



Blackwell Public School

58A Blackwell Avenue, St Clair NSW 2759 T: 02 9670 5080 F: 02 9834 4368
blackwell-p.school@det.nsw.edu.au www.blackwellps.com.au

Dear Parents/ Guardians,

Please find attached some information regarding the Peaceful Kids Program.

Peaceful Kids program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.

Outcomes of the Peaceful Kids program:

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety and stress symptoms
- Builds emotional resilience
- Develops emotional intelligence skills
- Teaches children life-long skills to manage stress and prevent stress build up
- Supports children so they know that they are not alone with suffering from anxiety

Program structure:

- Peaceful Kids is an 8-week program for children
- Sessions are for approximately 1 hour each week.
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Children are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

Parental involvement:

- Each week the children learn a new mindfulness meditation and positive psychology strategy that they can share with you at home. It would be great to give your child the time to practice these strategies at home so they learn to incorporate these into their daily lives.



Blackwell Public School

58A Blackwell Avenue, St Clair NSW 2759 T: 02 9670 5080 F: 02 9834 4368
blackwell-p.school@det.nsw.edu.au www.blackwellps.com.au

Program Content

Children learn about:

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety
- The different ways to practice Mindfulness and integrate it into their lives
- Their feelings and how this relates to anxiety and stress levels
- Understanding stress and how it relates personally to them
- Understanding triggers for stress and how to calm down when feeling stressed
- Physical symptoms of stress and learning to identify when they need to take time out to calm themselves
- Worrying and how it affects their happiness
- Different types of thinking that increase anxiety or lessen anxiety
- Noticing their own self-talk and how this affects worrying and stress levels
- Creating a balanced lifestyle including lots of chill out time and being in the flow

Children learn life skills of:

- A range of Mindfulness meditations
- Positive psychology exercises
- Techniques to lessen worrying
- A variety of coping strategies
- A variety of problem solving strategies
- Journaling and expressing their worries
- Facing challenges and fears step by step
- Preventative strategies to help prevent stress build up
- Being attuned to their own bodies and minds
- Being in the flow more regularly and enjoying more of the present moment

The Peaceful Kids program will be run by the school chaplain and if you have any questions or concerns you can reach out to Jess O'Brien or your stage supervisor.