



Thornlie Primary School students participate in Aussie Optimism to build resilience and emotional regulation.

Children often experience stress, for example peer pressure, family conflict, increased demands of study, performance expectations and body changes. Children 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.

Aussie Optimism is a health promotion program for children in primary school. It takes a positive psychology approach, helping to build core competencies in students, such as how to:

- Identify and manage feelings
- Make and maintain friends
- Solve social problems
- Think optimistically to promote self-esteem and bounce back from difficulties.

Aussie Optimism comprises four classroom-based programs. The Aussie Optimism programs are based on psychological and educational research into the risk and protective factors associated with psychological difficulties. The programs focus on competence, resilience and skill building. All programs are run by the classroom teacher with all students.

The programs are:

Feeling and Friends (Pre-Primary – Year 2)

Positive Thinking (Year 3 & Year 4)

Social Life Skills (Year 5 & year 6)