



MODULE 1

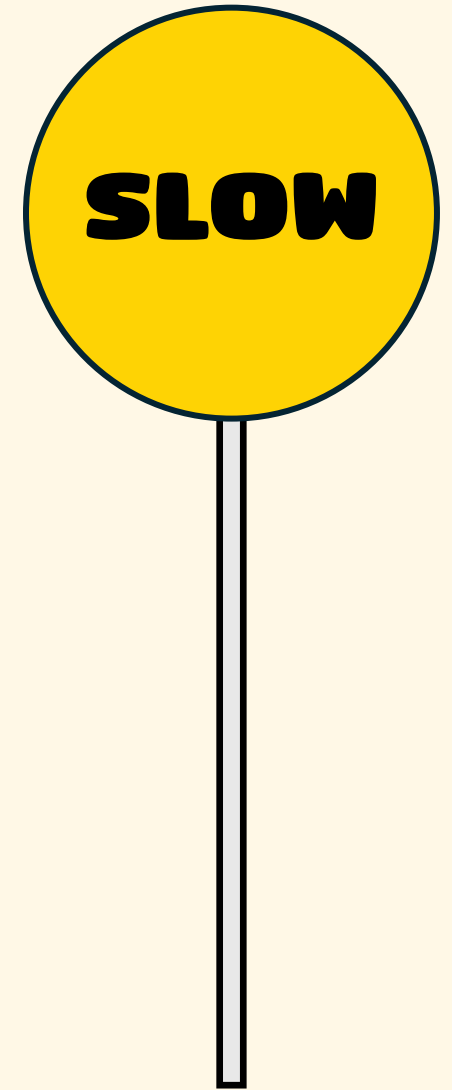
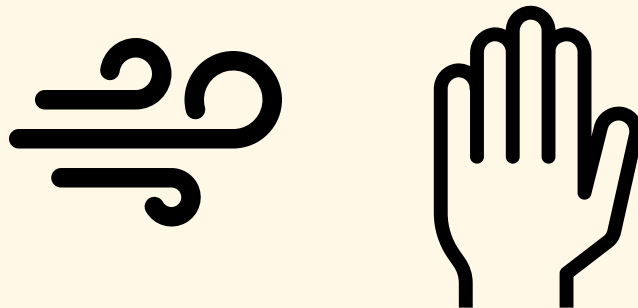
RACE AGAINST THE STORM



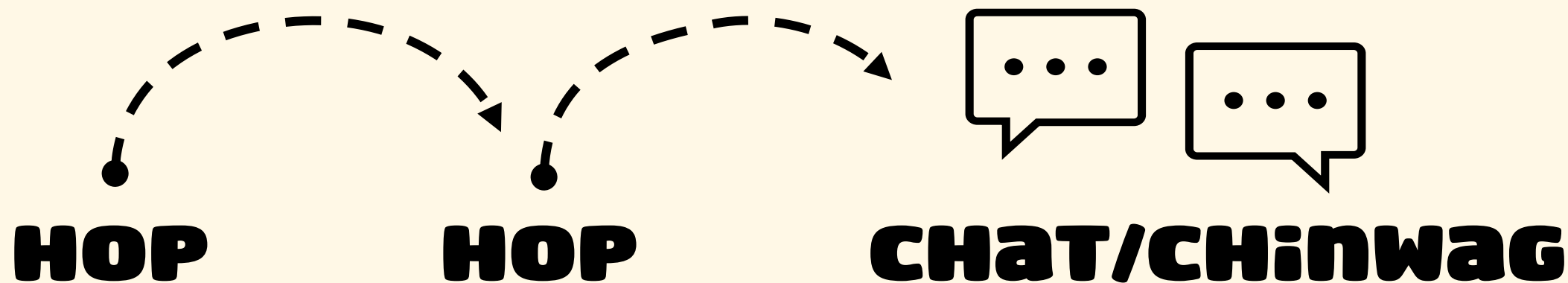
ROO CREW BREATHING

‘Let’s start by slowing things down with some breathing.’

1. Sitting with your legs crossed and a nice straight back
2. Put one hand out in front of you with all of your fingers spread out like candles.
3. Take a deep breath in through your nose
4. Breathe out through your mouth as you try and blow out the 5 candles



WARM UP – THINKING ‘ROO’TINE



LEARNING OBJECTIVES

Learning Intention:

- We are learning what **trust** means and why it matters in positive relationships with teachers, friends, family and peers
- We are learning to use '**Pause Points**' to help us make choices that **build trust**

To be successful:

- I can say what **trust** means
 - I can count on you,
 - I know you will do what you say you will
- I can show ways to build **trust** with others
 - helping, listening, taking turns, doing what we say we will do, telling the truth
- I can explain how different '**Pause Points**' build or break **trust** at home or at school.



SO... WHAT IS TRUST?

Trust helps us build strong friendships and work well in teams. When people **trust** us, it shows that we are a **trustworthy** person.

Being **trustworthy** is something worth being proud of. A **trustworthy** person is **kind, helpful** and, most importantly, **does what they say they will do**, even when it is difficult....

Like.... putting your smelly washing in the laundry basket after you said you would clean your room!



PAUSE POINT

A '**Pause Point**', is the moment just before something happens, it is the moment we have to make a choice. This is something that we will practise during this program.

We pause...



We think...



'If I get side tracked right now... then what happens?'

Will I Build Trust or Break Trust?



RELATE IT!

Read 'Tradie Roo' – Race Against the Storm page 1 – 17.

- Students to pause by putting their hands up like 'Kangaroo Paws' during the story when Fitz has a **Pause Point**.

Prompting questions

'Why do you think the Roo Crew trusted Fitz with an important job?'

'Can you think of a time when this might have happened to you?'

Continue reading page 18–32

