



## Bluey Episodes and Personal Character Competencies



Competency	Episodes	Learning Links	PDHPE Outcomes
Regulation	Calypso Bike Rain	Managing emotions, thoughts, and behaviours; persistence and calming strategies.	PHE-SMI-01 PHE-IHW-01
Resilience	Bike Obstacle Course Sleepy time	Bouncing back after setbacks, perseverance, adapting to difficulties.	PHE-SMI-01 PHE-IHW-01
Agency	Library Takeaway Markets	Decision-making, independence, and problem-solving that build confidence.	PHE-SMI-01 PHE-IHW-01
Curiosity	Hotel The Creek Featherwand	Exploration, inquiry, and engaging with the world to build identity and wellbeing.	PHE-IHW-01 PHE-SMI-01
Adaptability	Baby Race Duck Cake Camping	Coping with transitions, flexibility, and learning new approaches.	PHE-SMI-01 PHE-IHW-01
Compassion	Bumpy and the Wise Old Wolfhound Baby Race Butterflies	Empathy, kindness, and respectful relationships to support others.	PHE-RRS-01 PHE-IHW-01
Collaboration	Shadowlands Keepy Uppy Grannies	Teamwork, cooperation, and shared responsibility in play and movement.	PHE-RRS-01 PHE-MSP-01 PHE-SMI-01
Communication	Charades Fairy Tale Typewriter	Verbal and non-verbal communication, listening, and relationship building.	PHE-RRS-01 PHE-SMI-01
Courage	Swim School Camping The Show	Facing fears, trying new things, and building resilience and confidence.	PHE-SMI-01 PHE-IHW-01 PHE-RRS-01