



# No Scaredy Cats™ for Teachers & Teacher Aides

HELP TO REDUCE ANXIETY AND BUILD RESILIENCE IN CHILDREN AGED 2 -12

ONE-DAY PROFESSIONAL LEARNING FOR TEACHERS & TEACHER AIDES

## LESSON FRAMEWORK

- Coverage of three key foundational concepts which relate to the treatment of childhood anxiety.
- Usual and unusual definitions of a resilience mindset.
- Anxiety basics - ground-level understanding of how anxiety functions.
- The modest skills which can be applied to anxious thinking and anxious behaviour to help a child to develop more adaptive ways to cope with adversity.
- Four key strategies teachers and teacher aides can use in the school environment.
- How to enlist systems and parents to positively influence childhood anxiety.
- A curated list of additional resources for the management of childhood anxiety in schools.

## FOR MORE INFORMATION...

[www.parentshop.com.au/noscaredycats/](http://www.parentshop.com.au/noscaredycats/)



## EXPECTED LEARNING OUTCOMES

- A greater understanding of the problem of increasing levels of anxiety in children and some strategies for its treatment.
- To examine certain knowledge domains in relation to childhood anxiety to better equip teachers and teacher aides to identify anxious behaviours.
- To orientate teachers and teacher aides towards playing a significant role in reducing anxious talk and anxious behaviour in children.
- For teachers and teacher aides to learn several modest responses so that they can respond somewhat automatically to any instances of anxiousness in students.

## WHAT'S INCLUDED

- A certificate of completion.
- Workbook for use at the training course.
- PL points for accreditation with your respective teacher associations.
- Knowledge and procedures to introduce and implement No Scaredy Cats™ in your classroom.
- Resources to assist with introducing and implementing the program in your classroom.

Please note that this is not a train-the-trainer course and it is not designed for the subsequent on-training of other workers back at your school.

## WHAT SCHOOLS ARE SAYING...

- The material and content was delivered in a clear and logical manner with opportunities for interaction. The presenters were very engaging and very knowledgeable. I find the course very helpful to help reduce anxiety and build resilience amongst our students. I would highly recommend this course for teachers and leaders. I would also highly recommend the Parent course. **ROM, ST CUTHBERT'S CATHOLIC PRIMARY SCHOOL**
- The No Scaredy Cats training was incredibly useful and eye opening. I can apply the knowledge and skills I have learnt immediately into my everyday teaching. This course has equipped me with the background information and confidence to tackle some tricky issues and have some difficult conversations. **NATASHA, MAJURA PRIMARY SCHOOL**
- Very practical, user-friendly evidence-based information to support parents, so they can better support their children. **TRACEY, NSW DEPT. OF EDUCATION**

Contact our experienced team at Parentshop® to discuss your in-house training requirements.

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