

## Year 7 – Grounded in Self and Community

**Theme:** Building self-awareness, interpersonal skills, and community through reflection, collaboration, and goal setting.

### Unit 1: Transition and Belonging

- 1.1 Icebreaker and Relationship Building Activities
- 1.2 'All About Me' Presentations
- 1.3 Introduction to Successful Teams/Groups
- 1.4 Creating a Class Charter  
Part 1: Ideas
- 1.5 Creating a Class Charter  
Part 2: Presentations
- 1.6 Adapting and Establishing Effective Routines
- 1.7 Prioritisation and Problem-Solving Skills
- 1.8 Stress Management and Coping Strategies
- 1.9 Goal Setting and Planning for Success
- 1.10 Peer Appreciation Day

### Unit 2: Values and Identity

- 2.1 Understanding Identity
- 2.2 Exploring Core Values
- 2.3 Respecting and Appreciating Differences
- 2.4 Using Values to Make Decisions
- 2.5 Understanding Empathy
- 2.6 Building Positive Relationships Through Communication
- 2.7 Exploring Identity Through Storytelling
- 2.8 Celebrating Diversity in Our Community
- 2.9 Applying Values in Daily Life
- 2.10 Reflecting on Values and Identity

### Unit 3: Passion Projects

- 3.1 Exploring Interests
- 3.2 Planning and Research
- 3.3 Project Shaping
- 3.4 Planning in Detail
- 3.5 Identifying Challenges
- 3.6 Progress and Adjusting
- 3.7 Refining and Improving
- 3.8 Preparing to Present
- 3.9 Presenting Your Passion Project
- 3.10 Reflecting on the Journey

### Unit 4: Community Engagement and Service

- 4.1 Understanding Community
- 4.2 Values in Community
- 4.3 Needs Assessment
- 4.4 Planning a Community Service Project
- 4.5 Taking Action
- 4.6 Reflecting on Community Impact
- 4.7 The Power of Gratitude
- 4.8 Strengthening Connections
- 4.9 Celebrating Community Achievements
- 4.10 Looking Ahead