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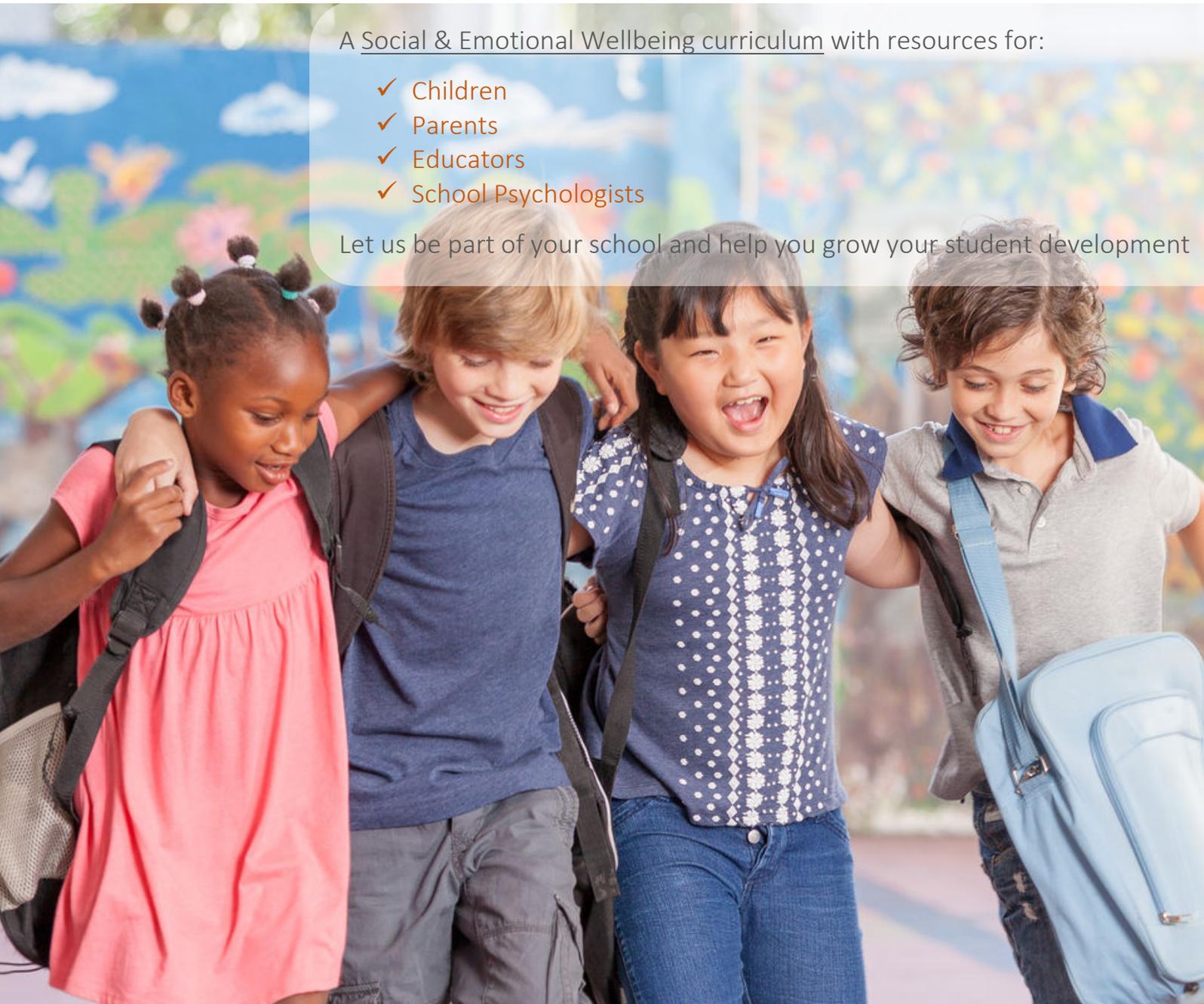
INFORMATION 4 SCHOOLS

Wellbeing 4 Kids. For life.

A Social & Emotional Wellbeing curriculum with resources for:

- ✓ Children
- ✓ Parents
- ✓ Educators
- ✓ School Psychologists

Let us be part of your school and help you grow your student development



WELCOME

BEST Programs 4 Kids is an Australian-owned and operated company that publishes social and emotional wellbeing resources linked to the Australian Curriculum and the Early Years Learning Framework. The authors, Helen Davidson and Claire Orange, are both health professionals with extensive experience in assisting children, their families, educators and other professionals to realise the significance that developing children’s social and emotional wellbeing achieves not only in their childhood but as a strong foundation for life.

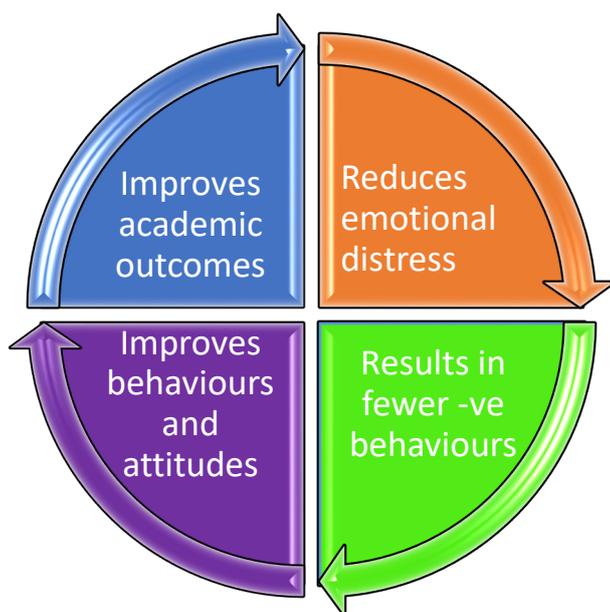
WHAT WE KNOW ABOUT CHILDREN’S MENTAL HEALTH

1 in 7 primary school children has a mental illness	Anxiety disorders in children recorded as 6.9%	1 in 3 girls, and 1 in 5 boys in primary school experiences anxiety
1 in 5 Australian children are developmentally vulnerable.	27% of Australian children report being bullied	83% of children who bully offline, bully online

SOCIAL & EMOTIONAL WELLBEING

International research tells us that the inclusion of direct and explicit teaching of social and emotional wellbeing in schools is highly correlated with positive outcomes in all areas.

KidsMatter Australia says, “These are *essential life skills* that support wellbeing and positive mental health. Social and emotional skills promote children’s ability to cope with difficulties and help to prevent mental health problems. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about themselves and the world around them.”



Schools that are regularly including social and emotional wellbeing as part of regular direct and explicit teaching methodology, have identified the benefits – not only to the children in their relationships with each other - but in their relationship with learning, the staff and with their families. An improvement in home-school partnerships is also reported, as is teacher wellbeing.

At the core of every successful relationship is social, emotional and learning wellbeing, so it makes simple sense to teach these skills often, explicitly and experientially – right from early childhood.

FULLY APPROVED AND ACARA ALIGNED

Little Highway Heroes and *Highway Heroes* are complete social and emotional learning curricula. *Little Highway Heroes* is aligned with the *Early Years Learning Framework* and *Highway Heroes* with the teaching requirements for Personal and Social Capabilities - within Health and Physical Education of the *Australian National Curriculum*.

The teaching requirements for Personal and Social Capabilities are nationally standardised, meaning that if a State is utilising their own curriculum, there is still direct applicability. Both *Little Highway Heroes* and *Highway Heroes* are approved by the Australian Psychological Society (APS) and *Kids Matter Australia*, achieving a high ranking.

WHOLE OF SCHOOL OUTCOMES

Implementation of *Little Highway Heroes* and *Highway Heroes* helps to build an organisationally sustainable culture of wellbeing. The practical application of the principles of Positive Psychology in the primary school setting assists with many aspects of governance – administrative, staff, students and caregivers.

Management of difficult and recurring behaviours is assisted by the implementation of a whole of school program, in which the principles of relationship building, using a strengths-based approach are evident. Adoption of a whole school ‘language’ and ‘culture’ of wellbeing is cited at the research and anecdotal level as being the greatest facilitator of behavioural change.

IMPLEMENTATION, SCOPE & SEQUENCE

Little Highway Heroes is an Early Years curriculum applicable from Kindergarten to Year 3. Included are 20 lessons directly and explicitly teaching social, emotional and learning resilience. The lessons are supported by 9 character puppets, 20 stories and 20 recorded songs. The 20 lessons are divided into 4 teaching sections.

Section 1 – The Highway: comprises 5 lessons about The Highway metaphor and the key skills of managing thinking and managing feelings.

Section 2 – The Playground Highway: 5 lessons targeting relationships and resilience in the playground.

Section 3 – The Emotional Highway: 5 lessons on emotional self-regulation and identification of feelings.

Section 4 – The Learning Highway: 5 lessons that introduce learning-to-learn skills.

Highway Heroes is a Primary Years curriculum with teaching Modules in the Year 1-3 and Year 4-6 age groups. The 4 Modules cover the key skills in social, emotional and learning resilience:

Module 1: Sticking Up 4 Me; Beating Bullying & Taming Teasing

Module 2: Connecting 4 Friendships; Playground Resilience & Wisdom

Module 3: Tricks 4 Getting Things Done; The Secrets of Staying-power & Grit

Module 4: Strategies 4 Managing Me; Mood Management & Resilience

Each module contains 5 lessons – in both a brief form as a lesson plan, and also as a scripted lesson outline. These are supported by a parent information handout and a home activity. Each module has an identical kick-off lesson - ‘The Roadmap 4 Success and Happiness’ - introducing The Highway metaphor, with its

supporting parent information and home activity. It is recommended that this lesson be taught at the commencement of the program, and again at the beginning of each school year to refresh the concepts.

Modules can be implemented in any order – class by class, year level by year level, or whole of school. When social, emotional or learning difficulties are occurring in a learning environment, however, this may determine the order of implementation. However, the order identified below is recommended.

Year 1-3

Term 1	Term 2	Term 3	Term 4
Module 2 Connecting 4 Friendships	Module 1 Sticking Up 4 Me	Module 3 Tricks 4 Getting Things Done	Module 4 Strategies 4 Managing Me

Year 4-6

Term 1	Term 2	Term 3	Term 4
Module 4 Strategies 4 Managing Me	Module 3 Tricks 4 Getting Things Done	Module 1 Sticking Up 4 Me	Module 2 Connecting 4 Friendships

* Further information and rationales are available in the FAQ section of www.bestprograms4kids.com

TEACHING THE CONTENT

The *Highway Heroes* Modules are organised into Year 1-3 and Year 4-6 groupings - which means that the program may be repeated from year to year. Repetition of concepts to facilitate learning occurs in all subjects – so why not in Social and Emotional Learning? Social Learning Theory – one of the theories on which *Highway Heroes* is based - informs us that engaging in role plays and scenario- based activities embeds the skills and TOOLS into the students’ ‘psychological muscle.’

In *Highway Heroes* the junior students (Years 1-3) are provided with scenarios, and in the senior years (Years 4-6) they create their own. As a child’s social landscape changes annually, the program can accommodate and enhance the child’s social and emotional development each year. On each occasion a lesson is taught – even if for two weeks consecutively - children can experience different learning – particularly when their lived experiences are utilised. This approach also enhances the teacher’s understanding of social and emotional learning, and children have the opportunity to utilise their current social realities to gain greater understanding of, and find solutions to, the variety of challenges they are meeting.

PROFESSIONAL LEARNING & PARENT WORKSHOPS

BEST Programs 4 Kids provides professional learning events for educators, parents and/or children on *Little Highway Heroes*, *Highway Heroes* and social and emotional wellbeing in general, and provide an opportunity to expand knowledge and positive mental health and wellbeing practices at home and at school.

MORE INFORMATION

Would you like more information about our school and parent workshops – or any of our other resources? The website is full of information www.bestprograms4kids.com or email info@bestprograms4kids.com for further assistance