





**Optimistic
Kids**

Positive
attitudes
for life

A close-up photograph of a young boy with light brown, curly hair, smiling broadly. He is wearing a white collared shirt. The background is a soft, out-of-focus outdoor setting with greenery and a building.

Prepare your students for their toughest exam: Life

**Positive Education Program
Guide for Educators**

A close-up photograph of a young boy with light brown hair and freckles, wearing a white collared shirt. He is smiling broadly, showing his teeth. The background is blurred, showing other people in similar white shirts, suggesting a school or classroom setting. The lighting is warm and natural.

Since when
did education
become more about
information and
less about life skills?

Program Overview

About Optimistic Kids

Psychologist Simon Andrews, of Optimistic Kids, has found through his research and clinical experience that many children benefit greatly when taught to look at situations in a more accurate and positive way. From 2001 to 2009 Andrews conducted positive education sessions for late primary school and middle school students, namely the Penn Resiliency Program (PRP). In 2010, he designed a tailor-made program based on research that he had conducted with Australian students. This new program deals with issues facing our students today and it has 100% Australian content.

Programs available for Schools

Research suggests that teaching resilience reduces the risk of depression and anxiety, and significantly increases emotional flexibility and optimism. Since 2001 parents and teachers have reported significant improvements in social and academic behaviour and improvements in attitudes and performance.

Tailored Positive Education Programs

Optimistic Kids has developed an approach that aims to build resilient students who will have the tools to rescue themselves when faced with the challenges of today.

The program can be tailored to suit the needs of your school or club. There is also flexibility in administering it: Either your own teaching staff, that will be trained by Simon Andrews, or it can be run by trained psychologists if preferred.

What is important to note is that we design school specific solutions and ensure that students participating will be asked what issues they are currently facing to ensure relevance. The new program is relevant for today's children and not only draws on real life examples from Australian students, but is also streamlined and easy to deliver for teachers.

Programs available for Schools cont.

Positive Education Professional Development Courses off site

Positive Education Professional Development courses are available for educators where the participants undergo a 2-day accreditation allowing them to personally run the program in their own classrooms. In this way entire year groups of students can benefit from resilience training, thereby fostering a school culture of independent and resilient students.

To find out more about integrating Optimistic Kids into your school curriculum or to find out more about Professional Development courses visit our website www.optimistickids.com.au or contact us on 8264 2311.

What the students will learn

Through the program, children learn such skills as:

- Factual thinking
- Reducing worry and taking control
- Performing under pressure
- Managing anger and frustration
- Boosting self-belief
- Using and developing their strengths
- Accepting responsibility for their actions and being able to rescue themselves
- Problem-solving from beginning to end

Furthermore, children come to understand the well accepted formula that the way we 'feel' is largely determined by the way we 'think' about situations. This not only assists children to see a problem in perspective, but to recognise that they have a choice about how they can respond.

We find that the children grasp the concepts very well, and not just learn them, but also begin applying them in their lives. This can have a profound effect on positivity and success, across a range of areas such as schoolwork, family life and in their interaction with friends.

Is it fair to expect children to develop positive attitudes if they are not taught to them?



The best part is bringing in the experts. It adds credence to the content of other lessons and because you're really good at relating to the children they seemed open to your ideas and feedback.

Teacher, Farrell Flat
Primary School

We have been delighted with the input of Simon Andrews and Optimistic Kids to our personal development program. Their positive psychology focus and emphasis on building resilience amongst youth has been invaluable. Simon's presentations are engaging, relevant and stimulating and provide a range of invaluable skills for both students and staff.

Steve Clohesy, Director of Student Life
Prince Alfred College Adelaide, South Australia

The Port Adelaide Football Club is serious about its community work and gaining positive outcomes from our community programs. In many cases we will work in partnership with agencies who have specific expertise and add value to our programs. The topic of mental health is a delicate one and we need to ensure that the messages delivered by players on resilience, positive thinking and mental strength are executed correctly.

It is for this reason that we are very fortunate to be partnered with Optimistic Kids who help us to deliver messages that are understood by players, staff, parents and children. Their approach is very effective, and we have received very favourable feedback from participants in the program.

Darren Adamson, Community Development Manager, PAFC

We have been delighted with the Optimistic Kids program.

Robyn Collins
(Learning Support
Coordinator)
Concordia
College, SA





Optimistic Kids
9 Walters Street
Tea Tree Gully SA 5091
Tel. 08 8264 2311
Fax. 08 8264 4461

www.optimistickids.com.au