

Mental health information sheets

Component 1: Positive school community

The need to belong

Introducing KidsMatter Primary

Why connect at school?

Belonging at school makes a difference

What makes a positive school community

Additional needs

Disability and children's mental health

Supporting children with additional needs

Disability: Suggestions for families

Disability: Suggestions for school staff

Additional needs: Other resources (online only)

Cultural difference

Cultural diversity and children's wellbeing

Helping children connect across cultures

Cultural diversity: Suggestions for families

Cultural diversity: Suggestions for school staff

Cultural diversity: Other resources (online only)

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Component 2: Social and emotional learning for students

Making friends

Everyone needs a friend
Helping children learn positive friendship skills
Friendship skills: Suggestions for families
Friendship skills: Suggestions for school staff

Fears and worries

Everyone gets scared
About fears and worries
Coping with fears and worries
Fears and helpful self talk
Fears and worries: Other resources (online only)

Making decisions

Helping children to choose wisely
About good decision making
Decision making: Suggestions for families
Decision making: Suggestions for school staff

Anger

Everyone gets mad
About anger
Talking through angry feelings
Helping children to cool down and stay calm
Helping children to manage anger: Other resources (online only)

Resolving conflict

Sorting our conflict together
Learning to value others
About conflict resolution
Helping resolve conflict: Suggestions for families
Helping resolve conflict: Suggestions for school staff
Resolving conflict: Other resources (online only)

Getting along

What is social and emotional learning
Helping children to manage feelings
Supporting children's confidence
About social and emotional learning
Social and emotional learning suggestions for families
Social and emotional learning suggestions for school staff
Social and emotional learning: Other resources (online only)

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Component 3: Parenting support and information

Learning

Scaffolding children's learning
About thinking and learning
Thinking and learning: Suggestions for families
Thinking and learning: Suggestions for school staff

Children's emotions

Making sense of children's emotions
How temperament affects feelings
About emotional development
Emotional development: Suggestions for families
How thinking affects feelings

Social development

Good values guide good behaviour
About social development
Social development: Suggestions for families
Social development: Suggestions for school staff

Discipline

Catch them being good
Using effective discipline
About effective discipline
Making rules and setting limits
Effective discipline in the classroom
Effective discipline: Other resources (online only)

Family relationships

Happy families work together
When parents separate
About family relationships
Building better family relationships
Effective family communication

Mental health basics

Children and hardship
Children and grief
Children and bullying
Mental health risk and protective factors
Building protective factors: Suggestions for families
Building protective factors: Suggestions for school staff
Support for parenting

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Component 4: Early intervention for students experiencing mental health difficulties

Anxiety

What does anxiety look like?

About anxiety

Anxiety: Suggestions for families

Anxiety: Suggestions for school staff

Attention deficit hyperactivity disorder

What does attention deficit hyperactivity disorder (ADHD) look like?

About attention deficit hyperactivity disorder (ADHD)

Attention deficit hyperactivity disorder

(ADHD): Suggestions for families

Attention deficit hyperactivity disorder

(ADHD): Suggestions for school staff

ADHD: Other resources (online only)

Autism

What does autism look like?

About autism spectrum disorders

Autism: Suggestions for families

Autism: Suggestions for school staff

Serious behavioural problems

What do serious behaviour difficulties look like?

About serious behaviour difficulties

Serious behaviour difficulties: Suggestions for families

Serious behaviour difficulties: Suggestions for school staff

Depression

What does depression look like?

About depression

Depression: Suggestions for families

Depression: Suggestions for school staff

Should I be concerned?

How mental health difficulties affect children

Knowing when to get help

Getting in early for mental health and wellbeing

Recognising mental health difficulties

Suggestions for families

Recognising mental health difficulties

Suggestions for school staff