

What is the Positive Living Skills Early Childhood Wellbeing Program?

The Positive Living Skills Early Childhood (and Primary School) Wellbeing Programs are educator-led, scripted and curriculum mapped programs focused on supporting the emotional wellbeing of children, educators and families.

The goal is to prevent mental health problems by teaching young people habitual, practical and positive social and emotional skills, starting in early childhood, to stem the flow of bullying, violence, anxiety, depression and suicide.

The programs apply an intentional teaching approach, providing educators with a common positive language for teaching children the fundamental skills of self-regulation, kindness, appreciation, gratitude, empathy, compassion, peer support, respect, diversity, inclusion, acceptance and confidence. These skills set children up for healthy self-esteem, positive interactions and relationships and resilience to handle life's challenges.

Why Positive Living Skills?

Our members are telling us that the evidence-based Positive Living Skills Early Childhood Wellbeing Program supports them with:

- ✓ A common language to teach SEL
- ✓ Enhancing Educator capacity
- ✓ Relationships with Families
- ✓ Quality Improvement Plans and National Quality standards
- ✓ Behaviour management policies
- ✓ Inclusion support



What's included with the Program?



- ✓ 48 resourced learning experiences including stories, activities songs & more
- ✓ All mapped to the EYLF Curriculum
- ✓ Learning Story Samples
- ✓ Comprehensive Educator resources
- ✓ 20+ audios, plus posters and more
- ✓ 'Possa Bill' mascot character puppet
- ✓ Included Professional Development for Educators
- ✓ A 'PLS Take Home' pack to support family involvement
- ✓ Family Newsletters and the online 'Family Link' portal
- ✓ Support from PLS Early Childhood Specialist
- ✓ LIFETIME LICENCE

Program Cost: \$1500 plus GST

Centres can purchase the **program** for an upfront cost of **\$1500.00* ex GST**. The price includes everything in the **Starter Kit, the included Professional Development and customer onboarding and engagement support**.

** Pricing valid at time of publication and subject to change at any time.*

The Positive Living Skills Early Childhood Wellbeing Program

The Positive Living Skills **Early Childhood** Wellbeing Program is focused on developing a child's secure sense of self, building an awareness and skills to understand emotions and behaviours, and to form healthy and secure relationships while interacting appropriately with others. The program supports the Council of Australian Governments' vision that *'All children have the best start in life to create a better future for themselves and for the nation'*, and it has been designed to meet the elements of the **Early Years Learning Framework for Australia (EYLF)** and the framework's underpinning concepts of Belonging, Being and Becoming, and Principles, Practices and Learning Outcomes.

What do Services receive when they join?

When Centres sign their Lifetime Licence agreement and pay their invoice, they receive the comprehensive 'Starter Kit pack' which includes:

- ✓ 1 x Teacher's Manual booklet containing:
 - Comprehensive information on the 6 core Program concepts,
 - A range of suggested samples for Learning Stories and Observations for the 3-5-year age group plus ideas and adaptations for 0-2's
 - An introduction to the program's mascot character 'Possa Bill', plus
 - Parent and Carer Resources to share with families
- ✓ 1 x Learning Experience and Resource Booklet for Educators *(covering all Lessons and resources)*
- ✓ 1 set of 3 Program posters – 'Possa Bill', 'Feelings' and 'Highlights'
- ✓ 1 x digital copy of the Program on branded USB drive with lanyard also containing resource audios and concept videos
- ✓ 5 x Positive Living Skills 'Happy Highlight' clickers
- ✓ 1 x plush Possa Bill puppet for Educator use
- ✓ 1 x '**PLS Take Home pack**' – containing a Possa Bill Puppet, a highlight clicker and a scrap book in a lightweight PLS bag that can be sent home with children for a night or week and families can record their adventures with Possa Bill
- ✓ Scripted Introductory PowerPoint presentation templates covering all content topics assist the Centre team as they prepare for program implementation and introducing the concepts to the team and families
- ✓ Access to the online resource hub for families called '**The Family Link**' which can be shared with the Centre community and includes a sample of Program resources and information to support the home environment
- ✓ Resources to support the Transition process
- ✓ Support from the Positive Living Skills Customer Engagement Specialist by email and phone and online meetings to assist with program planning and roll out, including support with staff onboarding and engagement

Early learning services can purchase additional posters, booklets and program resources to support all the rooms in the Centre if they wish.

Educators are then invited to participate in included Professional Development, where they learn more about the program concepts, exploring a specific program topic each session, plus the Positive Living Skills team is available for email and telephone support as the Centre implements the program, and social media groups assist educators with tips and support so they stay engaged and supported.

How does the program work?

The **PLS Early Childhood** program consists of a Resource Pool of **48 stand-alone Learning Experiences organised under six main concept headings – Highlights, Feelings, Focus, Relaxation, Cooperation, and Self-Esteem.**



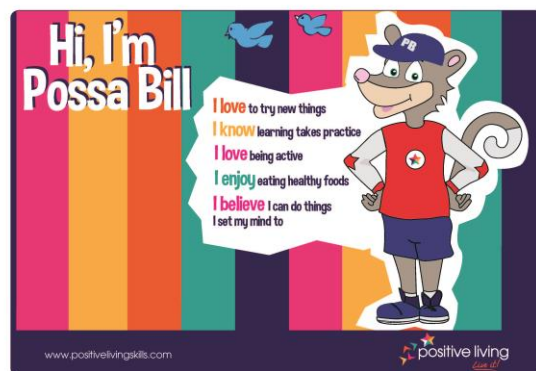
Positive Living Skills **Early Childhood** Wellbeing Program

Unit and Learning Experience outline

UNIT 1: Highlights	UNIT 2: Feelings
Any Day highlights	All Types of Feelings
Happy Highlights	Appreciation
Laughing Highlights	Changing Channels
Opportunities to appreciate	Empathy
Remembering Highlights	How do you feel?
Sensational Senses	Kindness
Where are highlights?	Notice your thoughts
Zing Highlights	Reeling in good feelings
UNIT 3: Focus	UNIT 4: Relaxation
Focus in Positive Ways	Counting and breathing
Focus in the present moment	Imagine and relax
Focused Communication	Learning how to relax
Focused Learning	Quiet your mind
Focused Listening & Seeing	Relax and revitalise
Focusing through distractions	Special place relaxation
Fully Connected Focus	Understanding Relaxation
I can focus	Relaxation is important
UNIT 5: Cooperation	UNIT 6: Self-Esteem
Followership	Building confidence
Let's Cooperate	Feeling Proud
Respect	Healthy Self-Esteem
Sharing	Physiology of Excellence
Taking Turns	Self-Reliance
Teamwork	Self-Respect
Trust	Self-Talk
Working Together	We are Unique

These 15 minute predominantly play-based learning experiences have all been prepared as one-page accessible lesson plans with minimal preparation or external resources required. They can be delivered in a flexible or linear way to meet current group learning and environmental requirements or they can be expanded to meet situational requirements. Educators can choose to follow the script using provided examples and scenarios or adapt the lessons to meet their own teaching methods.

Fully scripted Resource Sheets to match the 3-5 minute audio tracks are provided as an option for educators to use, and accessible coloured visual aids are also provided for optional use, along with template samples and ideas and the plush 'Possa Bill' puppet.



Possa Bill

Possa Bill is the program mascot who helps teach children about health, wellbeing, appreciation, striving for your personal best and the importance of building a growth mindset, and he acts in an education and parenting support role.

'He is our motivator, he is our comforter, he is our support staff, he is the one who is like the third teacher in the room.' *'Possa Bill helps teach us about the kind of people we want to be.'*
Preschool Director, Qld.



Evidence Based Program

The concepts introduced within the Positive Living Skills programs have been widely researched and proven to support social and emotional wellbeing. The amazing evidence-based work of Dr. Terry Orlick PhD, who has dedicated many years to researching the effects of positive living skills on children, young people and adults from all walks of life and his most recent book 'Positive Living Skills', provided significant inspiration for the content in this program.

THREE research studies have now been completed by Charles Sturt University on the core Positive Living Skills Program content, with one study in an Early Childhood setting, another qualitative CSU study of the PLS Primary School Wellbeing program in a Sydney school setting was released in March 2019, and a third study in a rural setting was released in May 2020. Research details can be found on the Positive Living Skills website.

Program benefits

The program actively supports the social and emotional wellbeing of children and educators in a completely preventative and inclusive manner, giving educators the common language to teach emotional wellbeing and supporting and promoting positive behaviour

- ✓ It is **easy** for educators to implement - offering a scripted yet completely flexible, curriculum mapped, resource pool of 48 learning experiences including resources and sample learning stories and observations to assist educators to complete administration tasks as well
- ✓ The program supports children to **transition** from Early Childhood education to Primary School, and is also supportive for younger children
- ✓ It includes accessible **Professional Development** to support educator wellbeing and focusing on key topics within the program as they relate to educators and children
- ✓ It is a **'whole of Learning Centre community'** approach so you can lead the culture of emotional wellbeing in your community - show your educators and families your proactive and leadership style approach, and potentially engage and retain staff and attract more enrolments as a result
- ✓ The program supports Services approach to **Quality Improvement Plans** and **Behavioural policies**
- ✓ The program supports **Relationships with Families** and connects families to social and emotional learning
- ✓ PLS offers **support** to plan, implement and engage educators and help customise the program into the Service culture, promoting educator and community engagement
- ✓ It offers a **Lifetime Licence** to operate the Program materials (LIMITED TIME)

Want to know more?

If you would like to find out more about how the Program could specifically support you and your Service to lead a culture of emotional wellbeing in your community, you can book a **30 minute Information or 'Discovery' Session with Cath Shaw, founder of the Positive Living Skills initiative.**

You might choose to have the decision makers in your Centre or other key stakeholders attend the session with you so just let us know and we can book you in (we run these via Zoom online meetings.)

To book a 30-minute Session at a time that is convenient for you, email team@positivelivingskills.com.au or call 02 9135 2959.

Ready to get started?

To get started:

1. Complete the information below and email this page to us at team@positivelivingskills.com.au
2. PLS will send you a Licence Agreement to sign, and an Invoice for \$1500.00 plus GST*
3. You then send us the signed Licence Agreement and transfer the payment to our account via EFT or via Paypal.
4. PLS will despatch your Early Learning Centre Starter Kit within 21 days of receiving your payment
5. You will then hear from our PLS Customer Engagement specialist, who will confirm your receipt of the pack, and run you through the next steps to move forward with the program!
6. We would be delighted to welcome your Centre as a 'Positive Living Skills' Centre and look forward to hearing from you.

Once you join our membership, we are with you every step of the way to assist you to get your Educators and your families on board for more Positive Living and more fulfilment and empowerment in life!

If you have any questions, contact the PLS team via email to team@positivelivingskills.com.au, or by phone to 02 9135 2959.

YES! Our Early Learning Service would love to implement the Positive Living Skills Program.

Centre Name: _____

Centre Address: _____

Authorised representative: Name: _____

Position: _____

Signature of Authorised Representative: _____

Date: _____

We look forward to welcoming you to our Positive Living Skills community.

Cath Shaw and Jo Devin

Co-founders

www.positivelivingskills.com.au

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