



# Aussie Optimism: Positive Thinking Skills

## What is Aussie Optimism?

Aussie Optimism is an evidence-based mental health promotion program that provides schools and families with practical information and strategies. The programs are mapped to the national curriculum for Health and Physical Education, and are designed to be run in schools, with whole classes in a school term. Aussie Optimism is a resilience program that can help all children build coping skills and self-esteem.

## 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: Positive Thinking Skills Program

The Positive Thinking Skills program is developmentally appropriate for students in year 4.

During the 10 weeks of program implementation students learn to identify feelings and are introduced to the idea of thinking styles.

Students learn that thoughts and feelings are connected, and that there are helpful and unhelpful thinking styles. Students learn strategies that help them to cope when they feel afraid, and relaxation techniques to help them feel better in challenging situations. These skills include:

- Planning
- Identifying comfortable and uncomfortable feelings
- Recognising Feelings in different situations
- Thought and Feelings connection
- Looking for evidence to change our thoughts
- Self – esteem and being brave

Students are encouraged to apply these skills to:

- Help them deal with fears
- Plan fun activities / events
- Help them to find evidence before come into conclusion
- Have a positive outlook in life

## 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. Workshops cost \$125 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 Nethalie on 9266 2465 or [Nethalie.Coswatte@curtin.edu.au](mailto:Nethalie.Coswatte@curtin.edu.au)

For **questions, comments or concerns** please contact the Research coordinator Dr Shari Hassan on 9266 3463 or [S.Hassan@curtin.edu.au](mailto:S.Hassan@curtin.edu.au)