and how others care for and assist them												✓				✓					
Social management																						
Communication	Use a range of skills to enhance verbal and non-verbal communication																	✓	✓			
Collaboration	Participate cooperatively in groups on common tasks and activities			✓			✓							✓				✓				
Leadership	Practise ways that they can lead self and others, and describe when it is appropriate to adopt a leadership approach													✓								
Decision-making	Practise individual and group decision-making						✓							✓								
Conflict Resolution	Practise solving simple interpersonal problems, acknowledging there are many ways to prevent and solve conflict									✓												

Years 3 and 4 – Health & Physical Education (Learning Area)

Australian Curriculum: Health & Physical Education (Yr3-4)		Smiling Mind Primary Classroom Curriculum																					
Code	Students learn to:	Lesson #																					
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Personal, social and community health: Identities and change																							
AC9HP4P01	investigate how success, challenge, setbacks and failure strengthen resilience and identities in a range of contexts	✓						✓	✓	✓	✓			✓	✓						✓	✓	
AC9HP4P02	plan, rehearse and reflect on strategies to cope with the different changes and transitions they experience, such as the changes associated with puberty	✓						✓	✓	✓	✓		✓		✓						✓	✓	✓
AC9HP4P03	describe how choices and actions can be influenced by stereotypes																						
Personal, social and community health: Interacting with others																							
AC9HP4P04	select, use and refine personal and social skills to establish, manage and strengthen relationships							✓	✓	✓		✓	✓	✓		✓	✓	✓	✓			✓	
AC9HP4P05	describe how valuing diversity influences wellbeing and identify actions that promote inclusion in their communities											✓				✓		✓					
AC9HP4P06	explain how and why emotional responses can vary and practise strategies to manage their emotions	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
AC9HP4P07	rehearse and refine strategies for seeking, giving and denying permission respectfully and describe situations when permission is required													✓									

Australian Curriculum: Health & Physical Education (Yr3-4)		Smiling Mind Primary Classroom Curriculum																				
Code	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Personal, social and community health: Making healthy and safe choices																						
AC9HP4P08	describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations				✓					✓				✓								
AC9HP4P09	interpret the nature and intention of health information and messages, and reflect on how they influence personal decisions and behaviours																					
AC9HP4P10	investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Movement and physical activity: Moving our bodies																						
AC9HP4M01	refine and apply fundamental movement skills in new movement situations		✓	✓					✓											✓		
AC9HP4M02	apply and adapt movement strategies to achieve movement outcomes		✓	✓					✓													
AC9HP4M03	demonstrate how movement concepts related to effort, space, time, objects and people can be applied when performing movement sequences			✓					✓													
Movement and physical activity: Making active choices																						
AC9HP4M04	participate in physical activities to explore how their body feels and describe how regular physical activity helps the body stay healthy and well		✓	✓					✓				✓							✓		

Australian Curriculum: Health & Physical Education (Yr3-4)		Smiling Mind Primary Classroom Curriculum																				
Code	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
AC9HP4M05	participate in physical activities in natural and outdoor settings to examine factors that can influence their own and others' participation																					
AC9HP4M06	explore recommendations about physical activity and sedentary behaviours, and discuss strategies to achieve the recommendations																					
Movement and physical activity: Learning through movement																						
AC9HP4M07	apply creative thinking when designing movement sequences and solving movement problems																					
AC9HP4M08	apply rules and scoring systems to promote fair play when participating or designing physical activities																					
AC9HP4M09	perform a range of roles in respectful ways to achieve successful outcomes in group or team movement activities						✓															

Years 3 and 4 – Personal & Social Capability (General Capabilities)

Australian Curriculum: Personal and Social Capabilities (Yr3-4)		Smiling Mind Primary Classroom Curriculum																				
Sub-element	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Self Awareness																						
Personal Awareness	explain influences on personal qualities and how these contribute to personal growth			✓	✓	✓					✓	✓								✓	✓	✓
Emotional Awareness	explain the influence that their own behaviour has on the emotional responses of others	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reflective Practice	build on personal abilities and achievements using feedback and self-assessment		✓	✓	✓						✓	✓								✓		
Self Management																						
Goal Setting	plan for learning, by setting improvement goals			✓											✓						✓	✓
Emotional Regulation	manage and moderate emotions in familiar contexts, using provided strategies						✓	✓	✓	✓												
Perseverance and adaptability	demonstrate perseverance when faced with challenges, adapting approaches based on successes and learning from setbacks and failure		✓				✓														✓	✓
Social Awareness																						
Empathy	discuss the value of different needs, emotions, cultures and backgrounds					✓		✓	✓	✓		✓				✓	✓	✓				
Relational Awareness	identify how they can contribute to healthy relationships and manage challenging relationships						✓	✓	✓	✓		✓	✓			✓	✓	✓	✓			

Australian Curriculum: Personal and Social Capabilities (Yr3-4)		Smiling Mind Primary Classroom Curriculum Lesson #																				
Sub-element	Students learn to:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Community Awareness	describe the various communities beyond their own and what they can do to support them												✓				✓					
Social management																						
Communication	apply verbal and non-verbal communication skills when responding to others																	✓	✓			
Collaboration	perform designated roles within groups, appreciating everyone’s contributions to a shared outcome			✓			✓							✓				✓				
Leadership	guide and make leadership decisions with a view to how these influence others														✓							
Decision-making	describe factors that influence decision-making and predict outcomes of individual and group decisions						✓								✓							
Conflict Resolution	apply a range of conflict resolution strategies to negotiate positive outcomes in a range of contexts												✓									

Years 5 and 6 – Health & Physical Education (Learning Area)

Australian Curriculum: Health & Physical Education (Yr5-6)		Smiling Mind Primary Classroom Curriculum																				
Code	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Personal, social and community health: Identities and change																						
AC9HP6P01	explain how identities can be influenced by people and places, and how we can create positive self-identities	✓						✓			✓			✓				✓	✓		✓	✓
AC9HP6P02	investigate resources and strategies to manage changes and transitions, including changes associated with puberty	✓	✓					✓		✓	✓		✓	✓						✓	✓	
AC9HP6P03	investigate how the portrayal of societal roles and responsibilities can be influenced by gender stereotypes																					
Personal, social and community health: Interacting with others																						
AC9HP6P04	describe and demonstrate how respect and empathy can be expressed to positively influence relationships							✓	✓			✓	✓	✓		✓	✓	✓	✓			
AC9HP6P05	describe and implement strategies to value diversity in their communities										✓				✓		✓	✓	✓			
AC9HP6P06	apply strategies to manage emotions and analyse how emotional responses influence interaction	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
AC9HP6P07	describe strategies for seeking, giving or denying consent and rehearse how to communicate their intentions effectively and respectfully															✓			✓			

Australian Curriculum: Health & Physical Education (Yr5-6)		Smiling Mind Primary Classroom Curriculum																				
		Lesson #																				
Code	Students learn to:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Personal, social and community health: Making healthy and safe choices																						
AC9HP6P08	analyse and rehearse protective behaviours and help-seeking strategies that can be used in a range of online and offline situations				✓				✓	✓				✓		✓		✓	✓			
AC9HP6P09	investigate different sources and types of health information and how these apply to their own and others' health choices																					
AC9HP6P10	analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
Movement and physical activity: Moving our bodies																						
AC9HP6M01	adapt and modify movement skills across a variety of situations			✓	✓		✓													✓		
AC9HP6M02	transfer familiar movement strategies to different movement situations		✓		✓		✓															
AC9HP6M03	investigate how different movement concepts related to effort, space, time, objects and people can be applied to improve movement outcomes			✓			✓												✓			
Movement and physical activity: Making active choices																						
AC9HP6M04	participate in physical activities to investigate the body's reaction to different levels of intensity		✓	✓			✓															
AC9HP6M05	participate in physical activities that enhance health and wellbeing in natural and outdoor settings, and analyse the steps and resources needed to promote participation			✓			✓												✓			

Australian Curriculum: Health & Physical Education (Yr5-6)		Smiling Mind Primary Classroom Curriculum Lesson #																				
Code	Students learn to:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
AC9HP6M06	propose and explain strategies to increase physical activity and reduce sedentary behaviour levels in their lives																					
Movement and physical activity: Learning through movement																						
AC9HP6M07	predict and test the effectiveness of applying different skills and strategies in a range of movement situations																					
AC9HP6M08	devise and test alternative rules and game modifications to support fair play and inclusive participation																					
AC9HP6M09	participate positively in groups and teams by contributing to group activities, encouraging others and negotiating roles and responsibilities			✓			✓												✓			

Years 5 and 6 – Personal & Social Capability (General Capabilities)

Australian Curriculum: Personal and Social Capabilities (Yr5-6)		Smiling Mind Primary Classroom Curriculum																				
Sub-element	Students learn to:	Lesson #																				
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Self Awareness																						
Personal Awareness	analyse the influence that choices have on developing personal qualities and identify areas for growth			✓	✓	✓					✓	✓								✓	✓	✓
Emotional Awareness	analyse the influence of different factors and situations on their emotional responses	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reflective Practice	analyse personal abilities and achievements by seeking feedback		✓	✓	✓						✓	✓								✓		
Self Management																						
Goal Setting	select and use strategies to monitor own learning and refine goals to plan for further improvement			✓											✓						✓	✓
Emotional Regulation	manage personal factors influencing emotions in a range of contexts including learning	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perseverance and adaptability	adapt approaches to tasks to support perseverance when faced with challenging or unfamiliar tasks		✓				✓														✓	✓
Social Awareness																						
Empathy	explain how the ability to appreciate others' needs, emotions, cultures and backgrounds assists in the development of social awareness					✓		✓	✓	✓		✓				✓	✓	✓				

Australian Curriculum: Personal and Social Capabilities (Yr5-6)		Smiling Mind Primary Classroom Curriculum Lesson #																				
Sub-element	Students learn to:	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Relational Awareness	identify and describe a variety of relationships and the roles and responsibilities of people within them						✓	✓	✓	✓		✓	✓			✓	✓	✓	✓			
Community Awareness	explain the way their actions and the actions of others influence communities												✓				✓					
Social management																						
Communication	apply skills to address factors that influence verbal and non-verbal communication																	✓	✓			
Collaboration	coordinate contributions of group members, suggesting improvements to ways of working and collaborative outputs			✓			✓							✓				✓				
Leadership	select and use different leadership approaches when acting as a sole leader or leading with others													✓								
Decision-making	explain factors that influence individual and group decision-making and consider the usefulness of these factors when making decisions						✓							✓								
Conflict Resolution	practise different strategies to prevent, defuse or resolve conflict, assessing the causes and effects of conflict									✓												