



# Primary School Wellbeing Program

**Teaches essential skills we all need to live our lives with more joy and a positive focus**

Positive Living Skills offers an evidence based, intentional teaching approach to mental health and wellbeing education, with curriculum mapped learning experiences and resources that integrate and support other wellbeing Initiatives.

Schools can choose to use PLS as a curriculum or as a resource pool of ready-made lesson plans.

PLS is a fundamental early prevention approach supporting students to learn a range of habitual strategies to build a strong sense of self-worth and resilience and empower them to self-regulate and self-direct their emotions. It also assists to boost strengths and life skills.

## Research evaluation suggests that students participating in PLS:

- Exhibited positive growth in social and emotional development
- Experienced significant impact on awareness of others and development of self-respect
- Applied PLS aspects into their school and home lives, and
- Would have liked to learn about PLS earlier





## Our approach to mental health education

When does true 'prevention' begin when it comes to mental wellbeing?

Our belief is that prevention MUST begin with children as young as 3 years, learning habitual skills for wellbeing BEFORE there are signs of mental challenges, because school is the universal location where children learn, this is the place to begin emotional intelligence education.

## How does PLS make a difference?

**Our approach is aimed to support children, educators, and families**



### Supports children through:

- exhibited positive growth in social and emotional development
- experienced significant impact on awareness of others and development of self-respect
- applied PLS aspects into their school and home lives, and
- would have liked to learn about PLS earlier

### Supports educators through:

- Common language pre-prepared resources teaching mental health and life skills
- Lessons and concepts mapped to National and State Curriculums and teaching standards
- Planning and Assessment tools help prepare, implement, assess and extend learning
- Educator wellbeing professional development leadership, positive focus and self-care

### Supports families through:

- Resources that travel home with students
- The Family Link online hub filled with FREE songs, guided relaxation audios, activities and more for children 0-5, 6-12 and 13+
- Each PLS concept includes newsletters to share with families
- Improving mental wellbeing and positive life skills from educating children at a young age



## Short term impact and long-term gains

- ★ Improved AEDC statistics: social and emotional domains
- ★ Improved short and long term wellbeing outcomes for students and teachers
- ★ Strengthens the ability of schools to assist students through an effective consistent SEL curriculum
- ★ Improved school partnerships with families
- ★ Cohesive approach to community wellbeing education and support
- ★ Vision is for long term reduction in rates of anxiety, depression, suicide and self harm

## Meet Possa Bill

Possa Bill proudly features throughout the Early Childhood and Foundation to Year 2 levels of Positive Living Skills programs.

Possa Bill helps children learn a range of qualities including kindness, empathy, persistence, patience, growth mindset, personal best, inclusion, appreciation, health and nutrition – and lots more!

**I love** to try new things  
**I know** learning takes practice  
**I love** being active  
**I enjoy** eating healthy foods  
**I believe** I can do things  
I set my mind to



# The 216 individually pre-prepared and resourced lesson plans are organised under 12 main concepts:

The first 6 'core' units of the PLS program cover all learning levels  
Foundation to Year 6

## Unit 1: Highlights



Any Day highlights  
Happy Highlights  
Opportunities to appreciate  
Remembering Highlights  
Where are highlights?  
Zing Highlights

## Unit 2: Feelings



Changing Channels  
Empathy  
How do you feel?  
Kindness  
Notice your thoughts  
Reeling in good feelings

## Unit 3: Focus



Focus in Positive Ways  
Focus in the present  
moment  
Focused Learning  
Focused Listening & Seeing  
Focusing through  
distractions  
I can Focus

## Unit 4: Relaxation



Learning how to relax  
Quiet your mind  
Relax and revitalise  
Special place  
relaxation  
Understanding  
relaxation  
Relaxation is important

## Unit 5: Cooperation



Followership  
Let's Cooperate  
Respect  
Sharing  
Teamwork  
Trust

## Unit 6: Self Esteem



Building confidence  
Healthy Self-Esteem  
Physiology of  
Excellence  
Self-Respect  
Self-Talk  
We are unique

The next 6 units of the PLS program have been specifically designed to support students in Years 3-6 to extend on their learning and help prepare them for that important **transition from primary to high school**

### Unit 7: Appreciation



Expressing Appreciation  
Appreciate Self & Others  
Cultivating Gratitude  
Contribution  
Being Thankful  
Appreciating Differences

### Unit 8: Communication



Communicating Effectively  
Communicating with physiology  
Lets Communicate  
Online Communication  
The Power of Words  
Tone of Your Communication

### Unit 9: Choice



Understanding Outcomes  
Owning Your Choices  
Choosing Your Response  
DOcide to act in positive ways  
Choosing Your Thoughts  
Choices

### Unit 10: Solutions



Creative Thinking  
Critical Thinking  
Dealing with Challenges  
Finding Solutions  
Negotiating Forward  
Respecting Others

### Unit 11: Leadership



Always Learning  
Communicating like a Leader  
Leadership  
Personal Standards  
Positive Action  
Self-Leadership

### Unit 12: Potential



Believe and Achieve  
Imagine  
Learn from Doing  
Potential  
Stepping Stones  
What is Possible

"The PLS program engages with children at their linguistic and cognitive levels and teaches them about personal wellbeing strategies using learning experiences that the children enjoy, practice, repeat, and ultimately remember and incorporate into many areas of their lives."

Charles Sturt University, 2020

# Supporting educator wellbeing



## Stress and Selfcare

Educators' ability to manage stress and promote self-care is vital. This session supports educators to develop and maintain a self-care plan for their own physical and psychological wellbeing and they learn strategies they can also apply with the children in their care. It is in their own lives.



## Leadership Skills

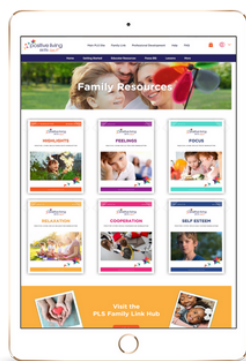
Leadership is a highly sought after and highly valued commodity in our world, and it is a topic we are more captivated with than ever before. People continue to ask themselves and others what makes a good leader, or how can we be more effective leaders, firstly of self, then of others.



## Positive Focus Skills

With stress and anxiety on the rise, we can all benefit from learning ways to enhance our positive focus skills. Focus plays an integral role in learning, performing and achieving fulfilment in daily living. Educators also benefit when finding strategies to implement to enhance the positive focus of children.

# Supporting families and communities



## Family Newsletters

Family partnerships play a vital role in the Positive Living Skills initiative. Family newsletters with 'at home' PLS tips are included for all topics and educators can use the interactive Learning Story function to create, personalise, document and share each child's learning and development.



## PLS Family Link Hub

The PLS Family Link offering a range of wellbeing resources to support all members of the family. Plus you can meet the program mascot for the 3-6 year old children, Possa Bill, and find links to additional mental health resources for all age groups.

# What's Included



## Primary Schools who join Positive Living Skills receive a PLS Welcome Pack and gain access to:

- ✓ 216 individually scripted Learning experiences
- ✓ Extensive visuals, audios & some videos
- ✓ All lessons mapped to Aust. Curriculum and NSW PDHPE Syllabus
- ✓ Planning Mapping and Assessment Matrix supporting educators to plan, implement, assess and extend learning
- ✓ Referenced extra educator resources for further research and reading if desired
- ✓ 36 Units of Work covering Foundation, Years 1-2, Years 3-4 and Years 5-6
- ✓ Welcome Pack including all resources on USB flashdrive for upload to server, 25 x highlight clickers, 15 x posters, and 2 x plush Possa Bill puppets (sent by mail)
- ✓ 3 x online on-demand Professional Development sessions for educators
- ✓ Resources for families and PLS 'Family Link'
- ✓ Includes support from PLS

## Cost

Primary School Wellbeing Program  
Lifetime Licence

**\$3995.00**

Excluding GST

Schools with less than 150 students please contact us for pricing



### Connect with PLS:

To learn more about our program and packages,  
visit our website and connect with us  
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