

## Core Skills Analysis

### Psychology

- Lottie explored self-awareness by reflecting on her own personal qualities during the psychology appointment, fostering emotional intelligence.
- Engaging in discussion about personal traits helps Lottie develop metacognition, understanding how she thinks about herself and others.
- The activity supports her ability to identify and label emotions and character traits, key skills in social and emotional learning (SEL).

### Visual Arts

- Lottie practiced creative expression through drawing, which enhances fine motor skills and visual-spatial reasoning.
- Using drawing as a medium for self-exploration allows Lottie to translate internal concepts of identity into visual form.
- The art-making process likely stimulated imagination and helped her experiment with artistic techniques and styles.

### Digital Literacy

- By playing with a photograph app to make unique faces, Lottie developed basic digital manipulation skills and familiarized herself with technology tools.
- This task encourages creativity and experimentation in a digital environment, helping her to understand image editing and composition.
- Lottie learned to combine technology with artistic expression, fostering interdisciplinary skills across digital and creative domains.

### Tips

To deepen Lottie's understanding of herself and enhance her skills, encourage her to keep a self-reflection journal where she can write or draw about her feelings and traits daily. Incorporate role-play activities to help her explore different perspectives and emotions expressed in social settings. Set up a creative technology session where she can experiment with various digital art tools and apps to create self-portraits or storytelling visuals. Encouraging group projects or sharing her artwork with family can help foster communication skills and boost confidence in expressing identity.

### Book Recommendations

- [The Way I Feel](#) by Janan Cain: A vibrant picture book that helps children identify and understand their emotions through colorful illustrations and simple text.
- [I Am Enough](#) by Grace Byers: An empowering story celebrating self-confidence and embracing one's unique qualities.
- [Beauty and the Beast: An Interactive Photo Story](#) by Lynsey Wilson: Combining photography and storytelling, this book encourages children to interact creatively with digital images while enjoying a classic tale.

### Learning Standards

- Social and Emotional Learning (SEL): Recognise and describe emotions in themselves and others (Australian Curriculum, General Capability: Personal and Social Capability)
- The Arts: Explore ideas, experiences and narratives through drawing and digital media

(ACAVAM111)

- Digital Technologies: Use digital systems to create and communicate (ACTDIK021)

### **Try This Next**

- Create a feelings and qualities collage by cutting out pictures from magazines or printing photos and labeling them with emotions or traits.
- Design a digital self-portrait using a free photo editing app, experimenting with filters, overlays, and effects to express mood or personality.