

Introducing BSEM

Our school has started using the Berry Street Education Model (BSEM), a whole school approach that supports learning and wellbeing. This information sheet is designed to share the BSEM strategies being taught and used at your school with families. We also share stories of BSEM in action at home, because we know these strategies can be helpful for families too!

What we learned

With BSEM, we know that learning and fun go together. Experiencing positive emotions supports engagement in school, while also improving attention, learning outcomes, and coping skills.

One way we enjoy learning together at school is through our Positive Primer and Brain Break routines. These routines help prepare us for the learning ahead and support us to understand how we learn and what we can do to become more effective learners.

One of our favourite Brain Breaks is Scissors, Paper, Rock! Why not try it at home? Choose a moment when you or your children could benefit from an energy boost and see how this short burst of play helps everyone feel good and connect with each other.

Resource Recommendation



Check out the BSEM Instagram for our series with Dr Billy Garvey, answering the question, **“How can parents and educators work together to support a young person?”**

Food for thought ...

Have a games night at home. Play a board or card game together. Ask your child about their favourite game to play and maybe share your favourite game when you were a child, that you can play together.



Family story

We have a one-year-old daughter, and I love playing and interacting with her. As adults, we naturally focus on what comes next for our children, developmental milestones, and future skills, and unintentionally, we can become too goal or outcome-driven, rather than enjoying the joy of the moment.

Children are wonderful teachers when it comes to showing us what positive emotions look and feel like in the body; their laughter, smiles and giggles can be incredibly powerful. It can be hard to slow down with everything going on or a long to-do list, but as a new dad, I consciously try to find the time to stop, play, and truly enjoy these moments. I know they are good for my daughter, but they also support my own wellbeing.

Jack – BSEM Senior Advisor, VIC



Follow the **Berry Street Education Model** by scanning the QR code or check out their website at **bsem.org.au** to find out more.

