



## Think Equal Level 1 Curriculum Matrix

WEEK #	Book/Lesson Title	SEL Outcomes	'I Am' Precepts
WEEK 1	Me, Myself & I	Self-Confidence; Self-Esteem; Celebration of Diversity; Global Citizenship	I Have A Strong Sense Of Who I Am – Self-Esteem – Empowerment – Self-Acceptance – Diversity
WEEK 2	Is There Anyone Like Me?	Self-Confidence; Celebration of Diversity; Self-Esteem	I Have A Strong Sense Of Who I Am – Self-Esteem – Resilience – Empowerment – Self- Acceptance – Diversity
WEEK 3	Amazing Daisy	Resilience; Problem-Solving; Goal-Setting	I Have A Strong Sense Of Who I Am – Self-Esteem – Resilience – Empowerment – Self- Acceptance – Diversity; I Am Able To Look After Myself – The Things I Can Do – Self- Awareness – Finding Positive Solutions
WEEK 4	Healthy Minds A	Mindfulness; Kindness; Self-Regulation	I Am Able To Look After Myself – The Things I Can Do – Self-Regulation – Self-Awareness; I Am Able To Look After Others – Kindness and Friendship; I Am Able To Communicate – Recognising Feelings – Listening to Others – Being Kind and Considerate of Others
WEEK 5	The Colour Poem	Self-Regulation; Emotional Literacy; Self-Awareness	I Am Able to Look After Myself – Self-Regulation – Emotional Literacy – Self-Awareness; I Am Able To Communicate – Recognising Feelings
WEEK 6	How We Feel	Emotional Literacy	I Am Able To Look After Myself – Emotional Literacy – Self-Awareness; I Am Able To Communicate – Recognising Feelings
WEEK 7	Wally the Wave	Self-Regulation; Emotional Literacy; Self-Awareness	I Am Able To Look After Myself – The Things I Can Do – Self-Regulation – Emotional Literacy; I Am Able To Communicate – Recognising Feelings; I Am A Critical Thinker – Creating Strategies – Problem-Solving – Self-Knowledge

WEEK 8	Healthy Minds B	Mindfulness; Emotional Literacy; Self-Awareness; Peaceful Conflict-Resolution	I Am Able To Look After Myself – The Things I Can Do – Self-Regulation – Emotional Literacy – Self-Awareness; I Am Able to Communicate – Recognising Feelings; I Am Able To Look After Others – Kindness and Friendship – Using Empathy
WEEK 9	I Have A Plan	Problem-Solving; Perspective-Taking	I Am Able To Communicate – Listening to Others – Role-Play – Being Kind and Considerate of Others; I Am A Critical Thinker – Creating Strategies – Problem-Solving
WEEK 10	The Wall	Celebration of Diversity; Collaboration	I Have A Strong Sense Of Who I Am – Self-Esteem – Diversity; I Am Able to Look After Myself – The Things I Can Do – Finding Positive Solutions
WEEK 11	The Tale of Baby Beetroot	Celebration of Diversity	I Have A Strong Sense Of Who I Am – Diversity; I Am Able To Look After Others – Kindness and Friendship – Using Empathy – Being an Up-stander; I Am A Critical Thinker – Problem- Solving – Similarities and Differences
WEEK 12	Lara the Yellow Ladybird	Self-Esteem; Celebration of Diversity	I Have A Strong Sense Of Who I Am – Self-Esteem – Empowerment – Self-Acceptance – Diversity
WEEK 13	My Voice	Self-Confidence; Gender Equality; Communication Skills	I Have A Strong Sense Of Who I Am – Self-Esteem – Empowerment; I Am Able To Communicate – Self-Confidence; I Am A Critical Thinker – Self-Knowledge – Gender Equality
WEEK 14	Healthy Minds C	Mindfulness; Emotional Literacy; Self-Awareness; Problem-Solving; Critical Thinking; Communication Skills	I Am Able To Look After Myself – Self-Regulation – Emotional Literacy – Self-Awareness – Finding Positive Solutions; I Am Able To Communicate – Recognising Feelings; I Have A Strong Sense Of Who I Am – Self-Acceptance; I Am A Critical Thinker – Creating Strategies

WEEK 15	Kitchi's Moccasins	Celebration of Diversity ; Inclusion	I Am Able To Look After Myself – The Things I Can Do – Emotional Literacy – Self-Awareness – Finding Positive Solutions – The Choices I Make and Their Outcomes; I Am A Critical Thinker – Creating Strategies – Similarities and Differences; I Have A Strong Sense Of Who I Am – Resilience – Self-Acceptance – Diversity
WEEK 16	Helping Hands	Kindness; Empathy; Being an Advocate for Others; Relationship Building Skills; Gender Equality	I Am Able To Look After Myself – The Things I Can Do – Finding Positive Solutions – The Choices I Make and Their Outcomes; I Am Able To Look After Others – Kindness and Friendship; I Am A Critical Thinker – Similarities and Differences – Gender Equality
WEEK 17	Diego's Great Idea	Being an Advocate for Others; Inclusion; Kindness; Problem-Solving	I Am Able To Look After Others – Kindness and Friendship – Inclusion – Perspective-Taking – Using Empathy – Being an Up-stander; I Am Able To Communicate – Recognising Feelings – Listening to Others – Being Kind and Considerate of Others; I Am A Critical Thinker – Creating Strategies – Problem-Solving – Similarities and Differences
WEEK 18	Head, Heart and Hands	Self-Regulation; Kindness	I Am Able To Look After Others – Kindness and Friendship – Perspective-Taking – Using Empathy; I Am Able To Contribute And Create – Using My Head, Heart and Hands to Help Others
WEEK 19	My Amazing Brain	Critical Thinking; Emotional Literacy; Self-Awareness	I Am Able to Look Afer Myself - Emotional Literacy -Self-Awareness - The Things I Can Do; I Am A Critical Thinker - Self-Knowledge; I can Contibute and Create - Using My Head, Heart and Hands to Help Others
WEEK 20	Healthy Minds D	Emotional Literacy; Kindness; Relationship Building Skills; Communication Skills; Perspective-Taking; Moral and Ethical Values	I Am Able To Look After Myself – Emotional Literacy – Finding Positive Solutions – The Choices I Make and Their Outcomes; I Am Able To Look After Others – Kindness and Friendship – Perspective-Taking – Using Empathy; I Am Able to Communicate – Recognising Feelings – Listening to Others – Being Kind and Considerate of Others; I Am A Critical Thinker – Creating Strategies – Peaceful Conflict-Resolution

WEEK 21	Home	Global Citizenship; Celebration of Diversity; Perspective- Taking	I Have A Strong Sense Of Who I Am – Global Citizenship – Diversity; I Am Able To Look After Others – Perspective-Taking; I Am A Critical Thinker – Similarities and Differences
WEEK 22	A Time to be Noisy	Emotional Literacy; Self-Awareness; Communication Skills	I Am Able To Look After Myself – Self-Regulation – Emotional Literacy – Self-Awareness; I Am Able To Look After Others – Kindness and Friendship – Perspective-Taking – Using Empathy; I Am Able To Communicate – Recognising Feelings – Listening to Others – Being Kind and Considerate of Others
WEEK 23	I Love My Planet	Environmental Awareness	I Have A Strong Sense Of Who I Am – Global Citizenship; I Am Able To Look After Others – Taking Care of Nature, Animals and the World I Live In – Being an Up-stander; I Am A Critical Thinker – Creating Strategies – Problem-Solving
WEEK 24	Anjali's Kite	Kindness; Moral and Ethical Values; Relationship Building Skills; Perspective-Taking	I Am Able To Look After Myself – Finding Positive Solutions – The Choices I Make and Their Outcomes; I Am Able To Look After Others – Kindness and Friendship – Inclusion – Perspective-Taking; I Am A Critical Thinker – Creating Strategies – Problem-Solving
WEEK 25	Healthy Minds E	Peaceful Conflict-Resolution; Environmental Awareness; Relationship Building Skills; Perspective-Taking; Empathy; Kindness; Communication Skills	I Have A Strong Sense Of Who I Am – Global Citizenship – Diversity; I Am A Critical Thinker – Self-Knowledge – Similarities and Differences – Peaceful Conflict-Resolution; I Am Able To Look After Myself – Emotional Literacy – Self-Awareness; I Am Able To Look After Others – Kindness and Friendship – Taking Care of Nature, Animals and the World I Live In – Perspective-Taking– Using Empathy; I Am Able To Communicate – Being Kind and Considerate of Others

WEEK 26	Sizwe's Smile	Kindness; Communication Skills	I Am Able To Look After Myself – The Things I Can Do – The Choices I Make And The Outcomes – Kindness; I Have A Strong Sense Of Who I Am – My Body And What It Can Do – People In My World – Family, Community And Their Stories – People In The Wider World – Their Stories – Community; I Am Able To Communicate – Recognising Feelings – Emotional Literacy
WEEK 27	My Special Hair	Celebration of Diversity; Self-Esteem	I Have A Strong Sense of Who I Am – My Body and What It Can Do – Self-Esteem – Diversity; I Have A Strong Sense of Who I Am – People in My World –Family, Community – Their Stories – People in the Wider World – Their Stories – Geography – Diversity
WEEK 28	My Mum Loves Me So Much/My Dad Loves Me So Much	Gender Equality; Celebration of Diversity	I Am Able To Look After Others – Inclusion – Perspective-Taking; I Am A Critical Thinker – Self-Knowledge – Similarities and Differences – Gender Equality
WEEK 29	Healthy Minds F	Kindness; Environmental Awareness; Empathy; Creativity	I Am Able To Look After Others – Kindness and Friendship – Taking Care of Nature, Animals and the World I Live In – Using Empathy; I Have A Strong Sense Of Who I Am – Global Citizenship; I Am Able To Look After Myself – The Things I Can Do – Emotional Literacy – Self-Awareness – Finding Positive Solutions – The Choices I Make and Their Outcomes; I Am Able To Contribute And Create – Self-Expression – Creativity – Collaboration – Using My Head, Heart and Hands to Help Others
WEEK 30	Caring Animals: Lalela Books	Critical Thinking; Creativity	I Have A Strong Sense Of Who I Am – Global Citizenship; I Am Able To Contribute And Create – Self-Expression – Creativity – Collaboration – Turn-Taking – Sharing Ideas; I Am Able To Communicate – Listening to Others – Role-Play – Story Telling