

SPEAK UP! Stay ChatTY GRITFIT KIDS PRIMARY SCHOOLS PROGRAM

GritFit Kids is a 1-hour interactive session centred around mental wellbeing and resilience for Grade 6 students.

Delivered by two Stay ChatTY facilitators, this evidence informed, clinically endorsed program provides students with foundational information, tools and strategies across the following topics:

Mental Health

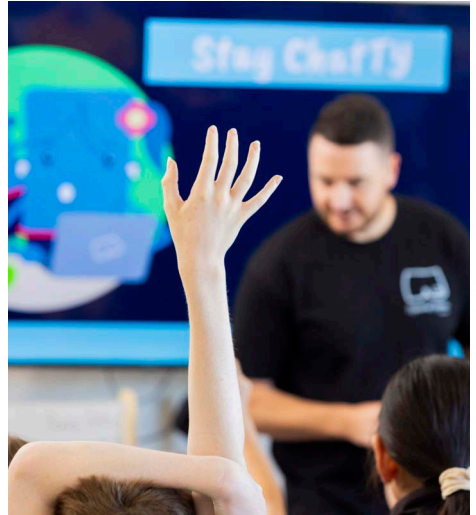
- What is mental health?
- Depression and Anxiety – Exploring the differences between healthy anticipated emotions/experiences and what to look out for in yourself and others when it comes to anxiety and depression

Brain Ways

- Resilience – why is it important and exploration of how we build resilience
- Tools – how do we develop ways to boost our mental wellbeing and help release feel-good chemicals in our brains/bodies

Kindness

- The importance of building a kindness culture and how we can participate in it
- Mental Health Services available to support anyone working through a tough time



"The feedback (from students) has been overwhelmingly positive!"

There were lots of whispers in the playground at recess time about the topics discussed today, which is just fantastic!

You were both so engaging and made the content relatable and enjoyable for the age group presented to you. I think they understood the depth of it, while keeping it light."

School Health Nurse