



BEST PROGRAMS 4 KIDS

Teaching ALL Kids Smart Life Skills

4 SCHOOLS

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www.bestprograms4kids.com

WELCOME

BEST Programs 4 Kids is an Australian owned and operated company with internationally Licensed Agreements in the United Kingdom and Hong Kong.

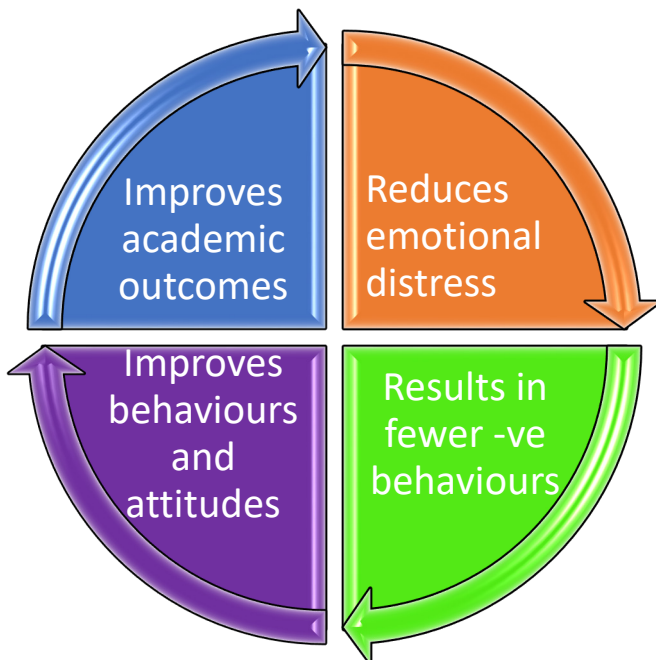
BEST Programs 4 Kids is directed by Helen Davidson and Claire Orange, the program co-authors and founding members. Helen and Claire are both allied health professionals with extensive and comprehensive experience of working with children, their families, schools and professionals to raise awareness of the importance of children's social and emotional well-being in achieving better long term mental health, happiness, success and productive life outcomes and relationships.

WHAT WE KNOW ABOUT CHILDREN'S MENTAL HEALTH

1 in 7 primary school children has a mental illness	Anxiety disorders in children recorded as 6.9%	1 in 3 girls and 1 in 5 boys in primary school experiences anxiety
1 in 5 Australian children are developmentally vulnerable.	27% of Australian children report being bullied	83% of children who bully offline, bully online

THE IMPORTANCE OF SOCIAL & EMOTIONAL WELL-BEING

International research informs us that the inclusion of direct and explicit teaching of social and emotional wellbeing in schools:



KidsMatter Australia says, "These are essential life skills that support wellbeing and positive mental health. Social and emotional skills promote children's ability to cope with difficulties and help to prevent mental health problems. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about themselves and the world around them."

Schools that are regularly including social and emotional well-being as part of regular direct and explicit teaching methodology have identified the benefits – not only to the

children in their relationships with each other, but in their relationship with their learning, the staff and with their families. An improvement in home-school partnerships is also reported, as is teacher well-being.

At the core of every successful relationship is social, emotional and learning well-being, so it makes simple sense to teach these skills often, explicitly and experientially – right from early childhood.

KIDSMATTER APPROVED. ACARA ALIGNED

Little Highway Heroes and *Highway Heroes* are complete social and emotional learning curricula. *Little Highway Heroes* is aligned with the *Early Years Learning Framework* and *Highway Heroes* with the teaching requirements for Personal and Social Capabilities - within Health and Physical Education of the *Australian National Curriculum*.

The teaching requirements for Personal and Social Capabilities are nationally standardised, meaning that even if a State is utilising their own curriculum, there is still direct applicability.

Both *Little Highway Heroes* and *Highway Heroes* are approved by the Australian Psychological Society (APS) and *KidsMatter Australia*, achieving a high ranking.

WHOLE OF SCHOOL OUTCOMES

Implementation of the *Little Highway Heroes* and *Highway Heroes* programs helps to build an organisationally sustainable culture of well-being. The practical application of the principles of Positive Psychology in the primary school setting assists with many aspects of governance – administrative, staff, students and caregivers.

Management of difficult and recurring behaviours is assisted by the implementation of a whole of school program in which the principles of relationship building using a strength-based approach are evident. Adoption of a whole school ‘language’ and ‘culture’ of well-being is cited at the research and anecdotal level as being the greatest facilitator of behavioural change.

IMPLEMENTATION, SCOPE & SEQUENCE

Little Highway Heroes is an Early Years program applicable from Kindergarten to Year 3. Included are 20 lessons directly and explicitly teaching social, emotional and learning resilience. The lessons are supported by 9 character puppets, 20 stories and 20 recorded songs.

The 20 lessons are divided into 4 teaching sections.

Section 1 – The Highway, has 5 lessons that teach the children about the Highway metaphor and the key skills of managing thinking and managing feelings. It is recommended that these 5 lessons be taught first and in the order that they appear.

Section 2 – The Playground Highway has 5 lessons that target relationships and resilience in the playground. These lessons can be taught in any order.

Section 3 – The Emotional Highway has 5 lessons focused on emotional self-regulation and identification of feelings. These lessons can be taught in any order.

Section 4 – The Learning Highway has 5 lessons that introduce learning-to-learn skills. These lessons can be taught in any order.

Highway Heroes is a Primary Years program with teaching ‘Modules’ presented in Year 1-3 and Year 4-6 age groupings. 4 Modules cover the key skills in social, emotional and learning resilience as follows:

Module 1 Sticking Up 4 Me; Beating Bullying & Taming Teasing

Module 2 Connecting 4 Friendships; Playground Resilience & Wisdom

Module 3 Tricks 4 Getting Things Done; The Secrets of Staying-power & Grit

Module 4 Strategies 4 Managing Me; Mood Management & Resilience

Each Module has an identical kick off lesson ‘The Roadmap 4 Success and Happiness’ which introduces the Highway metaphor. This is supported by Parent Information and a Home Activity. It is

recommended that this lesson be taught at the commencement of the program and again at the beginning of each school year to refresh the concepts.

Each Module contains 5 lessons – in brief form as a Lesson Plan and fully scripted as a Lesson Outline. These are supported by a Parent Information handout and a Home Activity.

Modules can be implemented in any order – class by class, year level by year level, or whole of school. In the case of social, emotional or learning difficulties being experienced in a particular learning environment, this may determine the order of implementation. However, the order identified below is that which often works for the year groups as listed:

Year 1-3

Term 1	Term 2	Term 3	Term 4
Module 2 Connecting 4 Friendships	Module 1 Sticking Up 4 Me	Module 3 Tricks 4 Getting Things Done	Module 4 Strategies 4 Managing Me

Year 4-6

Term 1	Term 2	Term 3	Term 4
Module 4 Strategies 4 Managing Me	Module 3 Tricks 4 Getting Things Done	Module 1 Sticking Up 4 Me	Module 2 Connecting 4 Friendships

For further information and rationales as to the suggested sequence of Modules, please do refer to the FAQ section of the website at www.bestprograms4kids.com

TEACHING THE CONTENT

The Modules are grouped into Year 1-3 and Year 4-6 - which will mean that the program may be repeated from year to year. Repetition of concepts occurs in subject areas in most years – facilitating learning – so why not in Social and Emotional Learning? Social Learning Theory – one of the theories on which the *Highway Heroes program* is based - informs us that engaging in role plays and scenario-based activities gets the skills and TOOLS into the ‘psychological muscle.’

In *Highway Heroes* the younger children are provided with scenarios, and in the senior years they create their own. Each year a child’s social landscape changes - which means that the program grows with the children each year. We know that each time a lesson is taught – even if the same lesson is taught 2 weeks in a row - children will experience different learning – and that is because their experiences are utilised to drive the program. It is also a very effective way for teachers to become familiar with *Highway Heroes*, and for children to continuously have the opportunity to utilise their current social realities to gain greater understanding and find solutions to difficulties they are meeting.

PROFESSIONAL DEVELOPMENT

BEST Programs 4 Kids supports the Little Highway Heroes and Highway Heroes resources with professional learning events. These can be targeted at educators, parents and/or children and can be tailored to areas of highest need. Accredited Trainers are available in each state.

MORE INFORMATION

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