

# Foundation

## Respectful Relationships

### Key Focus for Foundation Teachers:

The Foundation level sets the groundwork for lifelong respectful behaviour by helping children understand **emotions, fairness, empathy, and relationships** through simple, play-based learning.

### Core Learning Objectives:

#### 1. Emotional Literacy

- Help students recognise and name emotions (e.g. happy, sad, angry).
- Teach that emotions are normal and can be managed in safe ways.

#### 2. Personal Strengths

- Support students in identifying their own strengths and positive qualities.
- Encourage confidence through affirmations like "I'm good at helping" or "I'm kind."

#### 3. Positive Coping

- Model and teach strategies to manage big feelings (e.g. breathing, counting, asking for help).
- Reinforce that it's okay to feel upset, and there are safe ways to calm down.

#### 4. Problem-Solving

- Introduce basic ways to resolve minor conflicts with peers (e.g. sharing, taking turns).
- Role-play using kind words and asking for help from adults.

#### 5. Stress Management

- Encourage positive habits that support well-being (e.g. play, movement, rest).
- Talk about how to feel better when sad or worried.

#### 6. Gender and Identity

- Support inclusive play and challenge early gender stereotypes.
- Reinforce that everyone can enjoy any toy, game, or colour, regardless of gender.

#### 7. Positive Relationships

- Help students learn to build friendships through kindness and teamwork.
- Teach how to recognise friendly vs. unfriendly behaviour.

#### 8. Help-Seeking

- Empower children to seek help when they feel hurt, unsafe, or confused



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### Tips for Teaching at Foundation Level:

- **Use play-based activities:** Storytelling, games, songs, and role-play help bring abstract concepts to life.
- **Model positive behaviour:** Teachers are powerful role models, use inclusive language, kindness, and fairness daily.
- **Create a safe environment:** Establish predictable routines, clear boundaries, and consistent support for all children.
- **Keep language simple:** Use age-appropriate words to explain feelings, fairness, and friendship.
- **Celebrate individuality:** Promote confidence in each child's unique personality, interests, and abilities.
- **Focus on connection:** Prioritise games and routines that promote sharing, collaboration, and empathy.

### Foundation is All About:

- Feeling safe
- Being kind
- Expressing feelings
- Learning to get along
- Asking for help

