

RRRR

Resilience, Rights and Respectful Relationships

Teacher: Johanna Baldacchino

During week 4 Senior years students have been focusing on...

POSITIVE SELF TALK

- *They have been learning that negative self-talk can make the upset worse.*
- *Positive self-talk can help us work through our difficulties.*

Learning intentions for week 5 & 6

F/1 Classes

We are learning to know ways to self-calm.

1/2 Classes

We are learning to use strategies to cope with fear.

3/4 Classes

We are learning to understand how emotional responses vary in depth and strength

5/6 Classes

We are learning to identify a range of positive coping strategies.

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.

Some of the classes have been participating in some of these meditations as a way of coping and calming down

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