Year 6

KNOW STRESS

Delivered in a single 60-minute session, this program helps Year 6 students build a stronger understanding of stress and equips them with age-appropriate strategies, and tools to manage it effectively.

60 min

FREE TO ACT SCHOOLS

By the end of the session participants will:

- Understand how stress affects physical and emotional wellbeing;
- Identify personal stressors and recognise signs of stress;
- Learn positive ways to respond to challenging situations;
- Explore areas of influence and control over stress
- Develop and practice simple strategies to support health and wellbeing;
- Discover how and when to seek help for themselves and others.

"I learnt practical ways to handle stress and feel more confident when things get tough."
- Year 6 Program Participant

"An excellent presentation packed with relatable ideas. Concepts were easily accessible to the year 6 student's development level."
- Year 6 Teacher

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

Australian Curriculum Links

Year 6

- AC9HP6P02
- AC9HP6P06
- AC9HP6P08
- AC9HP6P09
- AC9HP6P10

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