

Healthier Hearts & Lighter Minds

Primary School SEL Programs

Healthier Hearts & Lighter Minds - a proactive approach to learning about the beauty of our minds and the understanding of the strength we are to ourselves when we tap into what exists within.

Working with children as young as 4 upwards in Kindergartens, Primary Schools and School holiday programs to facilitate fun, energetic and relatable content in ways that can help shift the narrative about talking about emotions and feelings.



ABOUT THE PROGRAM

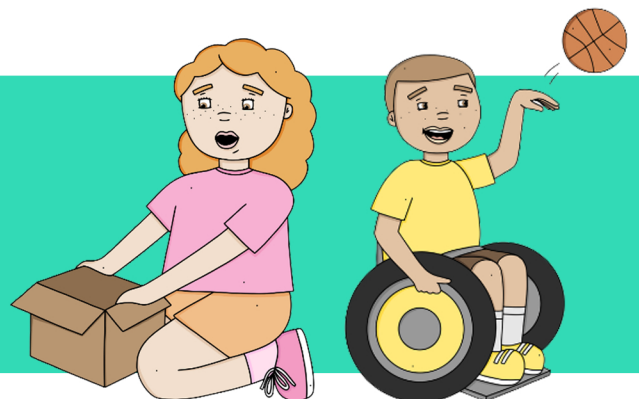


The social impact of this initiative is seeing young champions of tomorrow, our future be able to grow up in a world and be better equipped to deal with, combat and navigate through life's inevitable situations and challenges. Creating resilient, beautiful communities where people can show up and be who they truly are, believe in themselves and love themselves more.

Our kids are fantastic imitators- It's our role as parents, guardians, supporters and brothers and sisters' keepers to model the right behaviours. These champions have beautiful and meaningful lives ahead. Like our program does we must help and support them in becoming and being more of themselves.

All Mindfull Aus primary facilitators of the program are trained in America at Stanford University or California State in world class training of 300 hours of quantum learning and how to engage the young mind. This training enables facilitators to provide the most engaging content and environments where all 3 learning styles are met within the classroom - Visual, Auditory and Kinesthetic. Appealing to all children and not having any young champion feeling left behind.

Children's emotions are like the weather, constantly changing and sometimes unpredictable. As adults, it's our role to provide them with a **safe and supportive environment** where they can learn to recognize and **express their feelings** in a healthy way.



Key Outcomes

Phase One & Two



ONE

Identify - The 6 core emotions in the human face. Being able to recognise our emotions and the importance of each of them to our learning. The importance of validating each individual feeling and thought rather than suppressing and ignoring. Giving young champions the articulation for their emotion, but also an evidence based colour to make it easier to explore and express.



TWO

Control - Techniques and Strategies to understand how to positively control our environments using Gratitude, Kindness, Breathwork, Exercise, Mindfulness and many more.



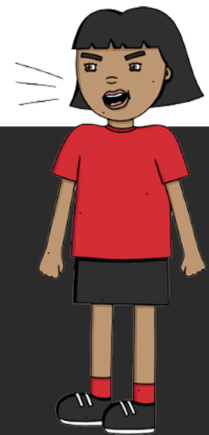
THREE

Express - Being confident in talking about our thoughts, feelings and emotions with trusted adults, teachers, parents & friends. Understanding the importance our words and actions with every waking minute and the support that exists to us in our communities, removing stigma from speaking up and seeking appropriate help and services, but also finding other forms of expression. e.g reflection, journaling, dance, movement etc.



FOUR

Learning the **three main functions of the brain**. Our superhero, our Librarian and our Judge. When students understand how the mind works, it helps to empower them to slow down, practicing mindfulness and stillness to navigate their way through their thoughts, feelings and emotion.



Key Outcomes

Evaluation & Effectiveness

Children who attended HHLM respond positively across all domains of reaction, learning and behaviour to the program.

97%

Of participants feel more confident in helping their friends.

80%

Of Grade 3-4 participants favourite part of the session was learning to talk about their feelings

4 out of 5

Participants would talk to a professional about their problems if they felt this was a necessary step, after attending one of our sessions.

(Pre & Post Analysis) with 180 Degrees Consulting & Melbourne University.

Please note that HHLM is currently being evaluated by Social Outcomes Lab & Australian National University