



Samuel Y – Grade 6 Student

St Francis of Assisi Primary School



I really enjoyed the activity where we had to select the emotion/s that best represented various scenarios. This taught me that we each feel and think differently, even when experiencing the same circumstances or scenarios. I also learnt that we can feel more than one core emotion at any one time

Mindfull Aus provide such a unique way of presenting this information.

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Hi,



Just wanted to drop you a note regarding my daughters participation in the Mindfull Aus program that the Year 6 students had last term.

Over the last few years my daughter has struggled with anxiety, self confidence and the ability to create new friendship groups.

Family and friends alike have since noticed a change in her demeanour and she has displayed a much more positive outlook particularly around stressful events.

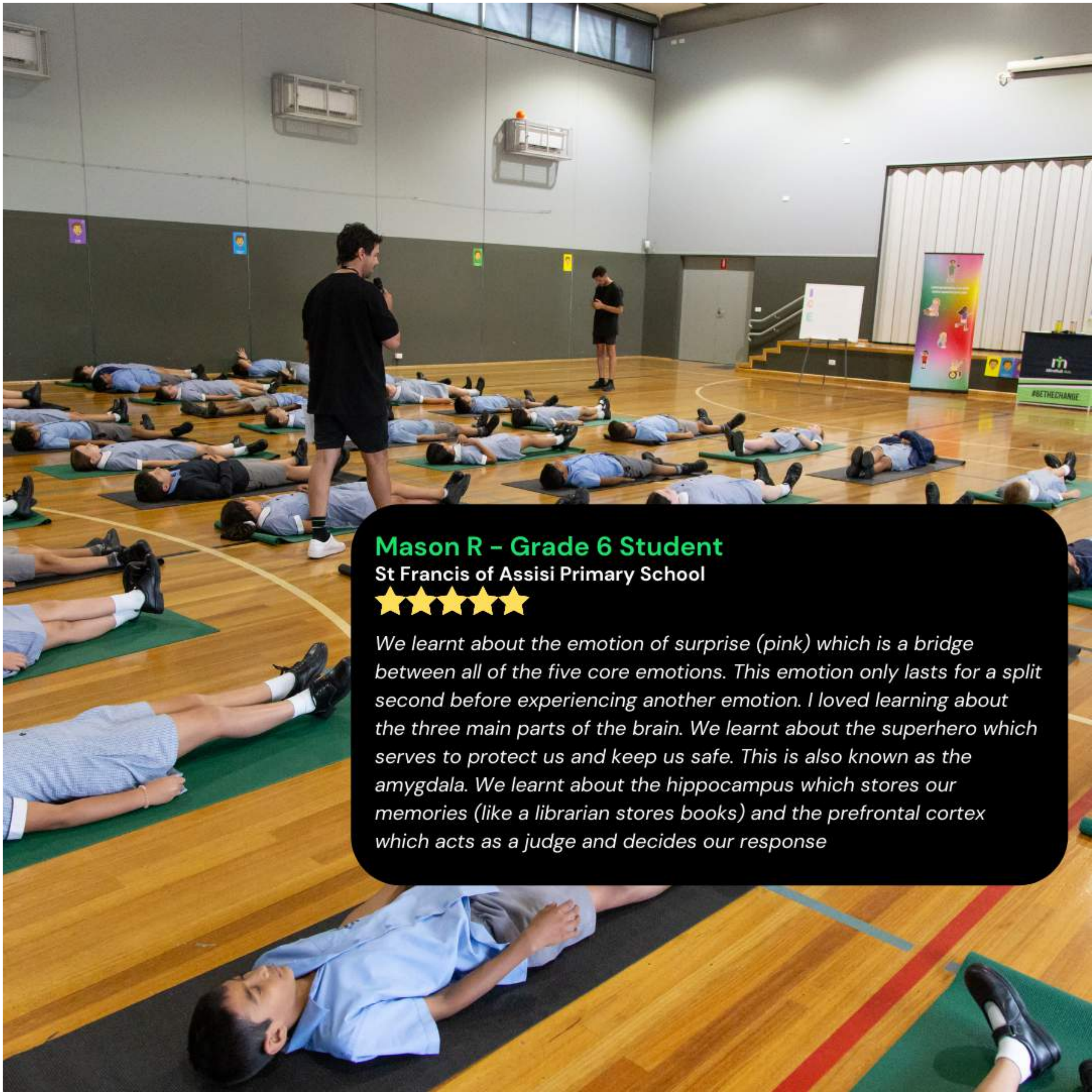
The program has not only provided her with tools to be able to recognise her behaviours but also strategies to help combat her anxiety and frustration before it takes over.

I am thankful that all students will be offered the same program in the near future and look forward to attending the Parent workshop delivered by Mindfull Aus on the 19th May.

There is definitely something in it for each and everyone of us!

Kind Regards,

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Mason R – Grade 6 Student
St Francis of Assisi Primary School



We learnt about the emotion of surprise (pink) which is a bridge between all of the five core emotions. This emotion only lasts for a split second before experiencing another emotion. I loved learning about the three main parts of the brain. We learnt about the superhero which serves to protect us and keep us safe. This is also known as the amygdala. We learnt about the hippocampus which stores our memories (like a librarian stores books) and the prefrontal cortex which acts as a judge and decides our response



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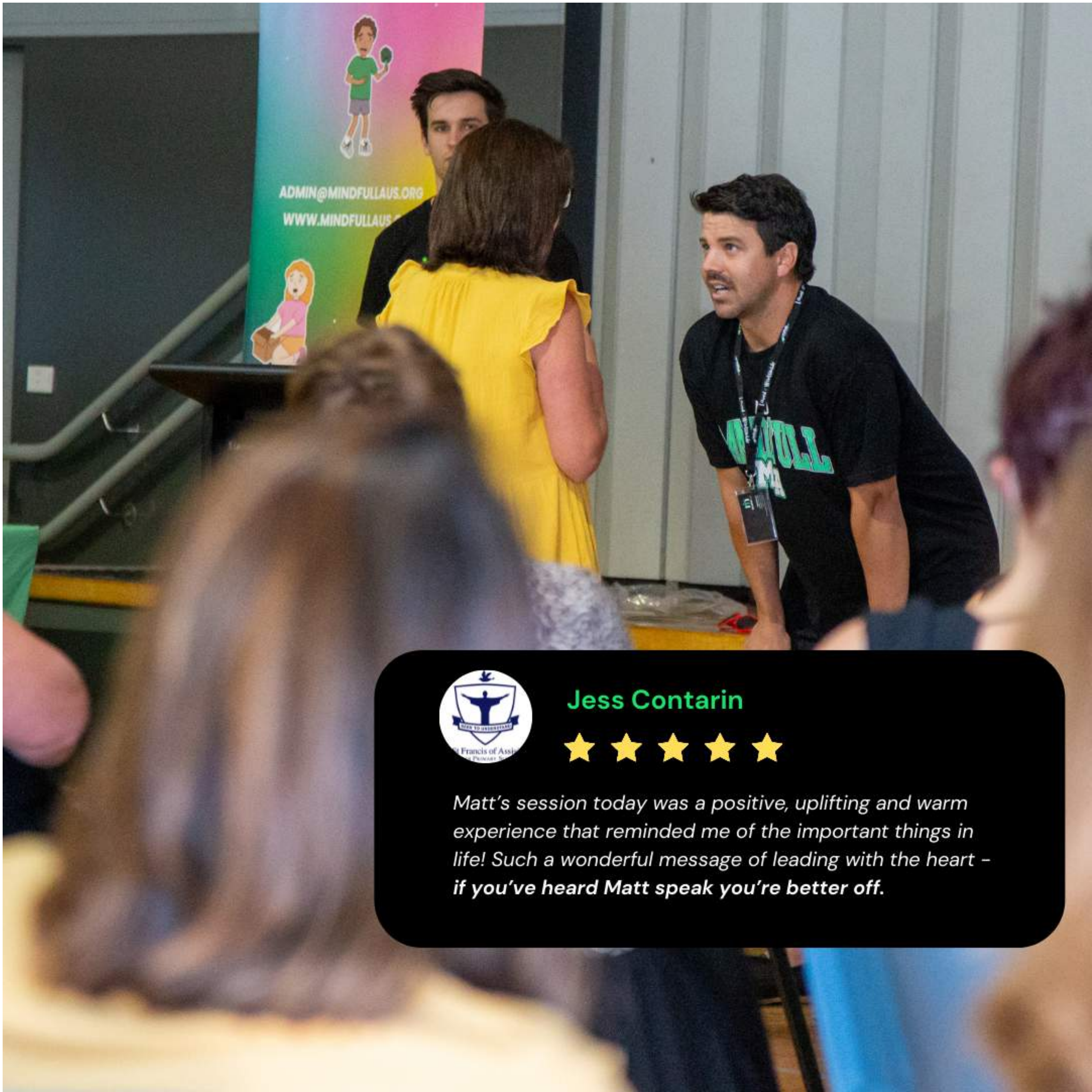


Caitlin S – Grade 6 Student

St Francis of Assisi Primary School



The program taught me that there aren't negative emotions. If we struggle to identify, control and express our emotions and we sit with an emotion for too long, they can fester, and we can respond negatively. For example, anger is not a negative emotion, it is when we sit in anger for too long, that it can become aggression which is a negative response.



Jess Contarin



Matt's session today was a positive, uplifting and warm experience that reminded me of the important things in life! Such a wonderful message of leading with the heart – if you've heard Matt speak you're better off.



Cat Davies

The Mindfull Aus presentation spoke to the heart of who we are and what we want to achieve in our lives both as people and as educators. The experiences that Matt shared with us, and the blueprint he outlined will help us all to make positive changes to support ourselves and those around us.

unique way of presenting this information.

The kids are automatically engaged.





Melissa Martin



The Mindfull Aus teacher session was an amazing and heartfelt presentation that promoted powerful questioning and rich strategies to actively reach out and listen to others. It encouraged opportunities for personal reflection and provided ways to acknowledge, validate and embrace the many different feelings that we all experience. The presenters were phenomenal in keeping the audience engaged through interaction, communication and by sharing their own powerful and personal stories. Thank you to Matt Runnalls and Matt Searle for delivering such valuable messages to our school community