FOUNDATION • YEARS 1&2 • YEARS 3&4 • YEARS 5&6

STEPS

abiglife FOOTPATH

Big Life helps students build social and emotional skills so they can form positive connections, navigate life's ups and downs, and support their mental health.

This PATHWAY shows the personal development topics students learn about during their primary school years through the two-year Footsteps Program.

Big Life 5 BIG QUESTIONS

- What is the meaning of life?
- How can I love and be loved?
- What do I do when bad things happen?
- How do I make family work?
- How do I relate to those different from me?

THEMES ACROSS THE YEAR

TERM 1 — Connected

RESPECTFUL RELATIONSHIPS

- Strengths in Me
- Strengths in Others
- Inclusion
- Optimism
- Emotional Awareness
- Zones of Regulation
- Expected & Unexpected Behaviour

TERM 2 — Calm & Clear

RESPECTFUL RELATIONSHIPS

- Mindfulness
- Calming my brain & body
- Using strengths to navigate challenge
- Positive coping - The Science of Breathing
- Stress & Anxiety
- Patience
- Managing Scary Safe & Scary Dangerous situations
- Managing frustration
- Emotional Regulation
- Focus

TERM 3 — Gratitude & Kindness

RESPECTFUL RELATIONSHIPS

- Perspective Taking
- Science of Gratitude
- Science of Kindness
- Healthy Friendships
- Helping Others with challenge

TERM 4 — Resilience

RESPECTFUL RELATIONSHIPS

- Upstander & Bystander behaviour
- Seeking Help
- Strength Spotting
- Recovering when bad things happen
- Growth & Fixed Mindset
- Navigating change or challenge 'Anchors'
- Resilience
- Circle of Control
- Neuroplasticity