NSW CURRICULUM ALIGNMENT GUIDE — ALL 31 STORIES

When the Sky Changes

31 Stories to Navigate the Stuff No One Talks About — Ananya Tomar & Shikha Arora

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ALIGNED TO: ✓ PDHPE K–6 Syllabus (2018, current) ✓ Respectful Relationships & Safety (PDHPE) ✓ NSW School Excellence Framework — Wellbeing | Identity, Health & Wellbeing | Self-Management & Interpersonal Skills

English K–10 — Literature & Literacy | 100% Non-Profit · Grant-funded · Authors receive no sales income

#	Story Title	Part	Stage / Years	PDHPE Focus Area	Sub-element / Learning Focus	RR&S	Activity Type
1	The Blur in Me	SELF	St 1–2 / Yrs 2–4	Identity, Health & Wellbeing	Recognise personal strengths & build resilience through change; belonging after being different	–	Visualisation
2	Cool in Her Own Way	SELF	St 2 / Yrs 3–4	Identity, Health & Wellbeing	Self as learner; introversion, authentic identity & understanding self beyond social comparison	–	Reflection
3	More Than a Mirror	SELF	St 3 / Yrs 5–6	Resp. Relationships & Safety	Body image, self-worth & media influence; recognise emotions & their impact on behaviour	✓	Affirmation
4	The Hoodie	SELF	St 2 / Yrs 3–4	Self-Mgmt & Interpersonal	Develop self-discipline & confidence under peer pressure; managing image vs identity	–	Visualisation
5	Not About Him	SELF	St 3 / Yrs 5–6	Identity, Health & Wellbeing	Appreciate diverse perspectives; belonging vs authenticity & peer pressure on identity	✓	Journalling
6	The Pop of a Balloon	SELF	St 1–2 / Yrs 2–4	Identity, Health & Wellbeing	Manage embarrassment; bounce-back, self-compassion & resilience after public stumbles	–	Reflection
7	New School, New Rules	FRIENDSHIP	St 1–2 / Yrs 2–4	Self-Mgmt & Interpersonal	Regulate emotions in new social situations; courage in the face of change & unfamiliarity	–	Breathwork
8	The Space Between Us	FRIENDSHIP	St 2–3 / Yrs 4–6	Self-Mgmt & Interpersonal	Shifting friendships, loneliness & inner strength; managing connection loss without losing self	–	Reflection
9	No Matter What	FRIENDSHIP	St 2–3 / Yrs 4–6	Resp. Relationships & Safety	Resolve conflict peacefully; accountability, forgiveness & repair in friendships	✓	Reflection
10	The Hurt	FRIENDSHIP	St 2–3 / Yrs 4–6	Self-Mgmt & Interpersonal	Emotional regulation & anger; grief behind behaviour & empathy in conflict	✓	Reframing
11	Owning the Window	FRIENDSHIP	St 2 / Yrs 3–4	Identity, Health & Wellbeing	Quiet confidence, belonging & sharing unique gifts; recognise personal strengths	–	Discussion
12	What You're Chasing	FRIENDSHIP	St 2–3 / Yrs 4–6	Identity, Health & Wellbeing	Approval-seeking, perfectionism & intrinsic vs extrinsic motivation	–	Journalling
13	Real Light Doesn't Ask Permission	FRIENDSHIP	St 3 / Yrs 5–6	Identity, Health & Wellbeing	Authenticity, inner confidence & resisting peer pressure on values and identity	–	Reflection
14	Worry the Squirrel	FRIENDSHIP	St 1–2 / Yrs 2–4	Identity, Health & Wellbeing	Manage stress & anxiety; mindfulness, self-talk & calming strategies for performance anxiety	–	Breathwork
15	Big Brother, Little Baby	FAMILY	St 1–2 / Yrs 2–4	Self-Mgmt & Interpersonal	Family change; empathy, new sibling roles & emotional transition within family	–	Reflection
16	Ana and the Birthday Pause	FAMILY	St 1–2 / Yrs 2–4	Resp. Relationships & Safety	Disability & inclusion; perspective-taking, belonging & acceptance of difference	✓	Discussion

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17	Cricket & Courage	FAMILY	St 1–2 / Yrs 2–4	Resp. Relationships & Safety	Help-seeking, honesty, body care & injury response; courage in speaking up at home	✓	Body scan
18	Little Business, Big Heart	FAMILY	St 2–3 / Yrs 4–6	Identity, Health & Wellbeing	Cultural identity, migration, diverse perspectives & family resilience; initiative & empathy	–	Reflection
19	Am I Enough?	FAMILY	St 2–3 / Yrs 4–6	Identity, Health & Wellbeing	Recognise emotions & self-worth; navigating parental expectation & family pressure	✓	Journalling
20	The Day it Got Too Much	FAMILY	St 2–3 / Yrs 4–6	Self-Mgmt & Interpersonal	Family tension, emotional expression & speaking up safely; identifying when to seek help	–	Breathwork
21	Back Home, But Not Quite	FAMILY	St 2–3 / Yrs 3–6	Identity, Health & Wellbeing	Cultural identity, belonging & accepting difference without losing sense of self	–	Journalling
22	Love That Doesn't Leave	ACCEPTANCE	St 2–3 / Yrs 3–6	Identity, Health & Wellbeing	Grief, loss, emotional resilience & keeping memories alive in healthy ways	–	Memory ritual
23	Still with Me	ACCEPTANCE	St 2–3 / Yrs 4–6	Identity, Health & Wellbeing	Parental loss, continuing bonds & healthy coping strategies after significant change	–	Reflection
24	When the Red Came	ACCEPTANCE	St 3 / Yrs 5–6	Resp. Relationships & Safety	Health literacy, puberty, body changes & belonging; normalising physical development	✓	Affirmation
25	The Compass Inside	ACCEPTANCE	St 2–3 / Yrs 4–6	Self-Mgmt & Interpersonal	Navigating change, new environments & emotional adjustment; internal regulation strategies	–	Visualisation
26	Cracks and Shifts	ACCEPTANCE	St 2–3 / Yrs 4–6	Self-Mgmt & Interpersonal	Family dynamics, emotional boundaries & not carrying adult pain; recognising overwhelm	✓	Breathwork
27	The Scroll Hole	STRENGTH	St 3 / Yrs 5–6	Identity, Health & Wellbeing	Screen use, self-regulation & authentic identity beyond social media; digital wellbeing	–	Challenge
28	The Girl Who Glitched	STRENGTH	St 3 / Yrs 5–6	Identity, Health & Wellbeing	Screen dependency, stillness & reconnecting with self and the real world	–	Reflection
29	The Filter Fades	STRENGTH	St 3 / Yrs 5–6	Identity, Health & Wellbeing	Online vs offline identity; approval-seeking & inner worth beyond external validation	–	Creative
30	The Mirror Speaks the Truth	STRENGTH	St 2–3 / Yrs 4–6	Resp. Relationships & Safety	Racism, cultural diversity, speaking up & teacher as ally; courage & belonging	✓	Discussion
31	The Boy Who Moved Differently	STRENGTH	St 2–3 / Yrs 3–6	Resp. Relationships & Safety	Gender norms, belonging & recognising personal strengths; gratitude & self-acceptance	✓	Gratitude

RR&S = directly supports the Respectful Relationships & Safety focus area within PDHPE K–6 (2018 Syllabus, current) · New PDHPE K–6 Syllabus (2024) implements from 2027 · NSW School Excellence Framework: Wellbeing domain (Learning Culture & Student Wellbeing elements) · All content fully secular & inclusive · Strand references align to PDHPE K–6 Syllabus 2018

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