

True North

Quick Guide for Teachers

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What is True North?

True North is a North Melbourne Football Club social and emotional learning program, developed and delivered by The Huddle for teachers in Victorian primary and secondary schools.

It provides curriculum-aligned lesson plans, worksheets and slides for teachers.

It builds students' social and emotional skills and supports healthy, respectful relationships. With the Club and its players woven throughout the program, True North provides familiar, recognisable connections that help students build self-awareness and explore how their strengths, emotions, and values shape who they are and how they relate to others.

Across the year levels, learning progresses from understanding yourself to understanding others and working effectively together.

Is this suitable for my students?

True North is designed for Victorian schools from Foundation to Level 10 and is aligned to the Victorian Curriculum 2.0.

It is intended to sit within a school's broader approach to social and emotional learning and complement existing classroom teaching and programs such as the Victorian Department of Education's *Resilience, Rights and Respectful Relationships* resource.

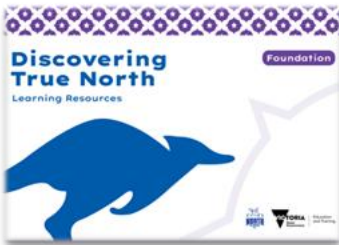
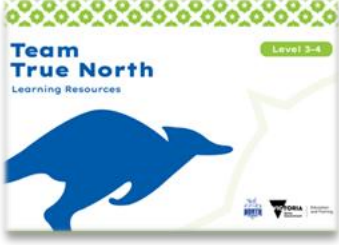
The teaching and learning activities address content descriptions and aspects of the achievement standards in Health and Physical Education and the Capabilities. Detailed curriculum maps are included in each unit's learning resources.

Schools can use True North as part of a whole-school social and emotional learning (SEL) program, alongside existing programs and classroom teaching, or as a single unit within a year level or classroom.

True North works best when students experience the progression across the year levels. Schools can also begin at a later year level even if earlier units have not been taught. Whole-school implementation is recommended but not required.

Which unit should I use?

Choose the unit for your students' year level using the table below. Each unit has four lessons, which should be taught in order. At Levels 5-6, teach My True North before Our True North.

Year level	Unit	Cover	Lessons
Foundation	Discovering True North		1. Strengths 2. Space 3. Kindness 4. Working it Out
Level 1-2	Exploring True North		1. Noticing Feelings 2. Qualities 3. Friendship 4. Courage
Level 3-4	Team True North		1. Similarities and Differences 2. Emotions 3. Conflict 4. Collaboration

Year level	Unit	Cover	Lessons
Level 5-6	My True North		1. Grit 2. Values 3. Mindset 4. Identity
Level 5-6	Our True North		1. Social Connections 2. Emotional Intelligence 3. Leadership 4. Teamwork
Level 7-8	Your True North		1. Influence 2. Perspective 3. Boundaries 4. Agency

Year level	Unit	Cover	Lessons
Level 9-10	Finding True North		1. Sense of Self 2. Expectations and Stress 3. Communicating Consent 4. Responsibility

What do I receive?

Each unit includes:

- A curriculum map showing the curriculum content descriptions covered
- Four lesson plans, including the required handouts
- Four matching slide decks, one per lesson

How long will it take?

Year levels	Lesson length
Foundation to Level 2	40 to 50 minutes
Level 3 to Level 10	50 to 60 minutes

Lessons can be delivered as a single block or split into smaller segments across multiple sessions, giving teachers flexibility to adapt delivery to their timetable and students' needs.

Who delivers True North?

The Huddle-facilitated delivery

Primary schools in Wyndham, North Melbourne and Moonee Valley can have True North delivered in person by The Huddle facilitators, from Foundation to Level 6, at no cost to the school.

Contact education@thehuddle.org.au to enquire about eligibility, facilitator-led delivery and bookings.

Teacher-led delivery

Teachers can deliver True North themselves by downloading the resources and teaching the lessons within their own school. This includes primary schools outside The Huddle delivery zones, primary schools that prefer teacher-led delivery, and all secondary schools.

Schools requiring additional support can contact education@thehuddle.org.au for help with program planning, embedding True North into whole-school wellbeing scope and sequences, or adapting the resources to their school context.

Is it free?

Yes. Teachers can create a free account to access True North resources. The Huddle-facilitated delivery is also available at no cost to eligible primary schools in the delivery zones listed above.

Where do I get it?

1. Visit The Huddle's True North web page [here](#)
2. Create a free account and sign in.
3. Navigate to the True North unit you are teaching.
4. Download the learning resources and accompanying slides.

How should I prepare?

Before beginning True North, it is recommended that teachers establish shared class agreements with students about how the group will participate together.

Some lessons involve personal reflection, so students get the most out of the program when they feel psychologically safe and understand what is expected of them.

Students should know that no activity requires them to disclose personal information they are not comfortable sharing.

Is there an assessment component?

Yes. Assessment and reflection are embedded throughout the lessons. Assessment is diagnostic and formative in nature, allowing teachers to check students' understanding throughout the learning.

What teaching model does True North follow?

Each True North lesson follows the Gradual Release of Responsibility model (I do, we do, you do), reflecting the Victorian Teaching and Learning Model 2.0's approach to explicit teaching.

Checks for understanding are built throughout the lesson. These allow teachers and facilitators to identify when students need additional modelling, explanation or support before moving on.

Each unit also incorporates Project Zero Thinking Routines from Harvard Graduate School of Education at key points. These routines provide students with consistent structures for thinking, making connections to prior learning and explaining their reasoning. For more information, [explore the Project Zero Thinking Routines](#).

What will students do during the lessons?

Activities vary in complexity across year levels and give students different ways to explore, practise and apply their learning. Students participate in games, discussions, partner and group work, team challenges, interviews, craft activities, acting, debates, and independent thinking and reflection.

Why are the units organised in this way?

True North is organised around four domains that run throughout the program. Each domain focuses on a different aspect of social and emotional learning:

- **The Self:** understanding who you are
- **Mind and Emotions:** understanding how you think and feel
- **Rising to the Challenge:** meeting challenges head-on
- **Getting Along:** navigating relationships with others

The four pastel maps that follow group each unit's lessons by domain. The combined grid then shows how those domains fit within the numbered lesson sequence for each unit.

The Self						
Discovering Foundation	Exploring Level 1-2	Team Level 3-4	My Level 5-6	Our Level 5-6	Your Level 7-8	Finding Level 9-10
Strengths Strengths and interests describe who you are as a person	Qualities Your qualities describe who you are becoming	Similarities and Differences Being similar to and different from others is a normal, valuable part of any group	Identity Identity is made up of the different parts of yourself, including your values, culture and experiences	Leadership Personal strengths can be expressed as leadership qualities that support you and others	Influence Social forces can pressure people to act against their own identity and values	Sense of Self Identifying the role of sense of self in guiding our choices and actions

Mind and Emotions						
Discovering Foundation	Exploring Level 1-2	Team Level 3-4	My Level 5-6	Our Level 5-6	Your Level 7-8	Finding Level 9-10
Space Personal space belongs to each individual and respecting it helps everyone feel safe	Noticing Feelings Feelings can be big or small, and look different in everybody	Emotions Social situations cause emotions, and emotions drive behaviour	Mindset The way you talk to yourself shapes what you believe you are capable of	Emotional Intelligence Naming complex emotions with precision supports effective self-regulation	Perspective Perspective-taking means understanding how someone else sees a situation, not agreeing with them	Expectations and Stress Supporting someone under stress means weighing what kind of help they actually need, and when to bring in someone else

Rising to the Challenge						
Discovering Foundation	Exploring Level 1-2	Team Level 3-4	My Level 5-6	Our Level 5-6	Your Level 7-8	Finding Level 9-10
Working it Out Everyday challenges with friends can be resolved through compromise	Courage Courage means trying something new, even when it feels scary	Collaboration Achieving a shared goal requires specific skills that can be practised	Grit Sustained effort and persistence over time produce results that short-term motivation cannot	Teamwork Effective teams share roles, manage conflict and adapt when things go wrong	Agency Agency means choosing to act on your values, instead of just reacting to pressure	Responsibility Responsibility is about understanding our place in the world, and thinking about how we show up for ourselves and others

Getting Along						
Discovering Foundation	Exploring Level 1-2	Team Level 3-4	My Level 5-6	Our Level 5-6	Your Level 7-8	Finding Level 9-10
Kindness Kind actions show you care about others	Friendship Friendships need a brave start, everyday care, and courage to repair	Conflict Different types of conflict need different strategies to resolve them	Values Comparing your values with other people's helps you understand why that diversity matters	Social Connections The connections you have with others support your wellbeing	Boundaries Every person has the right to set boundaries, physical, emotional, digital or social, on how others treat them	Communicating Consent Consent applies across all kinds of relationships, and clear questions and cues help you communicate it well

How do the domains fit together?

The colours match the four domain maps on the preceding pages. Read across each row to see the order of lessons within that unit.

Year level	Unit name	Lesson 1	Lesson 2	Lesson 3	Lesson 4
Foundation	Discovering	Strengths	Space	Kindness	Working it Out
Level 1-2	Exploring	Noticing Feelings	Qualities	Friendship	Courage
Level 3-4	Team	Similarities and Differences	Emotions	Conflict	Collaboration
Level 5-6	My	Grit	Values	Mindset	Identity
Level 5-6	Our	Social Connections	Emotional Intelligence	Leadership	Teamwork
Level 7-8	Your	Influence	Perspective	Boundaries	Agency
Level 9-10	Finding	Sense of Self	Expectations and Stress	Communicating Consent	Responsibility