

The Pocket Public School Wellbeing Initiative



CONNECT



SUCCEED



THRIVE

Our students will be actively connected to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community.

Our students will be respected, valued, encouraged, supported and empowered to succeed.

Our students will grow and flourish, do well and prosper.



Brain Function



Mindfulness



Fortnightly Themes



Support

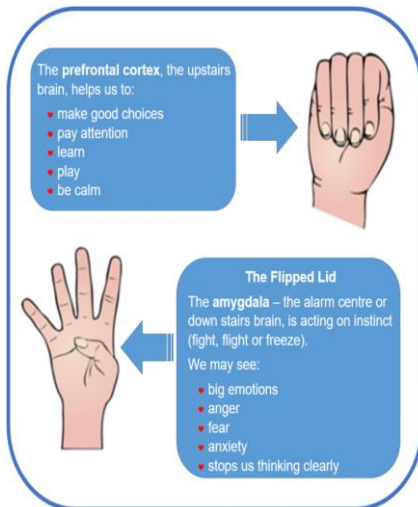




Brain Function

Children at The Pocket School are explicitly taught about the function of the brain and the ways it controls our emotions.

To achieve this, we use the “flip your lid’ explanation by Dr Daniel Siegel.



<https://www.youtube.com/watch?v=3bKuoH8CkFc>



Mindfulness

Mindfulness strategies are used to support children and adults to self-regulate their emotions. The aim is that by using these techniques we will have a tool box full of personalised strategies that can be deployed to calm and reset our bodies and brains.

Sensory

Fox walk to sensory herb garden and explore 3 different smells.
Close eyes and identify 3 different sounds in the outer zone.

Breathing

Darth Vader Breaths, Bumble Bee Breaths, Shark Breaths, Shoulder Breath, Elephant breath or Finger Breath.

Kinaesthetic

Gratitude Beach Ball Game
Use poster/ball linked with zones of awareness - inner, middle, outer.

Visualisation

See attached scripts / ideas.



Fortnightly Themes

At The Pocket School we use the Social and Emotional Learning (SEL) framework from the Department of Education. Through using this framework we compose explicit fortnightly lessons to teach in the skill areas of:

Self-Awareness

Recognising and understanding our feelings and our strengths.

Self-Management

Regulating and expressing our emotions appropriately.

Social Awareness

Understanding what others are feeling, being able to take their perspective and appreciating and interacting positively with diverse groups.

Relationship Skills

Being aware of the consequences for ourselves and others when we make decisions.



Support

There are two dedicated staff members that support individual and small group social and emotional learning.

With staff members being proactive in the fortnightly themed lessons, they are able to refer children on to our two dedicated staff members for further support.

Children may also be referred through our weekly wellbeing meetings.

This support can be in small group settings or on an individual basis.