



DISCOVER YOURSELF!

GREATFULNESS

How the online program works..

Information for Schools



Simply register your school and tell us how many students will be taking part. We will then work with you to find the best day/ time to suit your needs.



Each week, for a total of 6 weeks, a new lesson will be completed and your students will have access to **downloadable activities** that he/she can carry on with, if they would like too. Don't worry, the activities are lots of fun, so they won't feel like extra work!



Participants will also have access to a private **You Tube channel** where new videos will be uploaded regularly to keep them inspired. The videos are short and sweet so they can fit in around busy schedules and also be watched at home.



Students will also have the opportunity to share their work online and through the Greatfulness social media channels, if they would like too.



This is really just the beginning of your students Greatfulness journey and we hope that their learning will carry on long after they have completed the 6 'official' lessons!

WHY?

We understand that teachers are busy. We understand that you have to wear 'many hats' when it comes to providing solid foundations for your students. We know that sometimes you just can't provide as much as you would like too, especially when it comes to mental health & wellbeing. Over the years, we have heard so many teachers say *'I don't feel confident in helping a student manage their mental health'*.

The good news is- we do! Greatfulness is a well established program that has been taught to thousands of primary school students within a school setting. It is mapped to the Australian Curriculum and meets specific outcomes of the PDHPE syllabus.

The Greatfulness program is research based, engaging and most importantly helps to empower your students to start taking care of their mind, body and spirit so that they can truly flourish.

It's like a bootcamp for your student's brain!

MEET THE MENTOR

Hi, I'm **Jacqui Jones**. I am a mum to two children, (ages 10 & 12) a social worker, meditation teacher and published author. I have been working with children and their families for over 20 years. I am also the Founder of the Greatfulness wellbeing program which has been taught to thousands of primary school children.

I work with teachers and parents and facilitate sessions for adults through the University of Sydney. In a nutshell, I love helping others! I truly feel that my mission in life is to help kids flourish. So much so, that I recently wrote 'The Greatfulness Guide' which is a mental health guidebook for tweens.

<https://greatfulness.com.au/the-greatfulness-guide/>



In my own journey to wellbeing, I have learnt so much about the power of the mind and would love to share my story and insights with your school. Don't worry- with over 20 years experience, I feel like I have a pretty good understanding of how to keep your students interested and engaged!

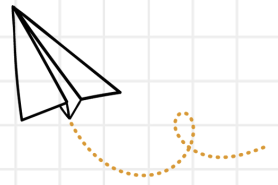
”

I was really impressed by you Jacqui, the openness of your own mental health battle and the work you are doing with all parts of the community is inspiring. We are so lucky to be part of a school community that values mental health of its students and that it is part of the education received. If only these types of programs were available when I was at school. It's wonderful that we can talk openly about mental health and encourage those around us to do the same. I congratulate you for being such a passionate advocate for children's well-being and thank you again for the session and work you're doing with our children.

”

ITINERARY

Overview of the six topics we will cover...



LESSON 1:-

GREATFULNESS

Key themes:- Looking at the mind, considering values, investigating self-care & the power of choice.



*This lesson is mapped to outcomes PD3- 1 and PD3-7.

LESSON 2:-

GREATLESSNESS

Key themes:- Understanding our negativity bias & internal dialogue. Putting together a 'toolkit' to help deal with stress & anxiety.



*This lesson has been mapped to elements of outcomes PD3-2 and PD3-9.

SESSION 3:-

GREATITUDE

Key themes:- Recognising your own unique strengths & abilities. Investigating different mindsets and the power of gratitude.



*This lesson has been mapped to elements of outcomes PD3-3 and PD3-9

SESSION 4:-

CREATITUDE

Key themes:- Overcoming challenges & building resilience. Investigating creativity & critical thinking.



*This lesson has been mapped to elements of outcomes PD3-6 and PD3-7.

SESSION 5:-

COMMUNIGREAT

Key themes:- Considering interpersonal skills, social awareness and relationship building.



*This lesson has been mapped to elements of outcomes PD3-9 and PD3-10.

SESSION 6:-

REALFLECTION

Key themes:- Self-reflection, bringing it all together and setting intentions for the future.



*This lesson has been mapped to elements of outcomes PD3-7 and PD3-10.

MORE DETAILS?



If you have specific questions please do not hesitate to contact Jacqui directly at jacqui@greatfulness.com.au.

GREATFULNESS

DISCOVER YOURSELF



Alternatively, you can head over to the Greatfulness website to learn more and to view the new book 'The Greatfulness Guide'. Plus, you can start accessing **FREE**

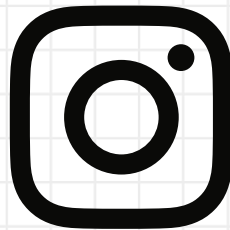
RESOURCES straight away.

<https://greatfulness.com.au/resources/>

Or you might like to follow us on social media:-



Greatfulness



@Greatfulgen



Jacqui Jones

<https://greatfulness.com.au/>