



INSPIRE  
CHALLENGE  
SUPPORT  
MAKE A DIFFERENCE



## Wellbeing lessons at MPS.

### WHAT WE DO AT SCHOOL:

Here at MPS, our students have a wellbeing lesson each week. You will see what they are covering in your weekly parent e-mails via your classroom teachers. Throughout the year, teachers focus on 8 key elements. Understanding emotions, personal strengths, positive coping, problem solving, stress management, help seeking, gender norms and stereotypes & positive gender relations. There are also lessons that focus on gratitude, empathy, mindfulness and having emotional literacy. This term also has students building on their early learning and experiences about gender, bodies and relationships (more information coming home shortly on this).

These lessons are based on the Resilience, Rights and Respectful Relationship teaching and learning material, The Resilience Project and Catching on Early programs.

## Wellbeing activities and conversation starters for parents.

### WHAT YOU CAN DO AT HOME:

There are a range of activities that can help build and maintain your child's wellbeing. Most of them are short and require very few materials. Throughout the term, we will be sending some take home activities with a specific focus on what they are covering in class.

The focus for the next few weeks is on **Positive coping**. ....Here is your take home activity 😊

#### FOUNDATION

#### YEAR 1 & 2

#### YEAR 3 & 4

#### YEAR 5 & 6



#### Positive coping

**Goal:** Identify positive ways to cope with negative emotions.

**Activity:** Come up with five things we can do to feel better when we are sad.



#### Positive coping

**Goal:** Discuss ways we can cheer up and calm down.

**Activity:** Discuss with your child:

- When I feel lonely, I can...
- When I feel angry, I calm myself down by...
- When I feel sad, I can...
- When I feel bored, I can...

**Goal:** Talk about fears and how to cope with fear.

**Activity:** Talk about:

- Things that make me afraid are...
- When I feel afraid, what are some things we do to help us manage our fears.



#### Positive coping

**Goal:** Try a self-calming technique to calm down when we feel hurt or angry.

**Activity:** Try the Robot to Rag doll technique with a family member. Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.

**Goal:** Reflect on the impact our actions can have on others and learn how to make a meaningful apology.

**Activity:** Talk to a family member and ask them: What is an apology? What does it feel like when someone apologises to you? What are the ingredients of a good apology?



#### Positive coping

**Goal:** Think positively.

**Activity:** Encourage your child to leave a positive note for someone at home to find.

**Goal:** Practice positive coping strategies.

**Activity:** Choose an activity to do with your child.

- Draw a picture together
- Listen to soothing music
- Give each other a hug
- Do a favourite hobby

Get some other ideas from <https://fuse.education.vic.gov.au/Pages/funathome>

Reflect on how it made you feel to do this together.