



Inside:

- Find out about the program
- A note from our clinical psychologist
- Additional Resources

To make the most of this fun and **FREE** curriculum event, go to

NTC **playworks.com**



• Digital Activities • Games •
Photos • Videos • And More!

Proudly Brought To You By

About PROJECT MINDSET



The Mind Masters: Project Mindset is a **FREE** wellbeing educational resource to help your students foster a **positive mindset, build resilience, and better cope with stress**, while guiding them towards long-term, positive mental health outcomes.

Because **healthy kids make better learners**.

The year-round integrated program is a 360-degree, multi-faceted interactive experience – flexible and customised for your school. **Project Mindset** has been developed to provide a range of resources available as part of your Student Wellbeing Toolkit:

SEE the Live-in-School educational theatre performance.

HEAR the educational podcasts on each topic.

THINK through the classroom PowerPlay game led by *The Mind Masters* characters.

CREATE where students can submit a project story of their choice which will be featured in an Annual Yearbook, printed and distributed across your school and community.

Program Vocabulary Words

Brain	A very powerful organ that is the control centre of our body.
Challenge	Something we find hard.
Fixed Mindset	Believing our brain can't change and we will never get better at things, even if we practise and keep trying.
Growth Mindset	Knowing our brain can change and we will get better at things if we practise and keep trying.
Mental Health	The health of our mind and emotions.
Mindset	The way we think about ourselves and the world around us.
Optimism	Expecting good things in the future.
Physical Health	The health of our body.
Positive thinking	Having hope and looking for the good things in each situation.
Resilience	Bouncing back from setbacks.
Stress	Our body's response to difficult situations or events.
Unhelpful thoughts	Words or pictures in our mind that are untrue, unkind, or unhelpful.

Simple steps to make the most of the Program

BEFORE THE LIVE PERFORMANCE

1. Go to **NTCplayworks.com**.
2. Select your state and the program, and click on **Teacher Toolkit**.
3. Watch the 'Educator Preview' video.
4. Review the student workbook to identify the appropriate level activities for your class.
5. Discuss with your students the Words To Know vocab list and plot of the story.
6. Hang **The Mind Masters** infographic posters in classrooms and in your school office.

AFTER THE LIVESTREAM PERFORMANCE

1. Go to **heyteachers.org** and enter the code **LAN23**.
2. Evaluate the program for your chance to **WIN \$250** for your class.
3. Distribute the Student Workbooks and have your students complete their activities.
4. Go to **NTCplayworks.com**.
5. Select your state and click on this program.
6. Make use of the online games and activities for your class.
7. Follow up with a selection of year-round exciting educational interventions from **PROJECT MINDSET** including educational PodCast series, Classroom PowerPlay games, Graphic Novels, and student-led activities. All these resources are available to your classes just by being a **PROJECT MINDSET** registered school!

The National Theatre for Children
1300 652 470
www.nationaltheatre.com.au

© The National Theatre for Children 2023



Evaluate this program at
www.heyteachers.org

PROJECT MINDSET Educational Concepts

Why Your Mind Matters

The difference between a Fixed and Growth Mindset, and why it matters.

What Is Stress?

Why stress can get in the way of doing your best, and ways to get through it.

Ways to be Resilient

How challenges are opportunities to grow.

How Physical Health supports Mental Health

The importance of physical health in mental wellbeing.

These four points all work together to create a holistic approach to child wellbeing. They introduce basic concepts about Growth versus Fixed Mindset, positive thinking, and how to build resilience for your students in a way that is simple, approachable, and relatable. The fun and energetic live-in-school performance delivers these learning points in a refreshing and humorous way, using theatre-based performance and communication.

In addition, **PROJECT MINDSET** includes a series of Educational PodCasts for in-class or at-home, Digital Games and Activities, the **PROJECT MINDSET** PowerPlay classroom breakout game that is an educational tool that turns individual classrooms into academically-focused escape rooms, and lastly student-led creative projects that the **PROJECT MINDSET** team will integrate into a Yearbook ANNUAL to distribute across your school and community.

PROJECT MINDSET teaches the Four C's of 21st Century Learning: critical thinking, collaboration, creativity and communication.

The Mind Masters: PROJECT MINDSET Student Workbook dives in deeper with hands on activities that provide ongoing engagement for repeated learning of the educational concepts.

PROJECT MINDSET is a powerful platform to open the conversation about positive mental health practices and set your students up for a more valuable school and life experience. By emphasising the importance of mindset now, you are not only helping your students get more out of your class, you are helping forge a more resilient and positive pathway into their future.

A Note from our Clinical Psychologist

Having worked as a Clinical Psychologist in child and adolescent mental health for over ten years, I've seen firsthand the very best and very worst of what it means to be a young person today. I am constantly inspired by the creativity and resilience of children and also often heartbroken to hear of their immense struggles. Schools are in a unique position of influence with our children and have bravely taken on increasing responsibility for delivering evidence based programs to enhance wellbeing and build the capacity of their students and communities to not only endure tough times but to thrive despite them.

I was immediately supportive of this joint venture between *The National Theatre for Children* and *Landcom* to embark on a longitudinal behaviour change program and applaud their vision to ensure this valuable content reaches children in those communities most in need. The Primary years are the ideal time to equip young people with knowledge and tools on how to take care of their own wellbeing, bounce back from setbacks and seek support early if things are not OK.

We know that keeping kids engaged with 21st Century learning is no easy task! Using a combination of live-in-school events, theatre, podcasts and interactive activities is a great way to capture young people's attention, build connection, and reduce the stigma of talking about mental health and wellbeing.

After what has been an incredibly tough year, ***The Mind Masters: PROJECT MINDSET*** program will introduce your students to evidence based skills and ideas to ensure they are healthy, happy and mentally well.

Most Sincerely,

Lisa Shetler

B. Psych (Hons.), M.Psych (Clin.)

Director & Principal Clinical Psychologist

FLOW Psychology & Therapeutic Services

Educational Standards

Go to **NTCplayworks.com** and select your state and this program name to find your teacher toolkit and the full outline of Curriculum Standards covered by this program.



Additional resources/weblinks

Below are additional resources for teachers and parents to access, and also be sure to direct your students onto a load of amazing free resources to help them learn more about mindfulness and other techniques to support mental health and wellbeing:

Headspace

headspace.com/mindfulness/activities-for-kids

Kids Help Line

kidshelpline.com.au/parents

kidshelpline.com.au/kids

Raising Children

raisingchildren.net.au/school-age

Be You

beyou.edu.au

Parentline NSW

parentline.org.au

Head To Health

headtohealth.gov.au

Proudly Brought To You By



LANDCOM

HOW TO ACCESS YOUR E-LEARNING PACKAGE

The e-learning package includes additional online educational resources for you to use with your students.



- Go to ntcplayworks.com
- Select your state and livestream show title
- Explore the teacher toolkit and share the student activities

TEACHER TOOLKIT

Your toolkit includes an instructional educator video, lesson plans, educational standards information and more.

STUDENT ACTIVITIES

Your students will have access to a portal with interactive games, quizzes and more.

Our vision for a sustainable future



At Landcom, our aim is to create innovative and productive places that demonstrate global standards of liveability, resilience, inclusion, affordability and environmental quality.

A key part of this vision is a commitment to fostering Healthy and Inclusive places, including focussing on the mental health and wellbeing of the people in and around the communities we create.

In recognising that children's mental health is a critical priority for resilient communities, Landcom

has partnered with The National Theatre for Children to educate students about mental health, wellbeing and resilience building. *The Mind Masters* program aims to educate primary school students about resilience and positive thinking to provide the key tools to support their mental health in a COVID impacted world.

Healthy and Inclusive Places is one of the four pillars that make up our Sustainable Places Strategy. To learn more about this or other information about Landcom initiatives, please visit our website landcom.com.au/sustainability