

# Aussie Optimism: Optimistic Thinking Skills (Years 7-8)



**9 June 2016**

**AISWA, Suite 5 Seminar Room**

(First floor – no lift access)

41 Walters Drive, Osborne Park

9.00am – 3.30pm

(Morning tea and lunch included)

**COST: \$170.00**

**Includes materials required to run  
Aussie Optimism in your school**

## What is Aussie Optimism?

Aussie Optimism is an evidence-based mental health promotion program that provides schools and families with practical information and strategies to build resilience and coping skills. The programs can also reduce anxiety and depression. The programs are mapped to the national curriculum and are designed to be run by the teacher in the classroom with all children. There are 10 modules that are ideally run once a week for the whole term.

## Why Aussie Optimism?

Children and adolescents often experience stress, for example peer pressure, family conflict, moving from primary school to high school, increased demands of study, performance expectations and body changes. Children and adolescents cannot always be protected from stress, however, they can be provided with the skills necessary to cope with stress and to rise above life's difficulties and challenges.

## Optimistic Thinking Skills Program

Optimistic Thinking Skills teaches children optimistic ways of thinking so they can develop a healthy self-esteem. Activities help students become aware of their thoughts, the connection between how they think, feel, and behave, and how to challenge negative thoughts about themselves, so they feel happy, confident, and optimistic about the future.

**The Aussie Optimism: Optimistic Thinking Skills program is developmentally appropriate for students in years 7-8.**

## How can my school run the Aussie Optimism Programs?

Teachers are required to attend a 1-day training workshop for each program they would like to run.

For further information please contact Tammy Barnes on 9441 1634 or [tbarnes@ais.wa.edu.au](mailto:tbarnes@ais.wa.edu.au)  
or Mandy Marett on 9441 1635 or [amarett@ais.wa.edu.au](mailto:amarett@ais.wa.edu.au)

**PLEASE REGISTER ONLINE** at [www.ais.wa.edu.au](http://www.ais.wa.edu.au) by **3 June**

### CANCELLATION POLICY:

Please email Sue - [smulholland@ais.wa.edu.au](mailto:smulholland@ais.wa.edu.au) by 3 June for all cancellations. Failure to do so will result in a full fee charged to your school. Where there is no fee, your school will be billed for costs incurred by AISWA eg. catering, materials

Please contact Sue for registration difficulties – 9441 1632 or [smulholland@ais.wa.edu.au](mailto:smulholland@ais.wa.edu.au)