

Positive Living Skills Primary School Wellbeing Program - 12 Unit Lesson Outline

The Positive Living Skills Program (6) CORE Units cover all learning levels from Foundation to Year 6

Highlights		Feelings	
	Any Day highlights		Changing Channels
	Happy Highlights		Empathy
	Opportunities to appreciate		How do you feel?
	Remembering Highlights		Kindness
	Where are highlights?		Notice your thoughts
	Zing Highlights		Reeling in good feelings
Focus		Relaxation	
	Focus in positive ways		Learning how to relax
	Focus in the present moment		Quiet your mind
	Focused Learning		Relax and revitalise
	Focused Listening & Seeing		Relaxation is important
	Focusing through Distractions		Special place relaxation
	I can focus		Understanding Relaxation
Co-operation		Self-Esteem	
	Followership		Building confidence
	Let's Co-operate		Healthy Self Esteem
	Respect		Physiology of Excellence
	Sharing		Self-Respect
	Teamwork		Self-Talk
	Trust		We are Unique

The Positive Living Skills Program (6) Extension Program Units build on the 6 core topics and are specifically focused on students in Years 3-6

Appreciation		Communication	
	Appreciating differences		Communicating effectively
	Appreciating yourself and others		Communicating with physiology
	Being Thankful		Let's Communicate
	Contribution		Online communication
	Cultivating Gratitude		The power of words
	Expressing appreciation		The tone of your communication
Choice		Solutions	
	Choices		Creative thinking
	Choosing your response		Critical thinking
	Choosing your thoughts		Dealing with challenges
	DO-cide to act in positive ways		Finding Solutions
	Owning your choices		Negotiating forward
	Understanding outcomes		Respecting others
Leadership		Potential	
	Always Learning		Believe and Achieve
	Communicating Like a Leader		Imagine
	Leadership		Learn from Doing
	Personal Standards		Potential
	Positive Action		Stepping Stones
	Self-Leadership		What is possible?