

Ngunnawal Primary School

Year Kindergarten Life Skills

Learning Matrix

Hygiene: Brushing my hair	Hygiene: Brushing my teeth	Hygiene: Washing my hands	Hygiene: Teaching others
Learning Intention: I can brush my hair. Success Criteria: I can brush my hair in the morning. Learning Task: -Talk about why we brush our hair (personal hygiene). -Show your child how we brush our hair. -Have your child practice brushing their hair at least once a day.	Learning Intention: I can clean my teeth properly. Success Criteria: I can clean my teeth twice a day, morning and night. Learning Task: -Talk about why we clean our teeth. - Show your child how we clean our teeth. -Watch a video about how we clean our teeth. -Play a song for 2 minutes while your child practices brushing their teeth.	Learning Intention: I can wash my hands. Success Criteria: I can wash my hands properly. Learning Task: -Talk about why and when we wash our hands (<i>before we eat, when we have touched something 'dirty'</i>) - Show your child how we wash our hands. - Practice washing hands with soap for at least 20 seconds (sing song while we wash our hands).	Learning Intention: I can teach someone how we wash our hands. Success Criteria: I can teach someone how we wash was our hands. Learning Task: -Have your child pretend to be the "teacher". They must show a family member how they are supposed to wash their hands.
Looking after my body: Tying shoelaces.	Looking after my body: Making breakfast and lunch	Looking after my body: Getting dressed	Looking after my body: Exercise
Learning Intention: I can tie my shoelaces. Success Criteria: I can try to tie up my shoelaces. I can tie my shoelaces. Learning Task: -Show your child how we tie our shoelaces. -Watch a video about how we tie our shoelaces. - Practice tying your shoelaces for at least 5 mins a day.	Learning Intention: I can make my breakfast. Success Criteria: I can make my breakfast with the help from a family member. I can make my breakfast by myself. Learning Task: -With your child, choose what you are going to have for breakfast (toast, cereal, etc.). -Step by step, show your child how they make their breakfast. -Have your child practice making their own breakfast.	Learning Intention: I can get dressed. Success Criteria: -I can choose the appropriate clothes for the weather outside. -I can dress myself. Learning Task: -Look at the weather outside. Talk about the best clothing for heat, cool, rain, sun, etc. -Let you child choose their clothes, redirecting if you need to. -Encourage them to get dress by themselves.	Learning Intention: I can exercise. Success Criteria: I can use my body to exercise for 30 minutes. Learning Task: -Choose a physical activity. This could include jumping on a trampoline, skipping, going for walk, going for run, riding a bike/scooter/skateboard.

	-Repeat with lunch.		
My environment: Left and Right	My environment: Clean Up	My environment: Gardening	My environment: Rubbish sort
Learning Intention: I can move left and right. Success Criteria: I can practice moving left and right. I can perform a dance. Learning Task: with your family choose a dance/song and focus on using left and right movements e.g. nutbush	Learning Intention: I can clean. Success Criteria: I can clean up a mess in the house. Learning Task: Have you child: -clean their room. -make their bed. -fold their clothes. -put their books and toys away. -set and clear the table. -put dish in dishwasher or handwash the dish, dry and put away.	Learning Intention: I can look after my front or backyard. Success Criteria: I can water the garden. I can pull out weeds. Learning Task: -Allow your child to water the garden, making sure the plants are thoroughly watered. -Show your child what a weed is, talk about what a weed is and show them how we pull them out. -If able to, plant a seed, look after it and watch it grow.	Learning Intention: I can put rubbish in the correct bin. Success Criteria: -I can put recyclables in the recycling bin. -I can put rubbish in the rubbish bin. Learning Task: -Put aside some rubbish items and recyclables. - Explore how recyclable items, for example paper, breaks down in water and rubbish items do not. - If able to, explore compost items. - Have students sort the rubbish items and recyclable items.
My emotions: Anger	My emotions: Sad	My emotions: Silly	My emotions: Mindfulness
Learning Intention: I can identify what makes me angry and move myself to the green zone. Success Criteria: I can draw what makes me angry. I can talk about what brings me to the green zone (makes me happy). Learning Task: -Talk about the feeling of anger and what makes them angry. -Have your child draw this. -Talk about what calms them down (brings them to the green zone).	Learning Intention: I can identify what makes me sad and move myself to the green zone. Success Criteria: I can draw what makes me sad. I can talk about what brings me to the green zone (makes me happy). Learning Task: -Talk about the feeling of sadness and what makes them sad. -Have your child draw this. -Talk about what makes them happy (brings them to the green zone).	Learning Intention: I can identify what makes me silly and move myself to the green zone. Success Criteria: I can draw what makes me silly. I can talk about what brings me to the green zone (makes me happy). Learning Task: -Talk about feeling silly and what makes them silly. -Have your child draw this. -Talk about what calms them down (brings them to the green zone).	Learning Intention: I can calm my brain and body. Success Criteria: I can practice mindfulness to calm down my body. Learning Task: Practice the following: -Yoga. -Rest time. -Relaxation reading.