

The Positive Living Skills initiative

Supporting Early Learning and Primary School educators teach preventative inclusive mental health skills to children

Australian communities are struggling with violence bullying anxiety depression and more and recent events have significantly escalated these challenges. Educators are more stressed than ever; children are experiencing more anxiety and depression than ever before; curriculums are packed, and families are wondering how to support their children and themselves to live life with balance and fulfilment.

Primary Schools and Early Learning Centres are the focal points of our communities and where our children's learning journey begins. Supporting educators to intentionally teach mental health skills to children in universal and inclusive ways offers the potential to address and overcome a wide range of problems while enhancing strengths and enriching positive factors.

Program Inclusions

- Comprehensive resources mapped to EYLF, National F-10 Curriculum, NSW PDHPE Syllabus
- Fully resourced including audios, visuals and some videos (including Possa Bill animations for Early Childhood)
- Scripted for ease of delivery and educator confidence to teach mental wellbeing
- Independently reviewed by Be You (Beyond Blue) and included in the Be You Programs Directory
- Map into Positive Behaviour for Learning (PBL) and Respectful Relationship frameworks
- Practical and valuable educator Professional Development sessions focused on educator wellbeing
- Supports Early Learning Services to meet the EYLF and National Quality Framework (and Quality Improvement Plans)
- Supports Primary Schools with Planning, Implementation and Assessment

A truly preventative approach is needed for mental health education.



If you are involved in early learning or primary school education, then you can be part of a proactive and collaborative approach to embed a culture of wellbeing throughout your school or service community. and truly preventative approach that can help.

The evidence-based Positive Living Skills Early Childhood and Primary School mental health education programs have been developed to improve social, emotional and academic achievement and feature educator-led, curriculum-mapped, pre-planned and scripted lessons and resources that teach children long-term habits for mental wellbeing.



Independently reviewed by the Be You Programs Directory

The PLS programs have been independently reviewed and are listed on the Be You Programs Directory as meeting the minimum evidence requirements set by Be You and have been awarded a rating for evidence and implementation.

To find out more, visit www.positivelivingskills.com.au NOW

