

Conscious Communication Curriculum Social Emotional Learning Outcomes

SOL Consciousness' CONSCIOUS COMMUNICATION SERIES strongly supports the acquisition and development of crucial wellbeing capabilities and supports the General Capabilities and Essential Learnings expectations of the Australian Curriculum. These areas are identified as: **personal and social capability, ethical understanding, critical and creative thinking, intercultural understanding, and communication and reflection.**

Furthermore this comprehensive program aligns with the CASEL SEL framework, which identifies five interrelated competencies including; **self awareness, self-management, social awareness relationship skills, and responsible decision making.**

SESSION 1: Listening & Awareness

SEL area	How this session develops the skills
Social awareness	Students notice verbal and non-verbal cues, context, and possible emotions in others.
Relationship skills	Students learn and practise active listening, respectful attention, and responsive communication.
Self-awareness	Students identify internal reactions, body signals, thought patterns, triggers, and habits that affect listening.
Self-management	Students practise pausing, regulating attention, and reducing impulsive or distracted responding.
Responsible decision-making	Students consider how assumptions, distraction, and reactivity influence choices and interactions.

SESSION 2: Empathy & Perspective

SEL area	How this session develops the skills
Social awareness	Students practise understanding others' perspectives, recognising feelings, and showing concern for others.
Relationship skills	Students learn and practise empathic communication, discussion, and collaborative problem-solving.
Self-awareness	Students notice their own emotional reactions, assumptions, and beliefs before responding.
Self-management	Students practise slowing down, staying curious, and responding sensitively rather than reactively.
Responsible decision-making	Students consider the impact of their choices and words on others in social and online settings.

SESSION 3: Respectful Expression

SEL area	How this session develops the skills
Social awareness	Students consider how communication lands for others and how power, context, and emotion shape interactions.
Relationship skills	Students learn assertive communication, respectful disagreement, boundary language, and repair conversations.
Self-awareness	Students identify internal reactions, communication habits, triggers, and preferred expression styles.
Self-management	Students practise pausing, regulating, and choosing words and tone more intentionally.
Responsible decision-making	Students evaluate the likely impact of different communication choices in social and online situations.

SESSION 5: Conflict Resolution

SEL area	How this session develops the skills
Social awareness	Students consider how conflict looks and feels from another person's perspective.
Relationship skills	Students learn disagreement skills, problem-solving language, boundary-setting, and repair conversations.
Self-awareness	Students identify triggers, conflict habits, body cues, and beliefs that influence their reactions.
Self-management	Students practise pausing, regulating, and choosing more constructive responses under pressure.
Responsible decision-making	Students evaluate the likely impact of different choices in social, school, family, and online conflict.

SESSION 4: Authentic Vulnerability & Safety

SEL area	How this session develops the skills
Social awareness	Students consider how disclosures land for others and how empathy, context, and power shape emotional safety.
Relationship skills	Students learn how trust is built, how to respond supportively, and how to communicate with honesty and care.
Self-awareness	Students identify emotions, comfort levels, triggers, and what safe sharing feels like for them.
Self-management	Students practise pausing, choosing what to share, and protecting boundaries in emotionally charged moments.
Responsible decision-making	Students evaluate the likely impact of different communication choices in social and online situations.

SESSION 6: Compassion in Action

SEL area	How this session develops the skills
Social awareness	Students practise noticing distress, exclusion, and unmet needs in others with greater sensitivity.
Relationship skills	Students learn and practise supportive language, inclusion skills, and compassionate responses.
Self-awareness	Students reflect on their own habits, bias, hesitation, and comfort with helping.
Self-management	Students practise regulating discomfort, pausing judgment, and choosing helpful action.
Responsible decision-making	Students evaluate what kind of action is helpful, safe, and appropriate in different situations.