Year 3

THRIVING MINDS

Delivered in two 60-minute sessions with stories, games and guided conversations, Thriving Minds helps students build emotional awareness and practise tools to navigate feelings and seek help with confidence.

FREE TO ACT SCHOOLS

60 min x2

Australian Curriculum Links

Year 3/4

- AC9HP4P01
- AC9HP4P06
- AC9HP4P04
- AC9HP4P05
- Self-awareness and Self-management

Key learning points:

- Identify a range of emotions;
- Differentiate comfortable and uncomfortable feelings;
- Recognise emotional intensity;
- Understand others' emotions;
- Develop personal and interpersonal help-seeking skills;
- Introduce the concept of self care.

SESSION 1: Understanding Emotions, Self Care & Help Seeking

Students will explore how emotions can affect us and what to do when they feel too big. Through stories and guided conversations, children will learn to recognise their feelings, discover positive ways to respond, and practise asking for help when needed. This session creates a safe space for young learners to begin naming and managing tricky emotions with confidence.

SESSION 2: Navigating Emotions & Supporting Others

In this session, children will practise what they learned in Session 1 while exploring the importance of empathy and inclusion. Through stories and discussion, they'll reflect on how to handle uncomfortable emotions, why it matters to understand how others feel, and how we can support the people around us. This session strengthens emotional awareness, resilience, and kindness.

To enquire or book contact bookings@mieact.org.au

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