

Mentally Fit Primary Schools Poster Implementation Guide

Curriculum Links

All the activities mentioned below incorporate components of the Australian Curriculum Version 9 in Personal and Social Capability, particularly focusing on self-awareness and self-management. They also align with the Health and Physical Education curriculum, with specific content from personal, social and community health.

We're becoming a Mentally Fit School

Audience: Whole school community

Application: Informative promotional poster

This poster is suitable for display in various areas throughout the school, including the office, playground, and classrooms. Additionally, it serves as an effective tool for communicating your school's partnership in the Mentally Fit Primary Schools program to the broader community through newsletters and social media platforms.



Boost your Mental Fitness

Audience: K-6

Application: Informative poster

This poster is suitable for display in various areas throughout the school, including the school office and buildings, playground, and classrooms. It educates and reminds students about the importance our 3 protective factors play in building mental fitness.

Classroom usage: Teachers are invited to use this poster in their classroom to explore the 3 protective factors with their students. Students are reminded that their “mighty muscles” are how we build our mental fitness. Working on your mental fitness, and growing your mighty muscles is like going to a gym for your mind!



Protective Factors 3 Poster Pack

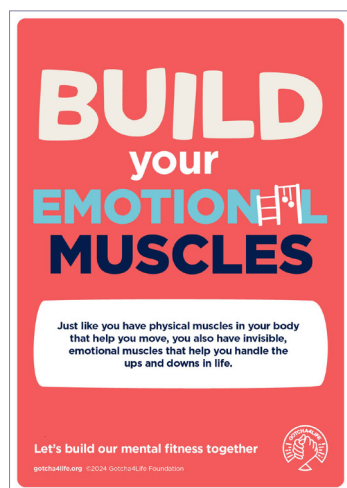
Build your Emotional Muscles, Embrace your Village, Don't Worry Alone

Audience: K-6

Application: Informative educational poster

This series of posters informs students about the 3 Mental Fitness protective factors. Each poster includes the name of the protective factor, a sentence description about the factor and a call to action.

Classroom usage: Teachers are encouraged to use these posters in their classrooms to facilitate deeper discussions about the 3 protective factors with their students. The text insert serves as a prompt for engaging student-led discussions.

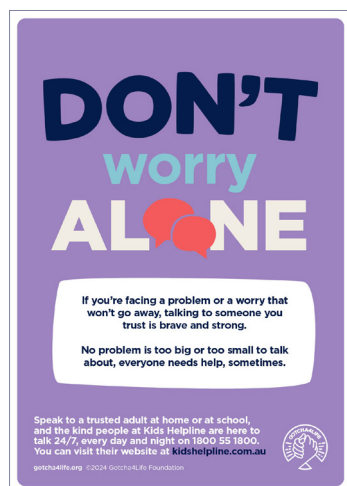


Build your Emotional Muscles (Emotional Adaptability) :

Everyone experiences all sorts of emotions, that's what makes us human. Some feelings are awesome and feel very easy, and sometimes we get hit with tricky or not-so-easy emotions. That's when we can use our emotional muscles to help us deal with those feelings in a helpful way. When you practise using your emotional muscles, you'll get better at handling tricky feelings and you'll feel mentally stronger inside.

Embrace your Village (Social Connectedness):

Having people around you who care about you, listen to you and spend time with you helps you to feel happy and supported. Feeling close to others helps us to feel like we belong and that we're not alone. When we have people to talk to, and share our feelings and worries with, it helps us to feel stronger inside, especially when we face sad or tough times. We call these important people our 'village' - they're like your team of supporters who are always there for you, no matter what.



Don't Worry Alone (Help Seeking):

Asking for help when you're not feeling OK because you're facing a problem or a worry that just won't go away is brave and smart. We all feel stuck sometimes, and talking to someone you trust when you do, can help you to find a way forward, and feel better. It's the opposite of bottling our feelings inside and worrying or feeling angry. When we share how we're feeling with someone who can help us, they can help us to feel better and bounce back.



All Feelings are Welcome

Audience: K-6

Application: Informative educational poster

This poster is suitable for display in various areas throughout the school, including the office, playground, and classrooms.

Classroom usage: Teachers are encouraged to use this poster in their classroom to further explore the protective factor, Emotional Adaptability (Build your Emotional Muscles). Discuss the title “All Feelings are Welcome”. This statement conveys an acceptance and openness to experiencing and acknowledging a wide range of emotions without judgement or suppression. It emphasises that every emotion, whether easy or more difficult to experience, is valid and worthy of recognition. It encourages individuals to embrace their feelings as a natural and normal part of being human, and to engage with them constructively rather than denying or squashing them down or bottling them up. Some suggested activities include:

- Explore students’ understanding of the word “welcome” and what they think the title means.
- Students can identify emotions/feelings that they have felt, sharing when and why they felt this way.
- Discuss how emotions are like the weather. How else could you describe emotions?
- Guide students in empathetic exercises where they imagine themselves in the shoes of someone experiencing different emotions.



How do you feel today? (Emotional Barometer)

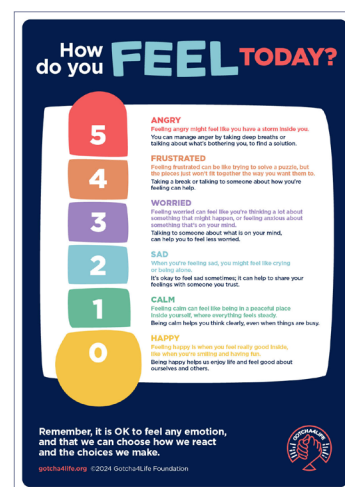
Audience: K-6

Application: Informative educational poster

This poster is suitable for display in classrooms

Classroom usage: Teachers are encouraged to use this poster in their classroom to explore emotional regulation. This emotional barometer resource is designed to be incorporated into daily routines to help students recognise and manage their emotions effectively and to build emotional literacy. Some suggested activities include:

- Begin by introducing the feelings barometer to students, explaining each emotion. Ensure students understand that it's normal to experience a range of emotions. The barometer is a tool to help identify and manage/respond to these emotions in a helpful way, as well as recognising escalation patterns.
- Use the barometer as a catalyst for group discussions on emotions and coping mechanisms. Encourage students to openly exchange their experiences and ways for managing emotions, including strategies for effective regulation and handling escalating emotions.
- Help students set goals for moving towards more positive emotional states. Discuss specific actions they can take to achieve these goals and support them in tracking their progress.
- Offer individual support to students who may be struggling to regulate their emotions. Work with them to identify triggers and develop personalised strategies for managing difficult emotions.
- Explore the emotions on the poster using a Y chart (looks like, sounds like, feels like).



Help Resources Poster Pack

24/7 Mental Health Services, Help someone you care about

Audience: Staff

Application: Informative educational posters

This series of 2 posters informs staff about ways to access help, and encourages help-seeking behaviour.

24/7 Mental Health Services:

Designed for teachers and staff. This poster includes a list of mental health support services that are free and available 24/7. This resource aims to equip staff with referral services for students, parents, carers or families who may benefit. In addition to 24/7 services, there is also a further list of mental health support services relevant to children and families.

This poster is suitable for display in the staffroom area.

Note: for teacher-only spaces.



Help someone you care about:

A valuable tool to support teachers to support each other, and the people they care about.

This poster is suitable for display in the staffroom area.

Note: for teacher-only spaces.

Let's build our mental fitness together

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