

REVVED UP

Kids are equipped with positive problem-solving skills to resolve challenging situations and express emotions appropriately.

STRIDE. EDUCATION

UPSKILL.EMPOWER.THRIVE.



HOW IT WORKS

Stride's Revved Up program promotes self-reflection and behavioural change in order to dismantle counter-productive problem solving techniques that may develop as a natural result of growing up.

Specifically, the program is designed to encourage students to be mindful of how they think, feel and act when they get angry. It looks at how they can cool down in challenging situations, and if faced with a situation they cannot avoid, how to ensure they and their friends remain safe without intentionally escalating the matter.

Revved Up employs aspects of Narrative Therapy to shift the emphasis away from the young person and their anger, towards positive solutions to challenging situations.

Students use self reflection, to connect learnings to personal situations and make beneficial changes.



LEARNING OUTCOMES

Personal and Social Capability

- Recognise Emotions
- Express emotions appropriately
- Develop self-discipline and set goals
- Become confident, resilient and adaptable
- Understand relationships
- Negotiate and resolve conflict
- Make decisions



TESTIMONIALS

"Many (students) have developed a keener sense of reflection and will often stop and think before acting." - Secondary school teacher



"Such worthwhile, well based concepts. Content presented very clearly and professionally. The presenter was clearly experienced." - Classroom teacher



"This program helped me understand my anger and think about it differently. I also learnt ways to getting myself to be calm." - Student Yr 6



RECOMMENDED FOR...

Younger primary school-aged students, can also be tailored for Secondary students



BOOK NOW!

Call us on 03 9088 5520
email office@stride.org.au
visit www.stride.org.au