Mind Makers

Strong Minds. Stong Morals.

We're raising children in an increasingly complex world where online influences and social pressures play a significant role. The "Mind Makers" workshop empowers Year 5 and 6 students with the skills and understanding they need to navigate these challenges confidently. We provide proactive, age-appropriate tools and sticky strategies to foster emotional wellbeing, critical thinking, and positive personal development, supporting both students and their families.

Our "Mind Makers" Package Includes:

Engaging Student Incursion (60-90 minutes):
- An interactive, face-to-face session for Year 5 & 6 classes.
- Focuses on practical, memorable techniques for emotional regulation and navigating social dynamics.
- Builds essential skills in self-awareness, empathy, and critical thinking.

Student Reflection Workbook:
- Reinforces key concepts through student-led activities.
- Encourages self-reflection and cements learning.
- Provides valuable prompts for classroom and family discussions.

Online Parent Workshop:
- Offers parents valuable insights into pre-teen development and today's unique challenges (including online safety and influence).
- Shares practical strategies to support their child's wellbeing at home.
- Live online event (encouraged!) with Q&A, plus on-demand viewing access for flexibility.
- Recording provided for ongoing school community use.

Package Details

Investment: $1000 (ex GST)
Includes: School incursion for agreed Year 5/6 classes, a class set of student workbooks, live & recorded online parent workshop access for your school community.

"Mind Makers" is a comprehensive package designed for upper primary students, delivered right in your school. We create a safe and engaging space for children to explore:

- Understanding & Expressing Emotions: Developing healthy ways to identify and communicate feelings.
- Building Emotional Resilience: Learning practical, repeatable strategies for self-regulation and calm.
- Positive Identity & Relationships: Exploring positive concepts of self and respectful interactions.
- Navigating Peer Pressure: Building confidence to make good choices, even when it's tough.
- Critical Thinking Online: Understanding influence and developing healthy media awareness.

Meet Your Facilitators

Claire Orange: With over 3 decades of experience working with children and families as a multi-qualified child and adolescent therapist, Claire offers invaluable insight into child development and family dynamics.

Tim Orange: A qualified Holistic Health and Wellbeing Coach, specialised in men's mental health, movement and mindfulness, Tim brings a deep understanding of the issues facing young people today.

Ready to Empower Your Students with Essential Wellbeing Skills?

Contact us to learn more or book the "Mind Makers" workshop for your school.

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digiisocial.com/mind-makers/

Visit our website to see available dates.