



Empowering educators, children and parents to thrive

## 3 Wellbeing Tips to Start the Term



**1. Ask staff to share what went well in the holidays** This boosts positive emotions which encourages us to think more about 'we' than 'me', fostering collaboration.

**2. Perform an act of kindness at work.** This may be big or small, to yourself or others. Suggestions for kindness to yourself include: savouring small successes - this builds your gratitude strength, stop and take 3 deep breaths - this builds your self-regulation, take a 5 minute walk at lunchtime, bring healthy snacks to school.

**3. Spot a strength in someone** - this builds relationships and counteracts our brains natural negativity bias.

# Face to Face Primary School Workshops Resume



We are taking bookings from current Strong Minds schools who have wellbeing as part of their **Strategic Plan** and would like to continue to embed a strength based approach.

We can offer **bespoke workshops** based on your schools needs for 1, 2 and 3 hours.

**Parent Information sessions** are also available for new parents to your school.

BOOK NOW

## Wellbeing in Early Childhood – Strong Minds Early Years



Read a summary of how Strong Minds Early Years **supports the [Five Learning Outcomes and Principles](#) in Belonging, Being and Becoming: The Early Years Learning Framework for Australia and the [National Quality Standard](#)** Areas. It is available throughout Australia.

## Strong Minds Early Years Alignment with the EYLF



Are your early childhood educators already burnout? Still processing the stress of 2020? Strong Minds Early Years starts with educator wellbeing before focusing on children and families. Read our latest article in Care for Kids to learn how [Character Strengths \(the focus of Strong Minds Early Years\) align with the EYLF](#). Forward this to anyone you know in this sector. Imagine the Early Learning Centre near your school taking the same strength based approach as you!

## Strong Minds Primary School Term 2 Workshop



Enhance staff and student wellbeing today with our **evidence based approach** [Strong Minds](#).

Don't miss out on our next [Strong Minds workshop](#) on the 30th April 2021.

BOOK NOW

WHAT OTHERS SAY..

## Write us a Review



Want to give back? We would love you to leave us a review, click on the stars in this link before leaving a comment. : <https://g.page/growing-strong-...>

Warmest wishes

Nicole and the team at Growing Strong Minds

### Growing Strong Minds

PO Box 3023, Marrickville Metro  
Australia

0402 709 543

[nicole@growingstrongminds.com](mailto:nicole@growingstrongminds.com)



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)