



# Managing Self Identity

Year 1 - 2

## Summary

Students will learn about the skills required to become effective self-managers and how these skills contribute to our developing identity. They will learn about and practise managing strong emotions, giving, seeking and denying consent, and managing conflict in different situations. Students will analyse signs in the community that help to keep them safe. They will offer strategies to a character to help them solve a problem and create their own sign to remind the character of how they can overcome challenges.

## Essential Questions

How can we be effective self-managers?

How can we understand and manage our emotions?

How can we keep ourselves safe?

How can we manage conflict in a positive way?

## Rationale

We can manage ourselves and build respectful relationships with others by using a range of skills and strategies.

## Future Action

Students will be able to share the skills and strategies required to manage challenges and conflicts independently. They will understand and practise ways to develop respectful relationships with others, including managing strong emotions. Students will have strategies for keeping themselves safe in online and offline situations and understand the purpose of health messages in their community.