



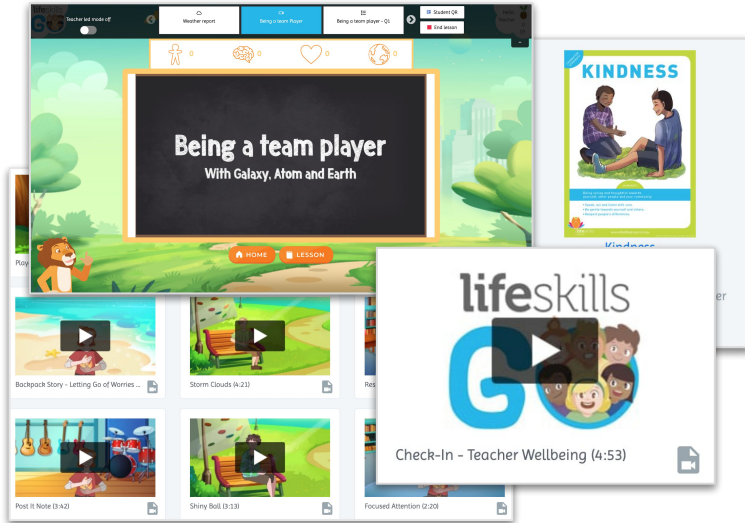
LIFE SKILLS GO:
PLATFORM OVERVIEW 2020

Welcome to Life Skills GO

Life Skills GO is an online blended learning platform that provides **curriculum aligned & evidence based resources and lessons**, to ensure our next generations are given the best possible opportunity to thrive. This overview will tell you everything you need to know about the platform.



A whole school approach to wellbeing



Hundreds of interactive SEL resources including: **lessons, games, quizzes & other activities.**



Visible learning with **consistent language** throughout all our content.

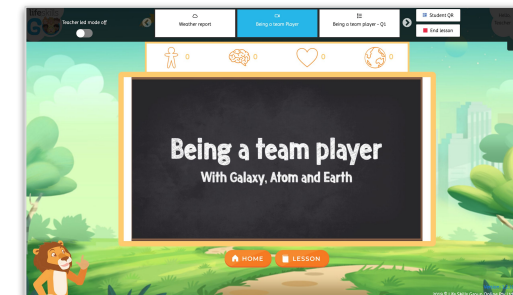
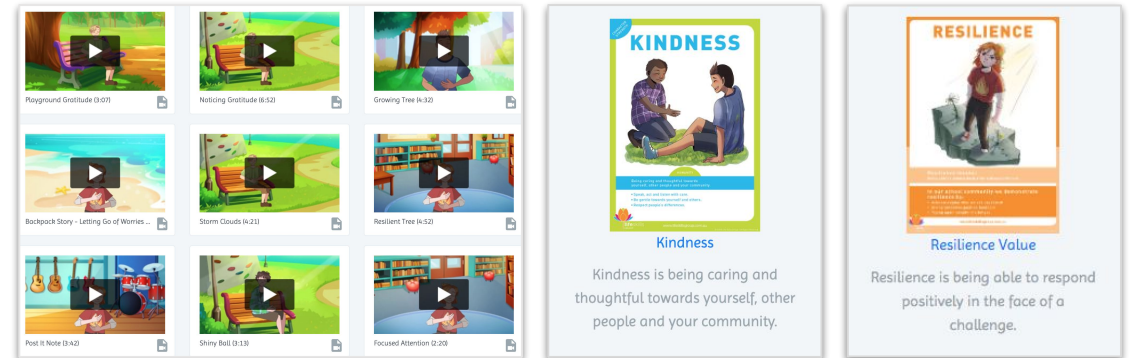
Student Name	Q2	Q3	Q4	Q5	Game	End of Lesson
Lucas	✓	1/2	1/3	✓	100%	47%
Sophie	✓	2/2	3/3	✓	100%	66%
Amelia	✓	1/2	3/3	✓	100%	71%
Charlie	✓	1/2	1/3	✗	0%	0%
Zoe	✓	2/2	3/3	✓	100%	45%

We provide you data which gives you **insights into student's learning & wellbeing over time.**

150+ Lessons with additional resources for blended learning

Within the Life Skills GO platform, we have a wide range of age-appropriate content including:

- Over 200 lessons across six key learning areas of SEL
- Additional PDF printable PBL resources including:
 - Values posters
 - Mindful Practice cards
 - Character Strength Cards
 - FMS activities
- Amazing video resources including:
 - Brain breaks
 - Guided breathing exercises
 - Relaxation stories... and more!
- Interactive student journal for self-reflection
- As well as engaging games, quizzes and rewards.

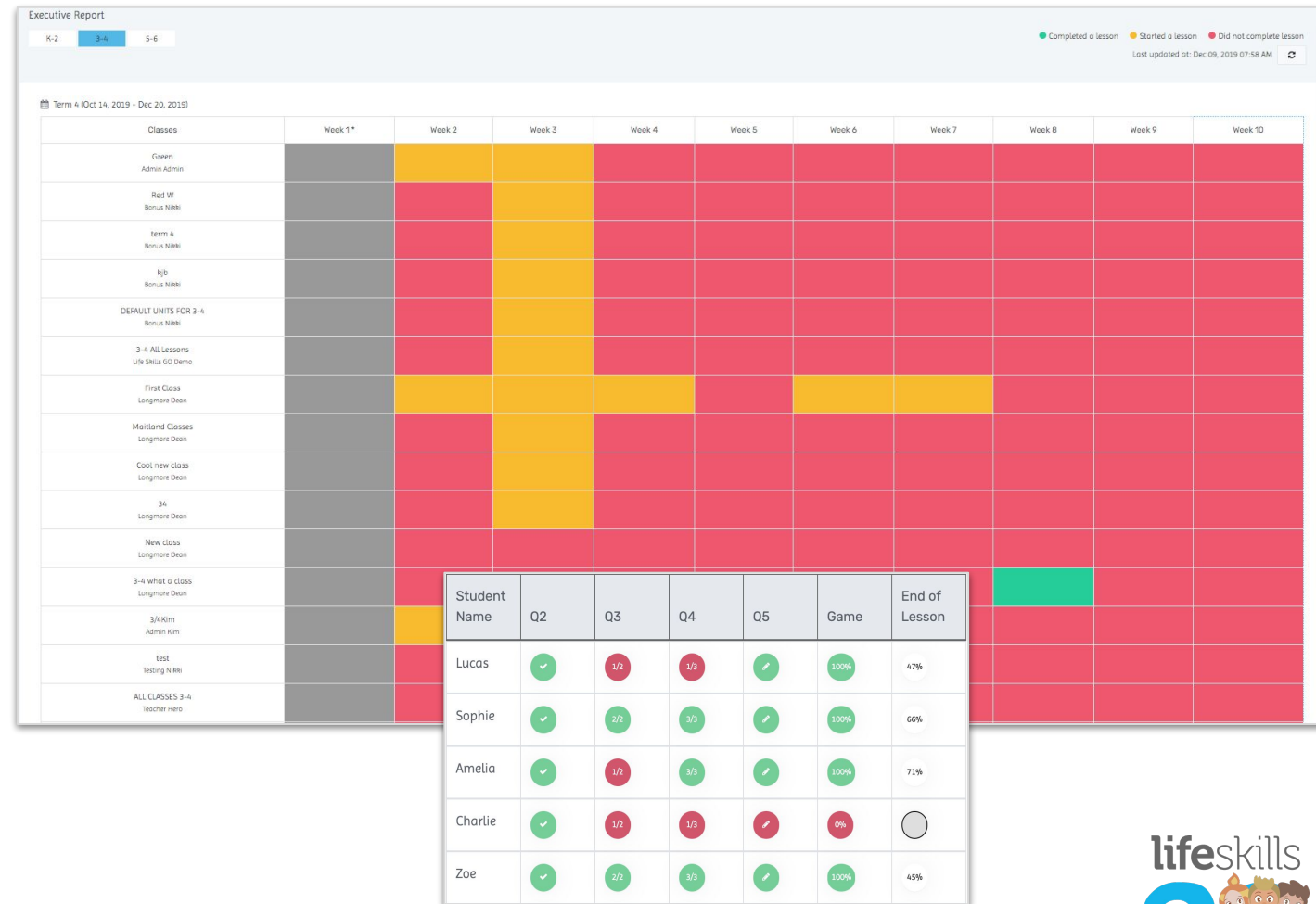


Detailed reporting - from individuals to the whole school

Ensure every student is known, valued and cared for with our detailed reporting data.

The resources within GO are designed to improve your learning support and provide a wellbeing hub for schools to go to when challenges arise.

GO TIP: Use the 'Weather Report' feature as part of your roll call of a morning. By checking in and performing the short activity following, you set a calm tone for the rest of the day, leaving students feeling ready to learn!



Fun and relatable characters in real-world scenarios

The GO platform has 6 main characters which grow with the students, they change physically and also begin to evolve their language as they progress through school.

This allows students to better engage when unpacking nuanced concepts such as: decision making or relationship skills.

Examples of scenarios they face include:

During the *Making Friends* lesson, Galaxy and Atom discover there's a new student in their class. They discuss their experiences with being new in situations and discuss strategies on how they can encourage others to make friends.

Years K-2



Years 3-6



We're on the cutting edge of future-focused learning, covering:

CASEL framework



Responsible Decision-Making

- Ethical Responsibility
- Solving Problems
- Identifying Problems
- Evaluation
- Analyzing Situations
- Reflecting



Relationship Skills

- Relationship Building
- Communication
- Social Engagement
- Teamwork



Social Awareness

- Appreciating Diversity
- Respect for Others
- Perspective-Taking
- Empathy



Self-Awareness

- Recognising Strengths
- Self-Confidence
- Accurate Self-Perception
- Self-Efficacy
- Identifying Emotions



Self-Management

- Organisational Skills
- Impulse Control
- Stress Management
- Self-Motivation
- Self-Discipline
- Goal Setting

Skills for 21st century learning framework



Foundational Literacies

- ICT Literacy
- Cultural & Civic Literacy
- Literacy
- Scientific Literacy
- Numeracy
- Financial Literacy



Character Qualities

- Curiosity
- Leadership
- Persistence/Grit
- Adaptability
- Initiative
- Social & Cultural Awareness



Competencies

- Creativity
- Collaboration
- Communication
- Critical Thinking/Problem-Solving

Australian Curriculum: General Capabilities



Information and Communication Technology (ICT) Capability



Creative & Critical Thinking



Intercultural Understanding



Personal & Social Capabilities



Literacy



Numeracy

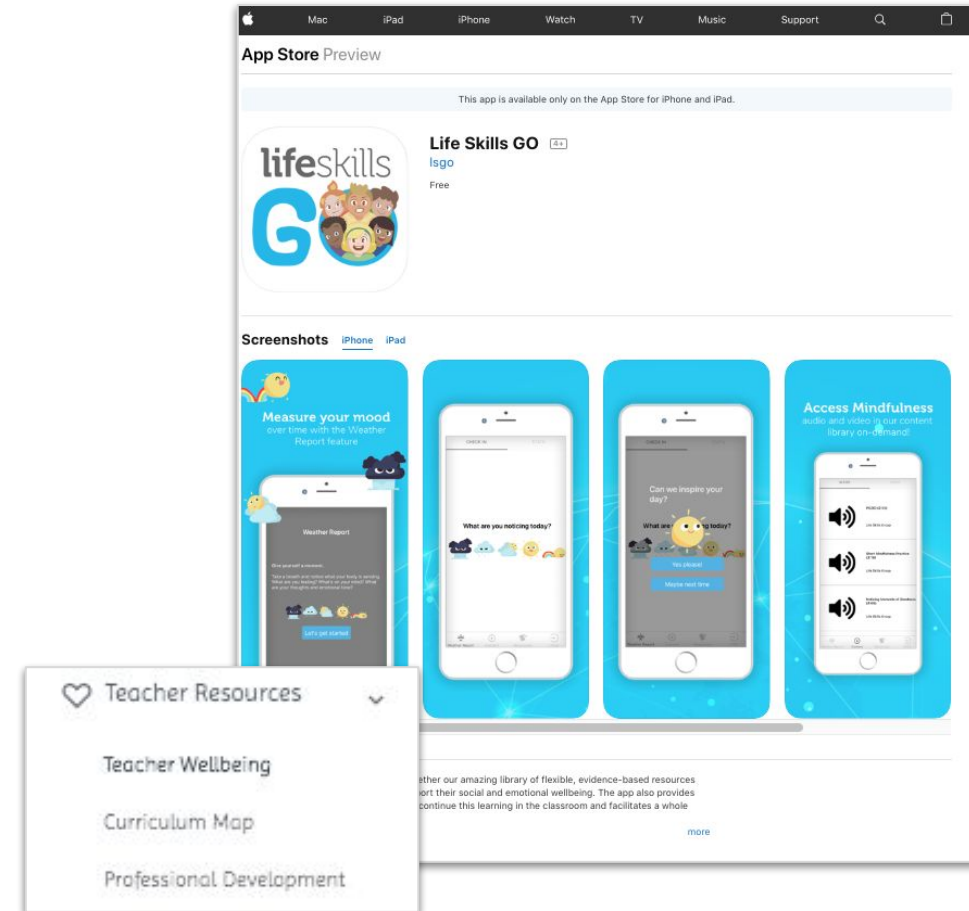


Ethical Understanding

Teachers, we've got your wellbeing covered too!

Part of our approach to whole school wellbeing is giving teachers their own resources to manage their social, emotional and physical wellbeing.

We have two weeks worth of daily mindfulness audio resources, online professional development and curriculum mapping to optimise your teaching. We also have a free teacher wellbeing mobile app for flexible access.



Why do we teach Social Emotional Learning?

are more
likely to have...

> **Better grades**

(World Economic Forum, 2016)



> **Are twice as likely to be happy**

(OECD, 2017)

> **Higher income and better jobs**

(OECD, 2018)

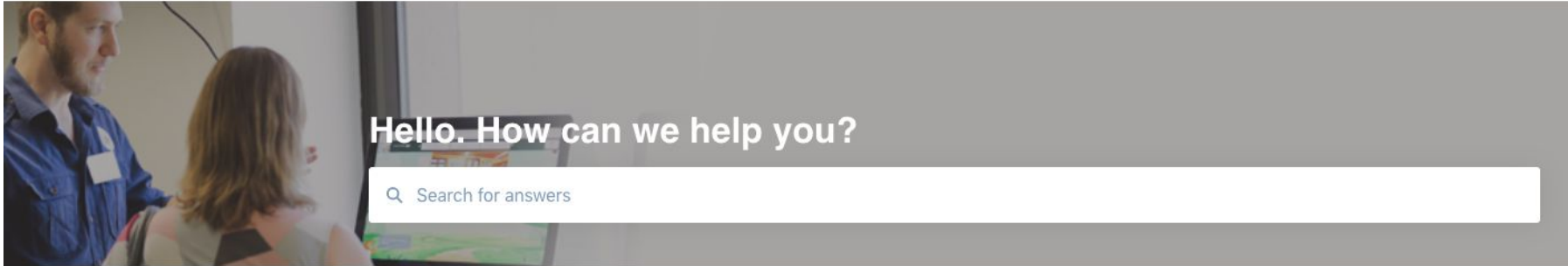
Help is never far away!



Help Centre

[Go to lifeskillsgroup.com.au](https://lifeskillsgroup.com.au)

[Contact us](#)



Video Centre

[Getting Started in 90 Seconds](#)

[Life Skills GO Lesson Content](#)

[See all articles](#) →

FAQ

[Life Skills GO change list](#)

[See all articles](#) →

Getting Started

[Teacher Quick Start document](#)

[How do I share a unit with my whole school or stage level?](#)

[See all articles](#) →

Setting up classes

[How do I share my class with another teacher in my school?](#)

[How do I set up a class?](#)

[See all articles](#) →

Running classes

[How do I use the Weather Report](#)

[How do I view lesson results?](#)

[See all articles](#) →

Solving problems

[Help: Videos are not playing](#)

[Help: A teacher is unable to log in](#)

[See all articles](#) →

