




Big Life works to build young people's capacity to be resilient in the face of challenge by building their social and emotional skills, their capacity to connect meaningfully with others and to experience positive emotions.

This FOOTPATH outlines the personal development milestones across the primary school journey.

A SCHOOL THAT PROMOTES HAPPY, ACTIVE & HEALTHY KIDS MEANS A WELCOMING, SAFE, SECURE ENVIRONMENT THAT FOSTERS A SENSE OF BELONGING, POSITIVE CONNECTION, HEALTHY HABITS & POSITIVE EMOTIONS THAT EXTEND & FLOW POSITIVELY INTO THE FAMILY DYNAMICS AT HOME.

OUR PRIORITIES ARE:

BOUNCE

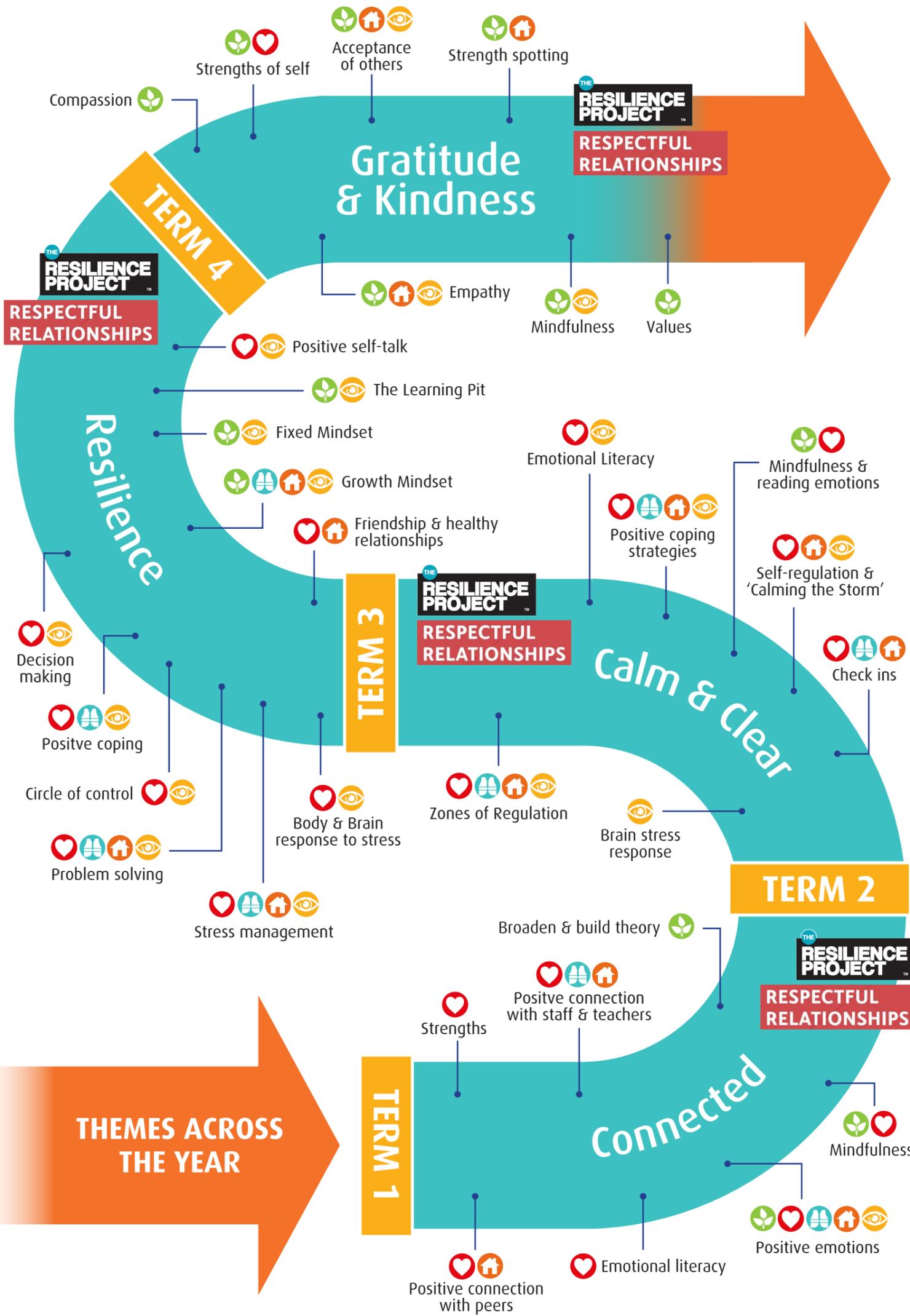
Explicit social and emotional learning to support students positive development, capacity to positively connect with others, enjoy a sense of belonging and promote and protect their mental health.

MOVE

Provision of resources and opportunities, support and positive role modelling to promote healthy habits in our school community, including living active lifestyles and healthy eating.

RESPECT

All members of our school community are welcomed, accepted, treated equitably and with respect, regardless of their backgrounds or personal attributes.




- What is the meaning of life?
- How can I love and be loved?
- What do I do when bad things happen?
- How do I make family work?
- How do I relate to those different from me?

BROADEN & BUILD THEORY - The broaden-and-build theory in positive psychology suggests that positive emotions (such as happiness, and perhaps interest and anticipation) broaden one's awareness and encourage novel, exploratory thoughts and actions. Over time, this broadened behavioural repertoire builds useful skills and psychological resources.

COMPASSION - Means "to suffer together." Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering.

EMOTIONAL LITERACY - The ability to understand ourselves and other people, and in particular to be aware of, understand, and use information about our emotions of ourselves and others with competence.

EMPATHY - Means the ability to understand another person's thoughts and feelings in a situation from their point of view, rather than your own.

GROWTH MINDSET - Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset. They tend to achieve more than those with a more fixed mindset (those who believe their talents are innate gifts).

HEALTHY RELATIONSHIPS - Means that both you and another person are able to communicate, talk openly about problems and listen to one another. You respect each other's opinions.

MINDFULNESS - Means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

POSITIVE CONNECTION - The ability to build healthy and protective relationships that buffer us from life challenges or adversity. Connections that support positive development, positive emotions and help-seeking behaviour.

POSITIVE COPING - Involves any actions or strategies you take to manage and reduce stress in your life, in a way that isn't going to be harmful or detrimental in the long term. People who use positive strategies are able to overcome challenges, bounce back from tough times and also much happier.

POSITIVE EMOTIONS- Are emotions that we typically find pleasurable to experience, like interest, contentment, happiness, excitement, gratitude, joy, hope, and inspiration.

POSITIVE SELF TALK - Makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

PROBLEM SOLVING - Is the act of defining a problem; determining the cause of the problem; identifying, prioritising, and selecting alternatives for a solution; and implementing a solution.

RESPECTFUL RELATIONSHIPS - Topics of emotional literacy, personal strengths, positive coping, problem-solving, stress management, help-seeking, gender and identity, and positive gender relations. Respectful Relationships promotes respect and gender equality and helps students learn how to build healthy relationships. It prepares students to face challenges by developing problem-solving skills and building resilience and confidence.

SELF REGULATION - The ability to monitor and manage your energy states, emotions, thoughts, and behaviours in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.

STRENGTHS - Character Strengths are the positive parts of your personality that impact how you think, feel and behave. Scientists have identified 24 character strengths that you have the capacity to express. By taking the VIA Survey you will discover your unique character strengths profile. Knowing and applying your highest character strengths is the key to you being your best self.

STRENGTH SPOTTING - Is the ability to notice strengths in others and being able to notice what people are doing when they are their best selves.

STRESS MANAGEMENT- Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.

STRESS RESPONSE - Or "fight or flight" response is the emergency reaction system of the body. The stress response includes physical and thought responses to your perception of various situations.

THE LEARNING PIT - Reassures students on their learning journey. It offers encouragement during times of struggle; explains how frustration and confusion are a normal part of the learning process; and illustrates the steps that can be taken to move from surface-level knowledge to deep understanding.

THE RESILIENCE PROJECT - Focus on three key pillars that have been proven to cultivate positive emotion; Gratitude, Empathy and Mindfulness (GEM), with Emotional Literacy being a foundational skill to practise these strategies.

VALUES - Core values are the fundamental beliefs of a person or organisation. These guiding principles dictate behaviour and can help people understand the difference between right and wrong. Core values also help to determine if you are on the right path and fulfilling your goals and trajectory for life, by creating an unwavering guide.

ZONES OF REGULATION - The Zones of Regulation® is a framework and easy-to-use curriculum for teaching students strategies for emotional and sensory self-management.

