

The positive mental health series Feeling It supports Years 7-10 students with 6 tailor-made videos.

Feeling It

Secondary school presents students with new pressures and uncertainty. Students deal with many challenges—big transitions, changing identity, navigating relationships, and finding purpose.

We can support students to face challenges. With our help, students can adopt strategies for handling uncertainty, finding purpose and increasing resilience. With effective support, students are more likely to remain positive and engaged in their education.

This secondary Feeling It series consists of 6 short videos covering essential wellbeing topics:

STOP! WORRY TIME:

Coping with uncertainty, worries, scheduling worry time, mindfulness

WELCOME TO THE INBETWEEN:

Finding Wise Mind (transitioning back to school)

YOUR MISSION:

Purpose and Values

WHAT SHAPE IS YOUR TREE:

Friendships and relationships

DOORS DOORS DOORS:

Exploring your identity

YOUR SIDE QUESTS:

Starting VCE & VCAL



Each episode consists of a short video, accompanying meditations, activity and downloadable tip sheet. Feeling It and the accompanying resources are available at:

Web app link:

<https://app.smilingmind.com.au/explore/youth/feeling-it-year-7-10>

Smiling Mind app location:

All programs > Youth > Feeling It, Year 7-10

DET website:

<https://www.coronavirus.vic.gov.au/students?Redirect=1>

How to use *Feeling It*?

As an educator, you play an important role in student wellbeing. Here's how you can help support your students through this uncertain time:

SHARING *Feeling It* WITH STUDENTS

- Send tip sheets to students, they can be accessed [here](#).
- Encourage students to watch the *Feeling It* videos on the Smiling Mind App [here](#).
- Suggest students look through the additional information on the Smiling Mind App [here](#).

ENCOURAGE THE PRACTICES

- Encourage students to complete suggested activities and meditations; they can use the videos and student tip sheets for guidance.
- At the beginning or end of class, play students one of the accompanying Smiling Mind meditations to bring focus and attention to the session [here](#). These activities could also be incorporated into assemblies and pastoral care classes.

CHECK IN AND OFFER SUPPORT

You may wish to email or check in with your students. This may include offering some suggestions to help them reflect on their experience. You could:

- Ask students to reflect on what they found easy/challenging/interesting about the activity and/or meditation;
- Suggest that students journal about their experience and/or discuss with their peers;
- Use the reflection questions on the student tip sheets as discussion starters.



REMEMBER

There are no right or wrong answers here, it is about creating a safe and comfortable space for students to reflect on their experiences no matter what they are. They may wish to do this privately or by sharing with their peers, whichever they're most comfortable with.

Strong feelings may come up for students, and that is normal and okay. It's important that students feel supported and are aware of support services that are available to them if they wish to access them. Please feel welcome to share the details below with your students.

ADDITIONAL SUPPORTS FOR STUDENTS

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your School

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours everyday

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800