

The Positive Living Skills Primary School Wellbeing Program Unit and Lesson Outline

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

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

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

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