

**LIVESTREAM  
SPECIAL**

## Inside:

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- 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!**



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# About the Program

Stress can be a roadblock stopping many young people from getting the most out of their schooling. If students are feeling overwhelmed and not coping, they can struggle to focus in class or retain information. Talking to your students about their mental health can be a delicate subject to navigate. Thankfully, there are loads of tools you can teach your students to help foster a positive mindset, build resilience, and better cope with stress. Because **healthy kids make better learners**.

**The Mind Masters** Livestream Event, accompanying Student Handbook, digital games, teacher toolkit and extended activities, are designed to be an easy and accessible way to provide this valuable information. Teachers and school counsellors are a vital part of **The Mind Masters** program because your insight and guidance is invaluable to supporting your students. We hope to assist you by providing this engaging program centred around four clear learning points below.

## Why Your Mind Matters

*(Fixed versus GROWTH Mindset)*

The difference between a fixed and growth mindset, and why it matters.

## The Stress Test

*(Every LITTLE Bit Helps)*

A handy toolkit of ideas to help cope with stress.

## How to Build Resilience

*(The Power of YET)*

The importance of challenges as a means to grow, and how language can change your outlook.

## How Physical Health leads to Mental Health

*(Physical Health SUPPORTS Mental Health)*

The importance of physical health in mental wellbeing, and some tips on how to up your physical game

These four points all work together to create a holistic approach to adolescent wellbeing. They introduce basic mindfulness and positive mindset practises to your students in a way that is simple, approachable, and relatable. The fun and energetic **The Mind Masters** livestream performance delivers these learning points in a refreshing and humorous way. **The Mind Masters** Student Handbook dives in deeper with useful information, real life examples, and resources. The online digital games, teacher toolkit and extended activities round out the full e-learning program. Everything is linked together with simple and accessible activities that provide an easy access point for further learning.

**The Mind Masters** is a great starting point to open the conversation about positive mental health practices and set your students up for a more valuable school experience. By emphasising the importance of mindset now, you are not only helping them get more out of your class, you are helping forge a more resilient and positive path 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 teen today. I am constantly inspired by the creativity and resilience of young people and also often heartbroken to hear of their immense struggles. Schools are in a unique position of influence with young people 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. Early adolescence is 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 in 2020 is no easy task! Using a combination of live streams, live theatre 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*** 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*

# Simple steps to make the most of the Program

## BEFORE THE LIVESTREAM

1. Go to **NTCplayworks.com**.
2. Select your state and the program.
3. Watch the 'Educators Preview' video.
4. Hang **The Mind Masters** infographic posters in classrooms and in your office, to review with students during their visits.

## DAY OF THE LIVESTREAM

1. Your school contact teacher will have been emailed a private school link to your livestream performance. This includes all details to access the livestream.
2. Click on the link, or copy and paste it into your browser address bar and it will take you directly to your livestream performance.

## AFTER THE LIVESTREAM

1. Go to **heyteachers.org** and enter the code you received during our livestream.
2. Evaluate the program for your chance to **win \$250** for your class.
3. Hand out the Student Handbooks to all your students.
4. Go to **NTCplayworks.com**.
5. Select your state and program.
6. Make use of the online games and activities for your class.
7. Follow up with the students in the weeks following the livestream. This can be a great opportunity to take advantage of the excitement from the livestream event and to continue conversations with students about their mental health & wellbeing.

**The National Theatre for Children**  
1300 652 470  
[www.nationaltheatre.com.au](http://www.nationaltheatre.com.au)

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Evaluate this program at  
**[www.heyteachers.org](http://www.heyteachers.org)**

# 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

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:

**[reachout.com](https://reachout.com)**

**[headspace.com](https://headspace.com)**

**[connectedspace.com.au](https://connectedspace.com.au)**

**[kidshelpline.com.au](https://kidshelpline.com.au)**

**[beyondblue.org.au/who-does-it-affect/young-people](https://beyondblue.org.au/who-does-it-affect/young-people)**

**[sane.org](https://sane.org)**





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# 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](https://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.