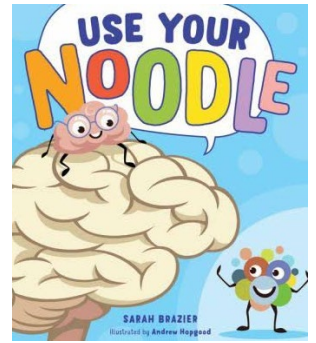


Use your Noodle Late Primary Lesson Plan



Lesson Plan: Late Primary (Years 5 – 6)

Focus: Managing emotions and making responsible choices

Curriculum Links:

- ACPPS038: Identify strategies to manage emotions.
- ACPPS056: Describe strategies to support emotional well-being.

Lesson Overview (60 minutes)

1. Introduction (10 min) – "Thoughts and Emotions"

- Read *Use Your Noodle* or summarise its key message.
- Discuss: "How do our thoughts impact our emotions and actions?"
- Introduce the *Thoughts* → *Feelings* → *Actions* cycle.

2. Group Discussion (15 min) – "Big vs. Small Problems"

- Brainstorm everyday challenges (e.g., losing a game, being left out, getting in trouble).
- Sort them into *big* (need help from an adult) and *small* (can be managed independently).
- Discuss healthy ways to respond to each.

3. Activity (20 min) – "Choose Your Reaction"

- Give each group a scenario (e.g., "You studied hard but still got a bad grade").
- Groups brainstorm two ways to react—one impulsive, one thoughtful.
- Present and discuss which is the better choice and why.

4. Reflection & Wrap-Up (15 min)

- Personal journal prompt: "Write about a time you handled emotions well. What did you learn?"
- Share strategies for managing tough emotions.
- End with a class affirmation: "We can use our noodle to make good choices!"

Extension:

- Role-play peer conflict scenarios and practice conflict resolution strategies.
- Create a class "Emotion Toolkit" with strategies to display.