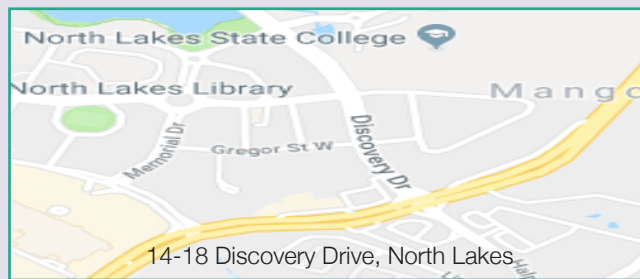
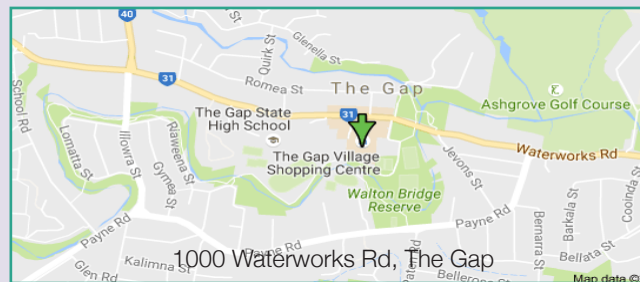
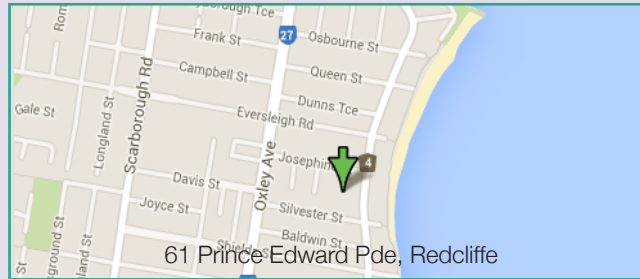




Positive Penguins
ski-doo it!



Maps supplied by Google

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Positive Penguins



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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.



Meet Pax
The Positive Penguin

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



Appointments can be
made by contacting Young Minds Network

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