

HIGHWAY HEROES

PRIMARY YEARS CURRICULUM



We're all on it - The Highway of Life - with all of its ups and downs, twists and turns. Being a happy and thriving traveller along life's journey is based in key skills that every child has the right to learn so that they can flourish. Social, emotional and learning-to-learn skills are just like any other skills we teach a child like walking, talking, reading and writing. They need time, specific focus and an opportunity to practise them often enough so that they become part of the psychological muscle. **Highway Heroes** gives children the opportunity to learn and practise key skills in a fun, supported and experiential way, with a step-by-step approach to building competence.

Highway Heroes - teaches 6 must-have attitudes and behaviours:

1. **Normalising difficulties:** de-catastrophising the occurrence of problems
2. **Solution-focused:** looking for solutions to difficulties
3. **Optimism:** encouraging a 'can-do' mindset to problems
4. **Scaling difficulties:** encouraging rational understanding of the 'problem spectrum'
5. **Promoting skills generalisation:** connecting skills with solutions
6. **Independence:** through learning and applying skills



4 Modules each in 2 age-groups - easy to teach, nothing left to do...



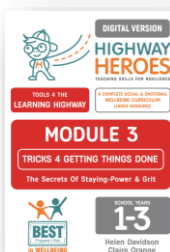
Module 1: Sticking Up 4 Me; Beating Bullying & Taming Teasing (Year 1-3 & 4-6)

5 lessons teaching children the reactive social skills of effectively and assertively dealing with challenging behaviours.



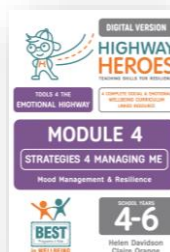
Module 2: Connecting 4 Friendships; Playground Resilience & Wisdom (Year 1-3 & 4-6)

5 lessons teaching children the pro-social skills of joining in, being friendly and managing conflict.



Module 3: Tricks 4 Getting Things Done; The Secrets of Staying-power & Grit (Year 1-3 & 4-6)

5 lessons teaching children learning-to-learn growth mindset skills that increase performance and decrease anxiety.



Module 4: Strategies 4 Managing Me; Mood Management & Resilience (Year 1-3 & 4-6)

5 lessons teaching children emotional self-awareness and self-management, calming down and coping.

Highway Heroes has been written with the busy teacher in mind. Lesson plans are provided in brief and fully-scripted versions and all teaching resources are included – no more to do.

Children LOVE **Highway Heroes** lesson because they're experiential and have a language that's fun and inclusive.

AUSTRALIA'S FAVOURITE PRIMARY YEARS CURRICULUM

- ⇒ 5 Lesson Plans in each Module
- ⇒ Digital and hard copy versions – buy both and save
- ⇒ National curriculum-aligned
- ⇒ Research-based, proven and skills based
- ⇒ Parent handouts
- ⇒ Data collection checklists