

Cool Calm Kids workshop

An anti bullying workshop for years prep to yr 2

Social skills are not always innate. Many children go to school unaware that their behaviour, whether positive or negative, has consequences for themselves and others. As teachers you will know that for many children school will be their only agent of social change.

Most children of this age are unsure of what to say, what to do, or how to tell anyone if they see or meet this behaviour in the playground.

To help kids safely explore ways to deal with these conflicts we use a variety of stories, discussions and role-plays to maximize involvement and create a fun energetic teaching environment.

Developing social skills, body awareness and appropriate language around this issue early in a child's life can make a large difference in the way they approach it in later years.

What the children will learn:

- **How to make distinctions between fair and unfair play**
- **How to deal with bossy peers and put downs**
- **How to be a cool, calm, kid**
- **How to use safe and effective language to help playground conflict.**
- **Awareness of their body language and its importance**

ABOUT THE PRESENTERS:

The Bully Busters® Programs were originally created in 1997 and have been widely successful since then. The programs, which are continually updated, are now presented into schools at a national level by the team at Insideout Educational Programs headed by Michael Shaw (Bach Ed, Dip.counselling, Dip.Art therapy) The program has achieved great results by helping children better understand bullying behaviour and by providing them with the opportunity to safely explore strategies for dealing with it.