

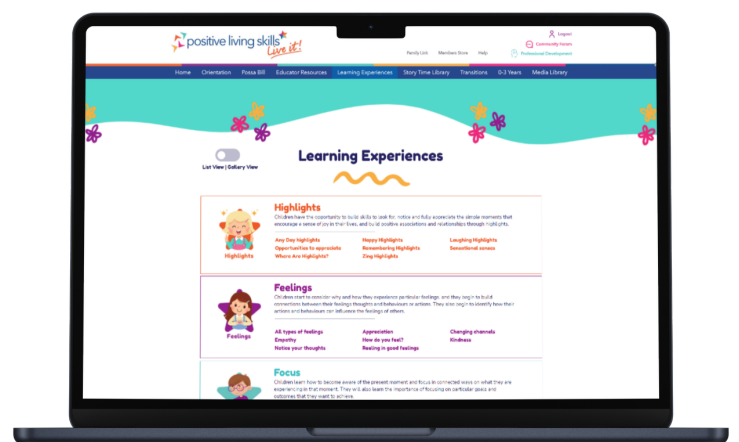


Positive Living Skills Early Childhood Wellbeing Program

An **evidence-based** wellbeing platform specifically designed to support educators to deliver the Early Years Learning Framework via a **resource pool of activities, stories, songs, relaxation audios and more**, offering a positive **common language** for teaching mental health skills in early childhood settings.

The PLS program aims to improve the **social, emotional and communication skills** of children while supporting educators and families.

According to latest Australian Early Development Census (AEDC) data, 22% of children are developmentally vulnerable on at least one of the 5 domains (physical, social, emotional, language and communication). Our work aims to improve the social, emotional and communication skills of children while supporting educators and families.





"Educators described PLS as easy to implement, that it supported the Early Years Learning Framework (EYLF), and that children enjoyed the activities and were already understanding PLS concepts and using PLS language. They also described PLS as a good program, not only for the children in their care but also because they experienced flow-on effects into their own personal and professional lives."

- Charles Sturt University

This program is an **evidence-based** approach to supporting the intentional teaching of mental wellbeing, providing educators with a common positive language for teaching children the fundamental skills of:

- Inclusion
- Kindness
- Empathy
- Respect
- Diversity
- Compassion
- Peer support
- Self-regulation
- Appreciation
- Gratitude
- Confidence
- How to relax
- Acceptance
- Cooperation
- Growth mindset

Meet Possa Bill

Possa Bill is a very important part of the Positive Living Skills initiative acting as another 'educator' in the room. He helps children try new things, learn about persistence and practice and helps them strive for their own personal best. He also has a positive focus on health and nutrition.



Key Features



49 guided play-based digital '15 minute' learning experiences with activities and more



'Story time' library and media library with downloadable posters, audios, and resources



Pre-populated Learning story templates to personalise and share with families



Educator wellbeing online professional development series: Leadership, Focus and Self-care



The evidence-based digital resources and activities are organised under 6 main concepts

*Key Word Sign line drawings are also provided via PLS flash cards.
Key Word Sign (KWS) adds signs to spoken words and is a tool or strategy which can be used to support children and adults with communication difficulties to understand and get their message across to others.*



Highlights

- Any Day highlights
- Happy Highlights
- Laughing Highlights
- Opportunities to appreciate
- Remembering Highlights
- Sensational Senses
- Where are highlights?
- Zing Highlights



Feelings

- All Types of Feelings
- Appreciation
- Changing Channels
- Empathy
- How do you feel?
- Kindness
- Notice your thoughts
- Reeling in good feelings



Focus

- Focus in Positive Ways
- Focus in the present moment
- Focused Communication Focused Learning
- Focused Listening & Seeing Focusing through distractions Fully Connected
- Focus
- I can Focus



Relaxation

- Counting and breathing
- Imagine and relax
- Learning how to relax
- Quiet your mind
- Relax and revitalise
- Special place relaxation
- Understanding relaxation
- Relaxation is important



Cooperation

- Followership
- Let's Cooperate
- Respect
- Sharing
- Taking Turns
- Teamwork
- Trust
- Working Together



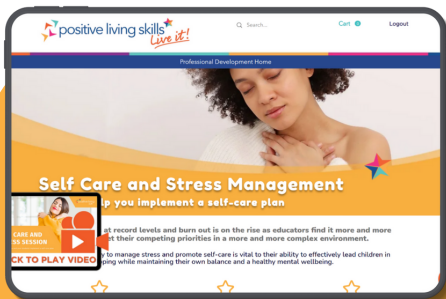
Self-Esteem

- Building confidence
- Feeling Proud
- Healthy Self-Esteem
- Physiology of Excellence
- Self-Reliance
- Self-Respect
- Self-Talk
- We are unique



Supporting educator wellbeing

Members can access 3 x in depth self-paced professional development sessions aimed to support educator wellbeing (topics include leadership, focus and self-care)



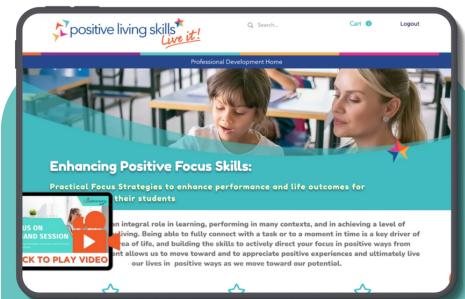
Stress and Selfcare

Educators ability to manage stress and promote self-care is vital. This session supports educators to develop and maintain a self-care plan for their own physical and psychological wellbeing and they learn strategies they can also apply with the children in their care as well as in their own lives.



Leadership Skills

Leadership is a highly sought after and highly valued commodity in our world, and it is a topic we are more captivated with than ever before. People continue to ask themselves and others what makes a good leader, or how can we be more effective leaders, firstly of self, then of others.



Positive Focus Skills

With stress and anxiety on the rise, we can all benefit from learning ways to enhance our positive focus skills, Focus plays an integral role in learning, performing and achieving fulfilment in daily living. Educators also benefit when finding strategies to implement to enhance the positive focus of children.

Family Newsletters

Family partnerships play a vital role in the Positive Living Skills initiative. Family newsletters with 'at home' PLS tips are included for all topics and educators can use the interactive Learning Story feature to create, personalise, document and share each child's learning and development.

PLS Family Link Hub

The PLS Family Link is a free to join **online resource hub**, offering a range of wellbeing resources to support all members of the family. Plus you can meet the program mascot for the 3-6 year old children, Possa Bill, and find links to additional mental health resources for all age groups.





The PLS Early Childhood Wellbeing program:



Supports educators to meet the outcomes, practices and principles of the Early Years Learning Framework for Australia (EYLF V2.0), and the Victorian Early Years Development Framework (VEYLDF)



Supports early learning services to meet the Australian Children's Education and Care Quality Authority (ACECQA) National Quality Standards and prepare and implement their Quality Improvement Plans



Supports services' behaviour policies and family partnerships, and supports educators to build their own capacity and confidence

Early Learning Services who join Positive Living Skills gain digital access to:

- ✓ 49 digital learning experiences mapped to EYLF
 - ✓ Library of audio and flip books
 - ✓ Relaxation audios, songs and posters
 - ✓ Possa Bill animation stories
 - ✓ Pre-filled editable Learning Story templates
 - ✓ Searchable comprehensive resource library
 - ✓ Tips for transitions and school readiness
 - ✓ Activities for 0-3 Years for all concepts
 - ✓ Shareable family newsletters for the 6 concepts
 - ✓ Free mental wellbeing resources to share with families via the 'PLS Family Link Online Hub'
 - ✓ 3 x Online 'on-demand' educator PD sessions: Focus, Leadership and Self-Care
- Each session provides 90 mins of Professional Learning, and includes online workbooks*
- ✓ Self-paced straight forward onboarding process
 - ✓ User-friendly and secure online platform



Your service will also receive a PLS Welcome kit in the mail with a plush Possa Bill puppet, PLS concept flash cards, happy highlight clickers, a PLS poster to display in your service, family flyers and more.

Connect with PLS:



To learn more about our program and packages, visit our website or connect with us

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For pricing options visit <https://www.early-childhood.positivelivingskills.com.au/>