

Theme	Key concepts	Activities and learning outcomes
<b>1.</b> <b>Establishing a positive learning environment</b> <b>Te whakarite i tētahi ao ako huapai</b>	Learning journey Contributing to a positive classroom community Caring for others Manaakitanga Cooperative skills	<p><i>Understanding the learning journey and the landscape p. 12</i></p> <p>Students will work collaboratively to create a landscape to represent their journey of growth.</p> <p><i>Building a positive classroom community p. 16</i></p> <p>Students will describe actions they can take to build a positive classroom community.</p> <p><i>Practicing cooperative skills p. 19</i></p> <p>Students will explain what cooperation means and practice cooperative skills.</p>
<b>2.</b> <b>Who am I?</b> <b>Ko wai au?</b>	Personal identity Similarities and differences Cultural heritage Personal strengths Whānau Diverse family structures Gender diversity Gender stereotypes and roles Being happy	<p><i>My personal qualities p. 25</i></p> <p>Students will recognise their personal qualities and strengths.</p> <p><i>The cultures in my classroom p. 27</i></p> <p>Students will recognise and celebrate their own cultures and the cultural diversity of others.</p> <p><i>My whānau p. 30</i></p> <p>Students will describe their whānau and identify what makes it unique. Students will understand that family structures are diverse.</p> <p><i>I am unique p. 33</i></p> <p>Students will recognise ways that they are similar and different to their classmates.</p> <p><i>Gender diversity p. 36</i></p> <p>Students will explore gender identity, gender stereotypes and diverse gender roles.</p> <p><i>What makes me happy? p. 39</i></p> <p>Students will identify what makes them happy and understand the benefits of happiness.</p>

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<b>3.</b> <b>Relationships</b> <b>Ngā</b> <b>whanaungatanga</b>	Respect Relationships Friendships Whanaungatanga Feelings and needs Peer pressure Family roles Family responsibilities	<p><i>Growing healthy relationships p. 43</i></p> <p>Students will identify different types of relationships and ways to enhance their own relationships.</p> <p><i>Exploring manaakitanga p. 46</i></p> <p>Students will discuss the concept of manaakitanga and identify strategies to manaaki others.</p> <p><i>Recognising and expressing my feelings p. 48</i></p> <p>Students will describe different emotions that they feel.</p> <p>Students will manage their thoughts and feelings in appropriate ways.</p> <p><i>Managing relationships and challenging situations p. 51</i></p> <p>Students will develop strategies to manage relationships and challenging situations.</p> <p><i>Managing peer pressure p. 53</i></p> <p>Students will describe examples of positive and negative peer pressure.</p> <p>Students will develop and practice responses to use in peer pressure situations.</p> <p><i>Helping my whānau p. 56</i></p> <p>Students will recognise ways to enhance family relationships and wellbeing.</p> <p>Students will identify their responsibilities at home.</p>

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<b>4.</b> <b>Growing and changing</b> <b>Te tipu me te huri o te tangata</b>	Growth and development Positive body image Movement of bodies Body parts Pubertal change Personal hygiene	<p><i>What do I need to grow? p. 60</i></p> <p>Students will describe how their body has changed and grown since birth.</p> <p>Students will identify the things they need for healthy growth and development.</p> <p><i>Our physical differences p. 63</i></p> <p>Students will recognise the ways that they look different to each other.</p> <p>Students will identify the things that they like about their own bodies.</p> <p><i>Moving my body p. 65</i></p> <p>Students will describe the benefits of exercise.</p> <p>Students will demonstrate positive ways of including others in play</p> <p><i>My changing body p. 68</i></p> <p>Students will describe the different stages of human growth, from birth to old age.</p> <p>Students will describe some of the changes that occur to their bodies during puberty.</p> <p><i>Caring for my body p. 71</i></p> <p>Students will describe strategies to care for their bodies.</p>
<b>5.</b> <b>Staying safe</b> <b>Te noho haumarū</b>	Body ownership Bullying Safety strategies Standing up for myself and others Cybersafety People who can help me	<p><i>I'm the boss of my body p. 75</i></p> <p>Students will understand that their body is their own and they can decide what to do with it.</p> <p>Students will know what to do and say if they don't feel comfortable or safe in a situation.</p> <p><i>Standing up for myself and others p. 77</i></p> <p>Students will recognise bullying behaviour and will develop strategies to stand up for themselves and others.</p> <p><i>Staying safe online p. 80</i></p> <p>Students will identify ways to stay safe when they are online or using mobile phones.</p> <p><i>Who can help me with my worries? p. 82</i></p> <p>Students will be able to identify strategies, people, and agencies in their community who they can talk to when they feel worried.</p> <p><i>A recipe for my wellbeing p. 85</i></p> <p>Students will reflect on their journey of growth and development and summarise what enhances their personal wellbeing.</p> <p>Students will plan and take part in a celebration of their learning.</p>