



## Blackwell Public School

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# Peaceful Kids

Dear Parents

Over the past few years at Blackwell we have run the 'Peaceful Kids' program to small groups of students.

The 'Peaceful Kids' program is Mindfulness and a Positive Psychology based program to lessen anxiety and stress and increase resilience in children from Kinder through to Year 12. This program helps children to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings.

**"The strongest predictor of life success for children is being able to regulate emotions. This means that when they are feeling anxious or avoidant they can bring themselves back to being resilient. We can teach children these skills.**

**It is at these times, that everyone needs resilience and what better time to support your child. Many students are showing anxiety, feel stressed, concerned, worried, over vigilant. I would like to give our parents the opportunity to support you child in their emotional and social learning. Over the next 10 weeks a variety of activities can be accessed by you. Each week there will be a new Meditation for children to listen to, and some cool wellbeing activities for kids that will help them feel calm and happy as well as building their emotional intelligence. Pack contains:**

- Mindfulness Meditations
- Recording & getting to know your feelings
- Gratitude practice
- Cool Coping strategies
- Helpful Positive thoughts
- Mindful Colouring
- Fun mindfulness activities
- Mindful Movements
- Mindful Activities

Enjoy using this Pack at home.

Judith Wilson