



# Peaceful Kids

## Mindfulness & Positive Psychology Program

The 'Peaceful Kids' program is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children from Kinder/Prep through to Year 12. This program helps children to build their emotional resilience, so they are better equipped to deal with the day-to-day stresses that life brings them. The Peaceful Kids program can be run in schools, organisations, hospitals and in private practice by teachers, wellbeing leaders, counsellors, psychologists, school nurses, chaplains, social workers, and qualified mental health practitioners.



'The 'Peaceful Kids' program makes a great contribution to helping children to develop mindfulness skills early in life - skills that will stand them in good stead for the rest of their lives.

It is practical, systematic and can help children to understand themselves better and to develop ways to not only just survive in the modern world, but to thrive in it'

**Dr. Craig Hassed**  
Monash University, Australia



More info [peacefulkids.com.au](http://peacefulkids.com.au)

## A bit about the program

The Peaceful Kids program was created to support children and teens who have poor resilience, anxiety or stress symptoms or need support during a stressful period in their lives.

After completing the Peaceful Kids training, facilitators will be able to lead a small group intervention program at their school or organisation to support students in need.

'Peaceful Kids' is a Mindfulness and Positive Psychology based educational program to lessen anxiety and stress and increase resilience in students. This program is now in over 700 schools and organisations across Australia. This intervention program has been created to fulfil a need in to offer all children who suffer from anxiety, a developmentally appropriate program that gives students the skills, practice, and support to utilize coping strategies that lessen the symptoms of anxiety and stress.

This program helps students to build their emotional resilience, so they are better equipped to deal with the day-to-day stresses that life brings them. The program also involves parental involvement and commitment to supporting the strategies at home.



## Peaceful Kids Program Structure

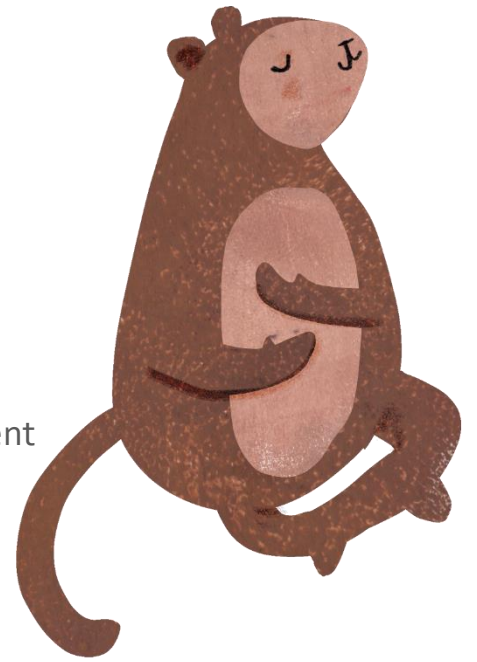
Peaceful Kids is an 8-week small group intervention program for primary or secondary aged children that can be run by Wellbeing / Welfare Coordinators, Teachers, Leaders, Psychologists, Chaplains, or Counsellors or qualified Mental Health Professionals.

- A group of approximately 4 – 6 are chosen to participate in the program over 8 weeks.
- Sessions are for approximately 1 hour each week.
- Sessions include learning a range of Mindfulness strategies, meditations, and positive psychology exercises.



## Children learn lifelong skills

- A range of formal and informal Mindfulness strategies
- Positive psychology exercises
- Techniques to lessen worrying
- A range of practical and expressive coping strategies
- Problem solving strategies
- Journaling and expressing worries
- Facing challenges and fears step by step
- Preventative strategies to help prevent stress build up
- Being attuned to their own bodies and minds
- Understanding and recognising their own feelings
- Being in the flow and enjoying more of the present moment



## Children also learn

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety.
- The different ways to practice Mindfulness and integrate it into their lives.
- Their feelings and how this relates to anxiety and stress levels.
- Understanding the stress response.
- Understanding triggers for stress and how to calm down when feeling stressed.
- About the physical symptoms of stress and anxiety and learn how to self-regulate.
- Worrying and how it affects their wellbeing.
- Different types of thinking that increase anxiety or lessen anxiety.
- Creating a balanced lifestyle including lots of chill out time and being in the flow.

# Aims of the Peaceful Kids Program

- To minimise the symptoms of anxiety and stress
- To build emotional resilience
- To empower children to self-manage their anxiety
- To teach children Mindfulness exercises they can use for life
- To build a reservoir of strength to enable children to cope with life more effectively
- To minimise anxiety symptoms occurring in the future
- For children to use a range of effective coping strategies
- For children to learn how to self-calm
- To develop emotional intelligence skills
- Teaches children lifelong skills to manage stress and prevent stress build up
- Supports children so they know they are not alone with suffering



## Research

Peaceful Kids is based on evidence-based therapy and research from the

- Mindfulness Based Stress Reduction program (MBSR)
- Mindfulness-integrated Cognitive Behaviour Therapy (MiBCT)
- Positive Psychology
- Acceptance and Commitment Therapy (ACT)

The Peaceful Kids program is an approved educational program in the 'Be You' programs directory for schools. All programs listed on the Programs Directory have been through a rigorous assessment process designed in collaboration with experts at the Murdoch Children's Research Institute (MCRI) and the University of Melbourne.





# Peaceful Classrooms Program

Facilitators who complete the training are also able to implement Mindfulness strategies for the whole class of students. After attending this training, facilitators will be able to lead Mindfulness meditations, strategies, and activities for all children.

This enables all children to learn these essential life skills. Children who need extra support can also complete the 8-week Peaceful Kids intervention program.

Facilitators will receive a huge pack of resources to help them easily implement the program and build your confidence leading meditations using the teacher script pack and the core lessons that are included.

You will receive over 52 activities and meditations to help all students learn simple yet effective Mindfulness techniques that they can implement each day.

## Peaceful Classrooms Structure

The program begins with a series of 12 'core lessons' that facilitators can use in any classroom and adapt for any age. The core lessons are essential to introduce mindfulness to children, so they understand what they are learning and why.

Children will learn about their brain and how Mindfulness helps grow their brain and help to diminish stress and anxiety. They will also learn about informal mindfulness to become more mindful in their everyday life. Facilitators will be able to easily implement the lessons and the follow-on Mindfulness activities in the classroom or in small groups.

More info [peacefulkids.com.au](http://peacefulkids.com.au)



## Forward by Dr. Craig Hassed

The modern world seems to be literally and metaphorically 'driving us to distraction' more than at any other time in history. This is contributed to by its faster pace, the overuse of technology and the unquestioning adoption of multitasking. Among other problems, poor attention is associated with impaired learning, memory, emotional development, and empathy. Amidst this are also rising rates of poor mental health, stress, poor self-esteem and ADHD among children and adolescents. To prevent and manage problems such as these we need to address the root causes of the problem. This is where mindfulness comes in. There is an enormous need for children to develop the skills they will need to cope with the modern world including learning to manage attention and developing skills in stress management, compassion, and resilience.

There is a rapidly growing research-base on the positive role of mindfulness for healthy childhood development and learning. Georgina Manning's 'Peaceful Kids' program makes a great contribution to helping children to develop these skills early in life - a skill that will stand them in good stead for the rest of their lives. It is practical, systematic and can help children to understand themselves better and to develop ways to not just to survive in the modern world but to thrive in it. It is also likely that the adults who learn and teach the program will derive as much from it as the children who experience it which is an added bonus. Let's face it, if adults are not teaching children to be mindful then we are teaching them to be unmindful.

**Dr Craig Hassed MBBS, FRACGP**

**Senior Lecturer**

**Monash University, Department of General Practice**

**Coordinator of Mindfulness programs at Monash University**

**Founding president of the Australian Teachers of Meditation Association**