



Year 3

# THRIVING MINDS








Two mental health education sessions designed to increase students' social and emotional development, focusing on the recognition and management of emotions.



FREE TO ACT SCHOOLS

## Australian Curriculum Links

Year 3/4

-  ACPPS033
-  ACPPS035
-  ACPPS037
-  ACPPS038
-  Self-awareness and Self-management

## This program supports children to:

- Identify a variety of emotions and the physical feelings associated with them;
- Explain and identify comfortable and uncomfortable emotions;
- Understand how emotions differ in intensity and what this means for help-seeking;
- Identify when to seek help for uncomfortable emotions;
- Effective personal and interpersonal help-seeking strategies;
- Suggest appropriate help-seeking strategies for emotions in real-world scenarios;
- Explain the importance of understanding another person's emotions;
- Begin to identify the emotions experienced by another person;
- Suggest options for supporting another person.

Thriving Minds: Empowered Futures provides schools with an initial touch point to open conversations about emotions that will build a student's mental health literacy, sense of belonging, an understanding of themselves and others and provide strategies for effective help-seeking behaviours.

### SESSION 1

Thriving Minds begins with exploring emotions and how they can impact us. Through the use of stories, and guided conversations, Year 3 children discuss different feelings and positive ways they can respond to them. Students will also begin to discover ways they can seek help and identify how they can help themselves when they are experiencing an uncomfortable emotion. The aim of this first session is to support young children in identifying and articulating when emotions might be becoming a bit tricky and hard to deal with alone.

### SESSION 2

In the second Thriving Minds session, children are given the opportunity to consolidate and practice what they have learned in session one and further discuss how we can manage our emotions when they are uncomfortable. Children will address understanding other people's emotions, why it is important to know how others feel and the ways we can help support those around us. The aim of this session is to provide primary school children with an ability to practice emotion identification and regulation in a safe environment and begin to identify the emotions of others.

To enquire or book contact [Bookings@mieact.org.au](mailto:Bookings@mieact.org.au)

Interested in professional development for your teaching staff? Ask about our Language Matters session!