

RRRR

Resilience, Rights and Respectful Relationships

Teacher: Johanna Baldacchino

During term 1 and 2 students have been coving Emotional literacy, Personal strengths and Positive coping. They have all participated in a range of activities that will support them in understanding themselves and others when they are faced with challenge.

What's on in Term 3

Term 3 will see all students move to the unit on problem solving. Problem solving skills are needed when coping with different situations so this follows nicely from Positive coping. The activities in the program assist students to develop their critical and creative thinking skills, and to apply them to different scenarios.

Things to try at home



Use the following link OR download the smiling mind app to get access to a wide range of guided meditation for the whole family

<https://www.smilingmind.com.au/>

Positive Coping Styles

Energetic activity:

Active play, dance, exercise, sport

Self-calming activity:

drawing, meditation, praying, soothing music.

Social activity:

help-seeking, spending time with others.

Shifting attention:

reading, watching TV, playing games, hobbies.

Getting organized:

make a plan, tidy up, make a list.