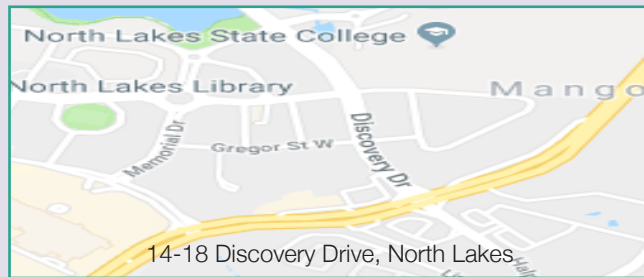
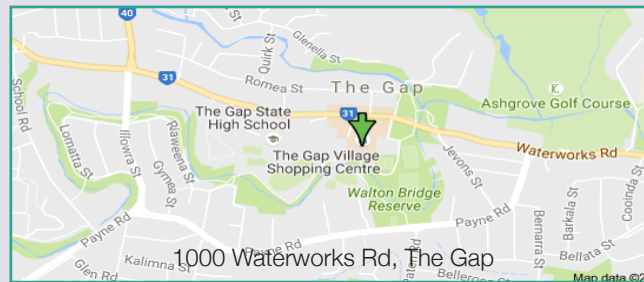
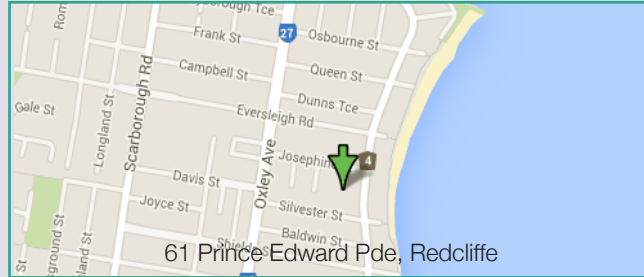




Positive Penguins  
ski-doo it!



Maps supplied by Google

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# Positive Penguins



**YM** YOUNG MINDS NETWORK  
Call: 07 3857 0074

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**Positive Penguins** is a program that aims to encourage the development of social skills, emotional self-regulation and resilience in children aged 4-7 years.

Similar emotional education programs are typically linked to positive developmental outcomes with respect to social competence, behaviour, self-esteem, school engagement and academic performance.

The program consists of 8 sessions during which children learn a variety of skills to:

- Identify and understand their own and others' feelings (empathy)
- self-calm and relax to cope with unpleasant emotions;
- be friendly and caring towards others;
- encourage positive thinking; and
- solve problems when things don't go to plan.

**Positive Penguins** is facilitated by YoungMinds psychologists and uses evidence-based approaches to teach concepts and skills through experiential activities, group games and stories.

The **Positive Penguins** program also includes a joint parent-child activity at the end of every session. The parent-child activity is designed to inform parents of the skills their child is learning and ways they can support them in applying these skills to daily life.

Reinforcing the use of your child's newly acquired skills is an important aspect of the program as children rely heavily on their caregivers to help them apply the skills to cope with challenges.

### **Session 1 - Penguin Personalities**

Getting to know each other

### **Session 2 - Exploring Feelings**

Learning about emotions

### **Session 3 - Nice ways to Chill out**

Relaxation and calming techniques

### **Session 4 - Gentle Gentoo Penguins**

Friendships and helping others

### **Session 5 - Understanding our Thoughts**

Positive thinking strategies

### **Session 6 - I can ski-doo it!**

Problem-solving

### **Session 7 - Nearly Positive Penguins...Time to Practice**

Putting it all together

### **Session 8 - Slide to Success**

Review, party and graduation



**Meet Pax  
The Positive Penguin**



Appointments can be made by contacting Young Minds Network  
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