

Dear Parents of our Fabulous Yr 4 Students,

This Term our Yr 4s will be participating in the “Circles” program. This is a wonderful social-emotional whole class program that will be run weekly by Guidance Counsellor Melissa Ford. “Circles” aims to help students talk about and understand difficult feelings and experiences together, normalising that no one is perfect, and everyone has “big feelings” sometimes. “Circles” aims to increase emotional vocabulary, empathy, as well as exploring and problem solving issues such as self-soothing and friendship dynamics. “Circles” aims to provide a space where students can celebrate their strengths and build connectedness and resilience.

The “Circles” theory stems from an extensive scientific neurobiological evidence base. This research shows that if we give our children the platform to freely express both emotional states as well as thoughts/plans/strategies, the neurons in their brains will be more integrated. More integrated brains means that they can be more resilient and be able to make decisions from a place of balance and empathy for selves and others.

An update email will be provided at the start of each week to help keep you in the loop (I promise they will not all be as long as this one!).

This week we will be covering the notion “All Feelings Are OK!” through a range of fun and interactive activities. We will be discussing and normalising the emotional and physical experience of having feelings and will discuss and act out times we have had a big feeling and will then practice some calming techniques. Life is full of feeling, colour and experience and if we can talk about and embrace it (rather than try to ignore or push it away), we will naturally start to feel better.

If you have any questions or about this program, please do not hesitate to contact Guidance Counsellor Melissa Ford on [mbrowning@bne.catholic.edu.au](mailto:mbrowning@bne.catholic.edu.au).

Thanks and have a wonderful week 2!