



Curtin University



Aussie Optimism

What is Aussie Optimism?

Aussie Optimism is a program that provides schools and families with information and strategies for teaching children how to identify and manage their feelings, how to make and maintain friends, how to solve social problems, and how to think optimistically to promote self-esteem and bounce back from difficulties. The programs are mapped to the national curriculum for Health and PhysEd, and English and are designed to be run in schools, with whole classes in a school term.

Why Aussie Optimism?

Children and Adolescents often experience stress, for example peer pressure, family conflict, moving from primary school to high school, increased demands of study, performance expectations and body changes. Children and adolescents cannot always be protected from stress, however, they can be provided with the skills necessary to cope with stress and to rise above life's difficulties and challenges.

The Aussie Optimism Programs

Aussie Optimism offers a range of programs to suit the needs of students in primary school and the first years of secondary school:

- Feelings and Friends (years 1&2, and year 3)
- Positive Thinking skills (years 4-5)
- Social Life Skills (years 6-7)
- Optimistic Thinking Skills (years 7-8)

Contact us for more details about the individual program content.

How can my school run the Aussie Optimism Programs?

Teachers and school staff are required to attend a one-day training workshop for each program they would like to run. Workshops can be arranged at Curtin, your school or another venue of choice.

Please contact our workshop coordinator Anita Maketic on 9266 2465 or Anita.Maketic@curtin.edu.au

Workshops cost around \$85 and equip participants with the materials and skills necessary to run the Aussie Optimism Programs in schools.

More questions?

For questions relating to PDs or the ordering of our resources, please contact Anita on 9266 2465 or Anita.Maketic@curtin.edu.au

For questions, comments or concerns please contact the Research coordinators

Natalie Baughman (Social Life Skills and Optimistic Thinking Skills) on 0401 103 681 or Natalie.Baughman@curtin.edu.au

Dr Shari Hassan (Positive Thinking Skills and Feelings & Friends) on 9266 3463 or S.Hassan@curtin.edu.au

Make tomorrow better.

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