

# FEEL BRAVE

## One Day in Residence



**Presented by Avril McDonald**



*"Avril - I have loved using your books and the creative strategies suggested to bring about positive change for the children I work with! All of the children have made very positive comments about both the books, feelings cards and techniques used to teach them new concepts (we are making a lot of cheeky monkeys and wise owls at the moment!). I'm so excited for you! You have created a resource that resonates with children - what a gift!"*

**- Dr Nicole Carvill - THINK Psychologists Australia**

*"Avril led fantastic sessions for our KS1 classes and a KS2 assembly. The characters in her stories truly come to life and the messages they convey are so important to the emotional wellbeing of young children. I highly recommend Avril and her Feel Brave series to address issues such as self-confidence, anxiety and worries. The sessions were interactive and pitched perfectly."*

**- Francesca Leenen, Year 3 Teacher - All Saints Church of England Primary School**

*"The Feel Brave stories provide teachers with a valuable hook on which to address critical issues in children's lives such as friendship, anxiety and loss. Conversations about such topics can be tricky to manage so it is essential that discussions take place in a safe and positive environment. The activities Avril demonstrates offer both creative and cooperative strategies for building resilience, confidence and emotional literacy and are easy for teachers to incorporate in their classes. The earlier that children learn to understand their emotional selves and how important it is to support each other through challenging times the better for their future wellbeing. Well done Avril, this is a brilliant and very welcome resource."*

**- Dr Sue Roffey, Director Wellbeing Australia Adjunct Assoc.**

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## Day in Residence Programme

Using the characters and stories created through her "Feel Brave" series of books, Avril McDonald presents an engaging day full of workshops and presentations that help students build their emotional literacy and wellbeing.

A number of age-appropriate exercises will be undertaken throughout the day in order to help students better understand their emotions and how they can be expressed and managed at school, in the playground and at home.

### Stage One Students

- How to combat feelings of loneliness and experiences of exclusion
- Emotional Literacy game "Can You Guess How I Feel?"
- Brainstorm ways to share worries and self-regulate emotions
- Steps to practise empathy everyday
- Relaxation & Stretching (part of Avril's 1 Dose Per Day strategy to cultivating emotional wellbeing)

### Stage Two and Three Students

- Avril shares her experience of being an author and what makes a great story
- Brainstorming the secrets to a great story
- Challenges students to identify the key components of creative writing
- Practical exercises to help share worries in the classroom
- Tips on how to write their own children's book
- Challenges students to write their own book that reframes something scary, deals with bullying or has a strong message about friendship and kindness.

Avril also presents an optional 20 minute Parent and/or Teacher presentation and Q&A session where she talks about how to integrate emotional wellbeing strategies into a child's every day (both at home and at school) and gives 5 key take home strategies to try.

**Timetable for the Day:** 4 or 5 sessions of 50-60 minutes each (depending on school timetable). Up to 45 students per session.

### Performance Requirements:

Projector or smartboard for visual presentation. Whiteboard and markers for brainstorm.

Pack up/Setup: 15 minutes

**Published books (and their themes):** *The Wolf is NOT Invited* (Self Confidence), *The Grand Wolf* (Change, Loss & Grief), *The Wolf and the Shadow Monster* (Anxiety & Fear), *The Wolf and the Baby Dragon* (Worries & Calming Down) and *The Wolf's Colourful Coat* (Making Relationships).

### THE PERFORMER

Avril McDonald is the author of the Feel Brave Series of Books (little stories about big feelings for 4 – 7-year olds). Each book tells a story about a real-life situation that children may face and offers a very simple strategy to cope with it. The books are well loved all around the world and are being translated into many different languages including Chinese. They are also being adapted into an animated series and she is making the Feel Brave music with one of the world's largest music labels. Avril is a trained primary school teacher, business woman and a mum. She is an experienced presenter having presented the Feel Brave show to thousands of children around the world and is the winner of the 2017 UK's 'People's Book Prize'. She created a free wellbeing programme for children which is actively being used in more than 250 schools across 10 countries. She is the patron of the Westminster Children's University in the UK and official partner of the Life Education Trust New Zealand who use all of her stories and resources to teach emotional wellbeing in their mobile classrooms. Avril also regularly writes and speaks about how to cultivate emotional wellbeing with children in global educational and lifestyle magazines and publications.

Website: [www.feelbrave.com](http://www.feelbrave.com)

<b>DURATION:</b> 4-5 sessions x 50/60 minutes each (plus optional 20min Parent/Teacher presentation)	<b>SUITABILITY:</b> Years K - 6
<b>PERFORMANCE COST (Flat Rate)</b> Per Student \$1080.00 GST \$ 108.00 Total \$1188.00	<b>The optimum number of students for the day would be approximately 180 – 200.</b>

## Young Australia Workshop

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