



## YEAR 6 (&7) LIFE SKILLS PROGRAM

### Program Outcomes Alignment to Australian and Western Australian Curriculum

AC Tag legend			
ACPP**	HPE Personal, Social & Community Health	ACELY**	ENGLISH -Literacy
ACPM**	HPE -Movement & Physical Activity	ACELA**	ENGLISH - Language
ACAMU**	ARTS - Music	ACELT**	ENGLISH - Examining Literature
ACADR**	ARTS - Drama	ACSH**	SCIENCE - Science as a Human Endeavour

### Session 1 - Connecting, Cooperation and Teamwork

BUZ OUTCOMES	AC TAGS	
<p><b>CONNECTING</b></p> <ul style="list-style-type: none"> <li>Children are introduced to or re-acquainted with the BUZ Circle.</li> <li>Children connect with the introduction to the program.</li> <li>Children understand that, like a power tool we need energy and recharging. Children are able to recognise the ways in which their personal power can be depleted and the things they can do to "recharge their batteries"</li> </ul> <p><b>COOPERATION AND TEAMWORK</b></p> <ul style="list-style-type: none"> <li>Children use cooperation skills to complete game as accurately and quickly as possible.</li> <li>Children are able to recognise and demonstrate the BUZ circle skills: Eye contact, Listening, Speaking, Thinking, Focus (Concentrate).</li> <li>Children are introduced to the "BUZ Power declaration" and the importance of listening. They are also challenged to get involved</li> <li>Familiarise children with the manual and the values and references for the BUZ Power Program.</li> <li>Children practice cooperation skills to complete game as accurately and quickly as possible.</li> <li>To reflect of cooperation skills and gain skills to work with others.</li> <li><b>POWER</b> – The Power to Cooperate (Rope)</li> </ul>	ACPPS054 ACPPS055 ACELA1501 ACELA1516 ACELA1502 ACELY1796 ACELY1709 ACELY1713 ACELA1517 ACELY1804 ACPMP063 ACPMP067 ACPMP082 ACELY1816 ACPPS075 ACELA1518	

### Session 2 - FOCUS: Cooperation, Teamwork, Self Respect and Personal Strengths

BUZ OUTCOMES	AC TAGS	
<p><b>COOPERATION AND TEAMWORK</b></p> <ul style="list-style-type: none"> <li>Children practice cooperation skills to complete the game as accurately as possible.</li> </ul> <p><b>SELF RESPECT AND PERSONAL STRENGTHS</b></p> <ul style="list-style-type: none"> <li>Children reflect on and identify their main inner strengths.</li> </ul>	ACPPS054 ACPPS055 ACPPS056 ACPMP063 ACPMP067	ACELA1525 ACPPS075 ACELY1709 ACELA1518 ACELY1713

<ul style="list-style-type: none"> <li>Children are able to communicate and explain their choices.</li> <li>To encourage children to recognise and communicate their own strengths and respect those of others.</li> <li>Children identify with the importance of "being their own best friend" and of respecting and trusting their own unique skills and abilities.</li> <li><b>POWER</b> – The Power to Believe in Yourself (Star)</li> </ul>	ACPMP082 ACELA1516 ACELA1517 ACELA1525 ACELY1804 ACELY1816	
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### Session 3 - FOCUS: COOPERATION, FEELINGS MANAGEMENT

BUZ OUTCOMES	AC TAGS	
<p><b>COOPERATION</b></p> <ul style="list-style-type: none"> <li>Children use cooperation skills to complete the game as accurately and quickly as possible.</li> </ul> <p><b>VALUES CLARIFICATION AND ASSERTIVENESS</b></p> <ul style="list-style-type: none"> <li>To get children thinking about what they value and what values they live by.</li> <li>Children are encouraged to make choices independently and think about their values.</li> <li>Children examine the motivations for the choices they make.</li> <li>Children reflect on their own inner strength and what they believe in.</li> <li>Children realise that they have the power to make a difference in social situations.</li> <li><b>POWER</b> – The Power to Stand Up For Something (Elephant)</li> </ul>	ACPPS054 ACPPS055 ACPPS056 ACPMP063 ACPMP067 ACPMP082 ACELA1516 ACELA1517 ACELA1525 ACELY1804 ACELY1816 ACELA1525	ACPPS075 ACELY1709 ACELY1713 ACELA1518

### Session 4 - FOCUS: PERSONAL HAPPINESS, WELLBEING, EMOTIONAL COMPETENCE

BUZ OUTCOMES	AC TAGS	
<p><b>PERSONAL HAPPINESS</b></p> <ul style="list-style-type: none"> <li>Children reflect on the meaning of personal happiness and whether they are doing things regularly that make them happy.</li> <li>Children reflect on their personal happiness levels</li> </ul> <p><b>EMOTIONAL COMPETENCE</b></p> <ul style="list-style-type: none"> <li>Children identify different feelings and the facial expressions that go with them. They confer with the group about their decisions.</li> <li>Children identify different feelings and the facial expressions that go with them. They confer with the group about their decisions.</li> <li>Children reflect on the destructive power of anger.</li> <li>Children realise that anger can be a destructive emotion and we should be careful about the decisions we make when we are angry.</li> <li>Children learn the BUZ feelings management Creed. "Know how you feel, say how you feel, do something about how you feel, but don't hurt anyone including yourself."</li> </ul> <p><b>POWER</b> – The Power to personal happiness (Butterfly)</p> <ul style="list-style-type: none"> <li>The Power to handle feelings (Feelings popper)</li> </ul>	ACPPS054 ACPPS055 ACPPS056 ACPPS056 ACELY1709 ACELA1516 ACELY1713 ACELY1816 ACELY1804 ACELA1517 ACELY1801 ACELA1518 ACPMP067 ACPMP067	

### Session 5 - FOCUS: COMMUNICATION AND COOPERATION

BUZ OUTCOMES	AC TAGS	
<p><b>COMMUNICATION</b></p> <ul style="list-style-type: none"> <li>Children identify any feelings that arise as they play the game and create an awareness of communication styles.</li> <li>Children understand the power of non verbal communication and effectively use non verbal communication to complete a group challenge.</li> <li>Children realise that listening is essential to good communication and a good communication is a key to success.</li> </ul> <p><b>COOPERATION</b></p> <ul style="list-style-type: none"> <li>Children work effectively as a group and come up with ideas of how they can</li> </ul>	ACPPS054 ACPPS055 ACPMP067 ACELA1516 ACELY1709 ACELY1816 ACELY1804 ACPMP063 ACPMP082	

work together effectively. <ul style="list-style-type: none"> <li>Children realise that by working together, thinking as or working as one they will have more success.</li> <li><b>POWER</b> – The Power to communicate (Insect)</li> </ul>	ACPPS056 ACELY1713 ACELA1517 ACELA1518	
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### Session 6 - FOCUS: PERSONAL GROWTH, RESILIENCE

BUZ OUTCOMES	AC TAGS	
<b>PERSONAL GROWTH</b> <ul style="list-style-type: none"> <li>Reaffirm the BUZ Circle skills. Children gain an awareness of the importance of growing and the ability to change.</li> <li>Children are able to identify their personal strengths and skills, as well as how and when they use them. They also strengthen the ability to 'reflect on and learn from'.</li> </ul> <b>RESILIENCE</b> <ul style="list-style-type: none"> <li>Children are empowered to have the tools to overcome their fears and place their trust in an individual or a group to support them.</li> <li>Develop the ability to overcome fear and failure by building trust.</li> <li>Children understand that you lose power when you let failure beat you.</li> </ul> <b>POWER</b> – The Power to grow and change (Seed) - The power to overcome the two 'F' words 'Fear and Failure' (Lightbulb)	ACSSU043 ACPPS054 ACPPS055 ACPMP067 ACPPS075 ACELA1516 ACELY1713 ACELY1709 ACELY1816 ACELY1804 ACELA1525 ACELA1517 ACELA1518	ACPPS056 ACPMP063 ACPMP082 ACPMP087

### Session 7 - FOCUS: COOPERATION, COMMUNICATION, RESILIENCE, DECISION MAKING

BUZ OUTCOMES	AC TAGS	
<b>COOPERATION COMMUNICATION RESILIENCE</b> <ul style="list-style-type: none"> <li>Children realise they achieve greater outcomes if they all work together as a group. Children realise that listening skills are very important in communication. They discover that bounce back is about getting up again.</li> </ul> <b>DECISION MAKING</b> <ul style="list-style-type: none"> <li>Children discover their choices have consequences and that decisions they make can affect their lives.</li> <li>Children are able to identify their personal strengths and skills, as well as how and when they use them. They also strengthen the ability to 'reflect on and learn from'.</li> <li><b>POWER</b> – The Power to bounce back (Resilience) (Bouncy ball) The Power to make good choices (Mini Mazes)</li> </ul>	ACPPS054 ACPPS055 ACPMP067 ACELA1516 ACELA1517 ACELA1525 ACELY1709 ACELA1518 ACELY1804 ACELY1816 ACPPS056	ACELY1713

### Session 8 - FOCUS: COOPERATION, PROBLEM SOLVING

BUZ OUTCOMES	AC TAGS	
<b>COOPERATION &amp; PROBLEM SOLVING</b> <ul style="list-style-type: none"> <li>Children become aware of the different ways people communicate. Put cooperation skills to use to solve problems.</li> <li>Children define the procedures and skills needed for problem solving. Children revise and practice problem-solving skills. Children revise and practice the skills for working in small groups.</li> <li>Children define the procedures and skills needed for problem solving.</li> <li>Children work together as a group to effectively solve the puzzle. Children are able to remind themselves of the steps in effective problem solving.</li> <li><b>POWER</b> – The Power to solve problems (Screwdriver)</li> </ul>	ACPPS054 ACPPS055 ACPMP067 ACELA1516 ACELA1517 ACELY1709 ACELY1816 ACELY1804 ACELA1518	ACPPS075 ACELY1713

### Session 9 - FOCUS: MULTIPLE SKILLS

BUZ OUTCOMES	AC TAGS	
<p><b>ALL SKILLS AND POWERS</b></p> <ul style="list-style-type: none"> <li>• To use all of the Power Tools to complete a group/whole class challenge. To reinforce all of the skills learnt in the program.</li> <li>• <b>POWER</b> – The Powers to save the world</li> </ul>	<p>ACSHE083                      ACSIS103                      ACSHE120                      ACSHE121                      ACPPS054                      ACPPS055                      ACPPS056                      ACPMP063                      ACPMP067                      ACPMP068</p>	<p>ACPMP082                      ACPMP087                      ACELA1516                      ACELY1713                      ACELA1517                      ACELY1709                      ACELY1816                      ACELA1518                      ACELY1804</p>