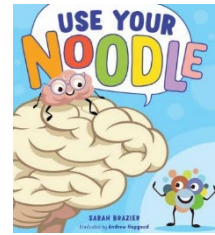


# Use your Noodle Curriculum Resource



*Use Your Noodle* aligns well with the Australian Curriculum, particularly within the Personal and Social Capability and Health and Physical Education (HPE) learning areas.

## Relevant Curriculum Links:

### 1. Personal and Social Capability (General Capability)

- **Self-awareness:** Recognising and understanding emotions.
- **Self-management:** Developing strategies to manage emotions and behaviour.
- **Social awareness:** Understanding others' emotions and perspectives.
- **Social management:** Practicing positive relationships and communication.

### 2. Health and Physical Education (HPE) – Personal, Social, and Community Health Strand

- **Foundation – Year 2:**
  - *ACPPS001*: Identifying and describing emotions and feelings.
  - *ACPPS005*: Practicing strategies to manage emotions and interactions with others.
- **Years 3 – 4:**
  - *ACPPS038*: Exploring ways to manage emotions and behaviours in different situations.
  - *ACPPS039*: Understanding how relationships and social connections impact well-being.
- **Years 5 – 6:**
  - *ACPPS056*: Strategies to support emotional well-being and resilience.

## How to Use the Book in Class:

- **Class Discussions:** Talk about different emotions and how to manage them.
- **Role-Playing Activities:** Practice strategies for handling strong feelings.
- **Reflection Journals:** Encourage students to write about their emotions and responses.
- **Art & Storytelling:** Have students illustrate or write about times they "used their noodle" to manage emotions.