



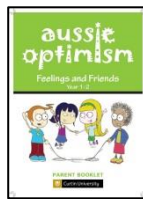
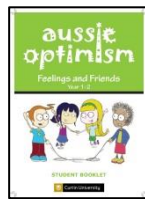
Aussie Optimism Programs and Resources

Feelings and Friends (Years 1-2 & Year 3)

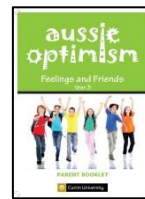
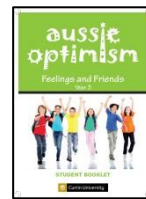
Program

- Identifying common feelings
- First aid for feelings
- How to be friendly
- Establishing good relationships with family and friends
- Coping with challenging situations

Year 1-2 Resources



Year 3 Resources

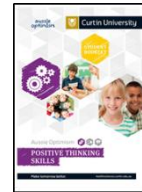


Positive Thinking Skills (Year 4)

Program

- Identify and link thoughts and feelings
- Develop positive ways of thinking
- Learn strategies to overcome worry and anxiety

- **Student Booklet**



Social Life Skills (Year 5-6)

Program

- Regulate feelings
- Communication skills
- Coping skills
- Importance of Social Support and Networks

- **Student Booklet**



Optimistic Thinking Skills (Year 7-8)

Program

- Optimistic ways of thinking
- Challenge negative thoughts
- Develop healthy self-esteem

- **Student Booklet**

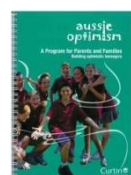


Program for Parents and Families (Accreditation not required)

Program:

- Changes ahead
- Working together as a family
- Friends
- Preparing for High School

- **Booklet for Parents and Families**
- **CD-ROM for schools**



Aussie Optimism Resource Order Form

Item	Quantity	Price per item	Total Price
Feelings and Friends (Years 1-2)*			
Student Booklet		\$11.95	
Parent Booklet		\$11.95	
Feelings and Friends (Year 3)*			
Student Booklet		\$11.95	
Parent Booklet		\$11.95	
Positive Thinking Skills (Year 4)*			
Student Booklet		\$11.95	
Social Life Skills (Year 5-6)*			
Student Booklet		\$11.95	
Optimistic Thinking Skills (Year 7-8)*			
Student Booklet		\$11.95	
Program for Parents and Families			
Booklet for Parents		\$15.00	
CD-ROM for schools		\$10.00	
*Materials for classroom based-programs are only released to individuals who have attended the relevant one-day workshop and received an accreditation number	Postage		\$
	TOTAL COST (incl. GST)		\$

Please tick your preferred method of payment:

- Over the phone (with Credit Card)
 Online (email me the link)

Please complete the Customer & Billing Information:

Name:		Aussie Optimism Accreditation #:	
Organisation:			
ABN:		ETA Date:	
Phone:		Email:	
Delivery Address:			
Invoice Address (if different from above)			
Invoice Email			
Signature:			

To place an order, complete and email to: Aussie.Optimism@curtin.edu.au