



# Head-Heart Start for Life Program

A creative Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience.

## **8 week program of 1 hour sessions (shorter for prep +yr 1)**

- Small groups
- Held at school by a trained Facilitator

Students learn mindfulness strategies, meditations and positive psychology exercises.

**Guided through meditations via: [peacefulkids.com.au](http://peacefulkids.com.au)**

**A parent session is run for interested parents to explain the program and the pivotal role of mindfulness to lessen and prevent anxiety symptoms.**

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 to incorporate them into their daily lives.

## Your Students will learn

Basic theory on Mindfulness and how it affects the brain to reduce stress and anxiety.

Different ways to practice Mindfulness.

Feelings and how they can relate to anxiety and stress.

Understanding stress and how it relates personally.

Understanding triggers and how to calm down when feeling stressed.

Identifying physical symptoms of stress.

When they to take time out.

How worrying effects happiness

Different types of thinking that increases or lessens anxiety.

Creating balanced lifestyles

Mindfulness meditations.

Positive psychology exercises

Techniques to lessen worrying

A variety of coping and problem solving strategies

Journaling and expression.  
about self-talk.

Facing challenges and fears step by step.

Preventative strategies to help stress build up.

Being attuned to their own bodies and minds.

Being in the flow and enjoying the present moment.

## Want a Peaceful Classroom?

My Peaceful Classroom program for teachers has been created to enable students to practice daily mindfulness exercises and meditations in the classroom led by their classroom teacher.

You will be supported with simple, effective and proven exercises help students to stay calm, relax, focus and learn more effectively during the day.

Peaceful Classrooms helps students to build their emotional resilience, so they are better equipped to deal with the day to day stresses that life brings them.

"Let me help your classroom community flourish through my nurturing Peaceful Classroom program".



**Susanne North**

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