

FIND YOUR CENTRE

**Mindful
breathing**

**Grounding
exercises**



**Mindful
colouring**

**Present.
Centred.
Grounded.**

FEELINGS CHECK-IN

Tune in

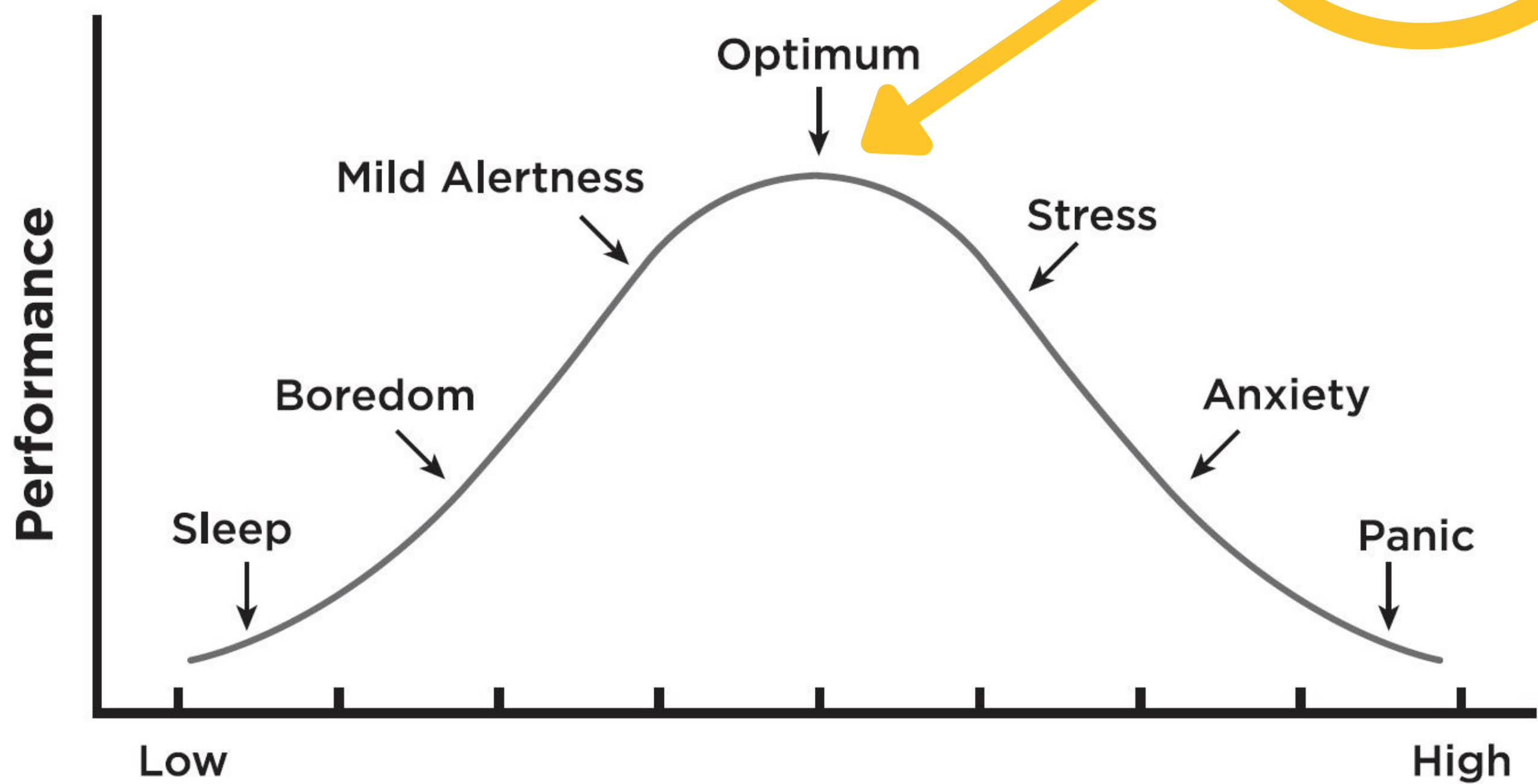
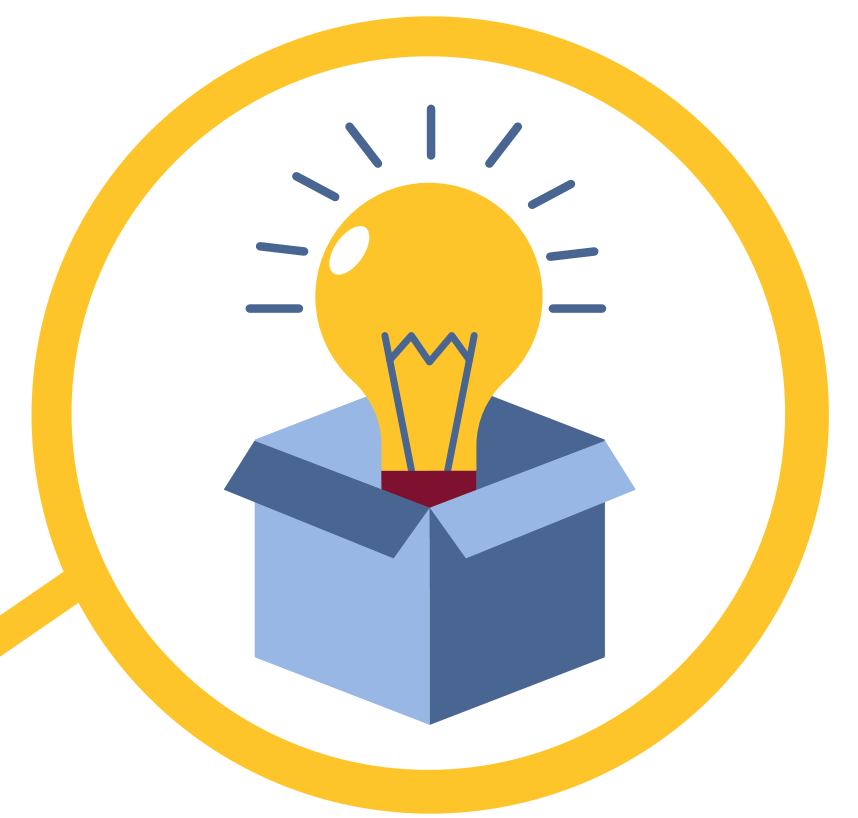
De-escalate



Focus

How are you feeling today?

DE-ESCALATION CHART



Being
centred helps you
perform at your best

READY TO LEARN PLANS



Read a book



Draw or colour



Relax your mind



Drink your water



Go for a walk

**Strategies
you can use to
be ready to learn**

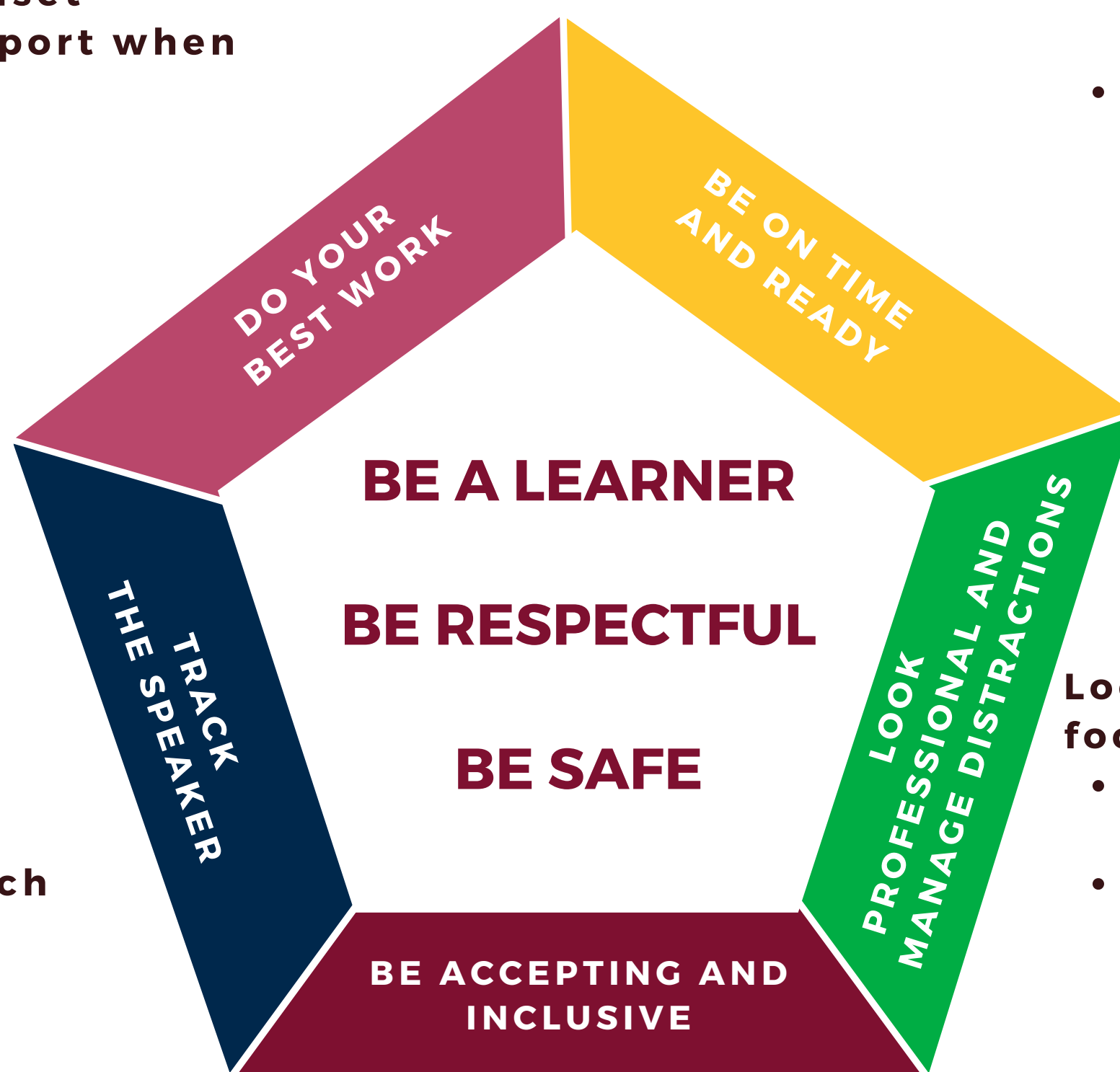
PROFESSIONAL BEHAVIOURS

Hard work will be the foundation of a successful career and life

- Adopt a growth mindset
- Proactively seek support when challenged

Be work ready:

- Be on time
- Have required equipment
- Get ready to work by following entry routines, seating plans and other classroom processes



Being an active and respectful listener underpins positive relationships and sets you apart from the bunch

Look sharp and stay focused:

- Wear the school uniform
- Manage mobile phone and device use

Appreciate difference and acknowledge people's right to be diverse.

**Behaviours
for your success
in learning and in life**

BRAIN BREAKS

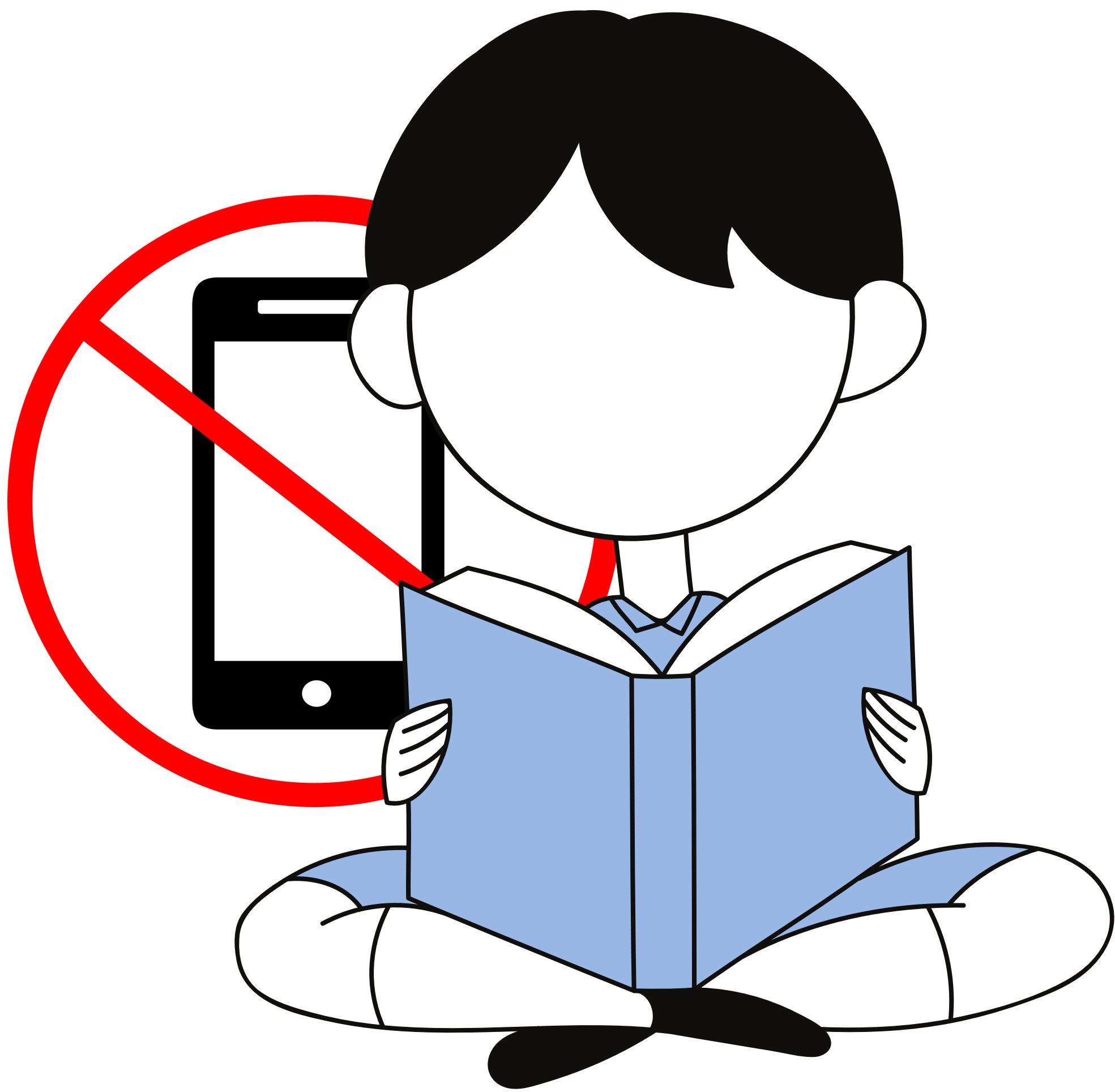
Support renewed focus and attention



Help to build self-regulation for learning

Building your stamina for sustained learning

PHONE-FREE ZONE



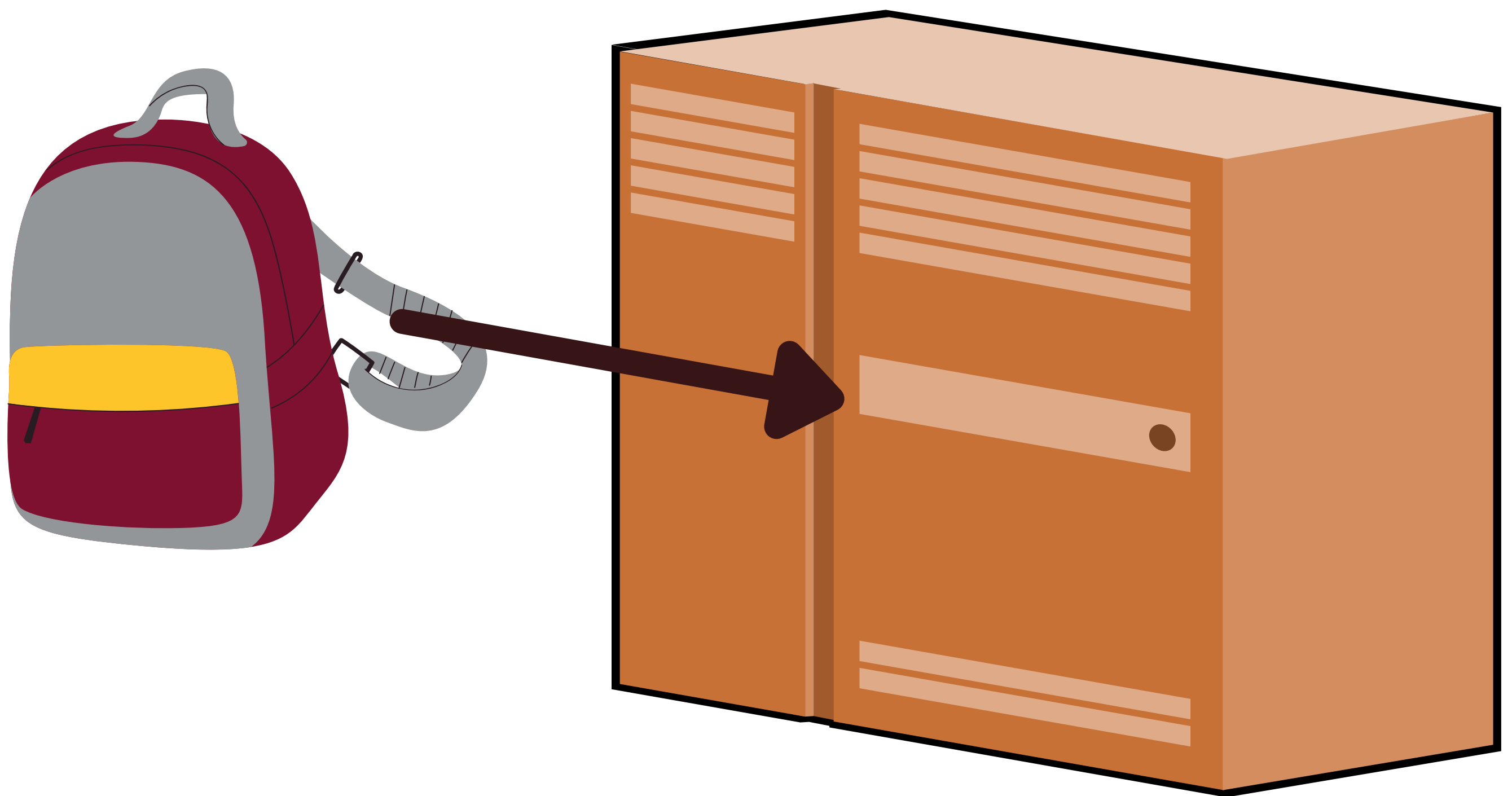
**Keep your
phone in your locker
to avoid distractions**

HEALTHY FOOD AND DRINK



**Water and
healthy food choices
sustain your learning**

LEAVE BAGS IN LOCKERS



**Bags are a
trip hazard to
yourself and others**

FRANKSTON NORTH EDUCATION PLAN

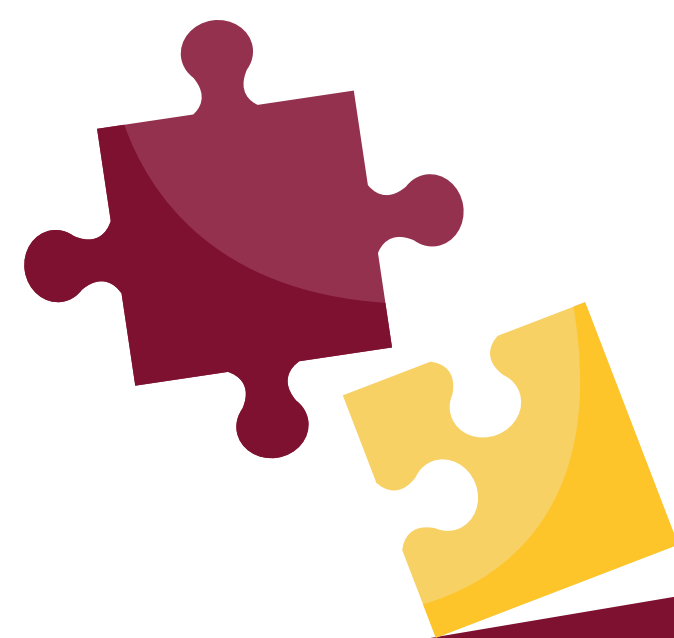
**Learning,
catch up
& extension**



**Healthy,
happy &
active kids**

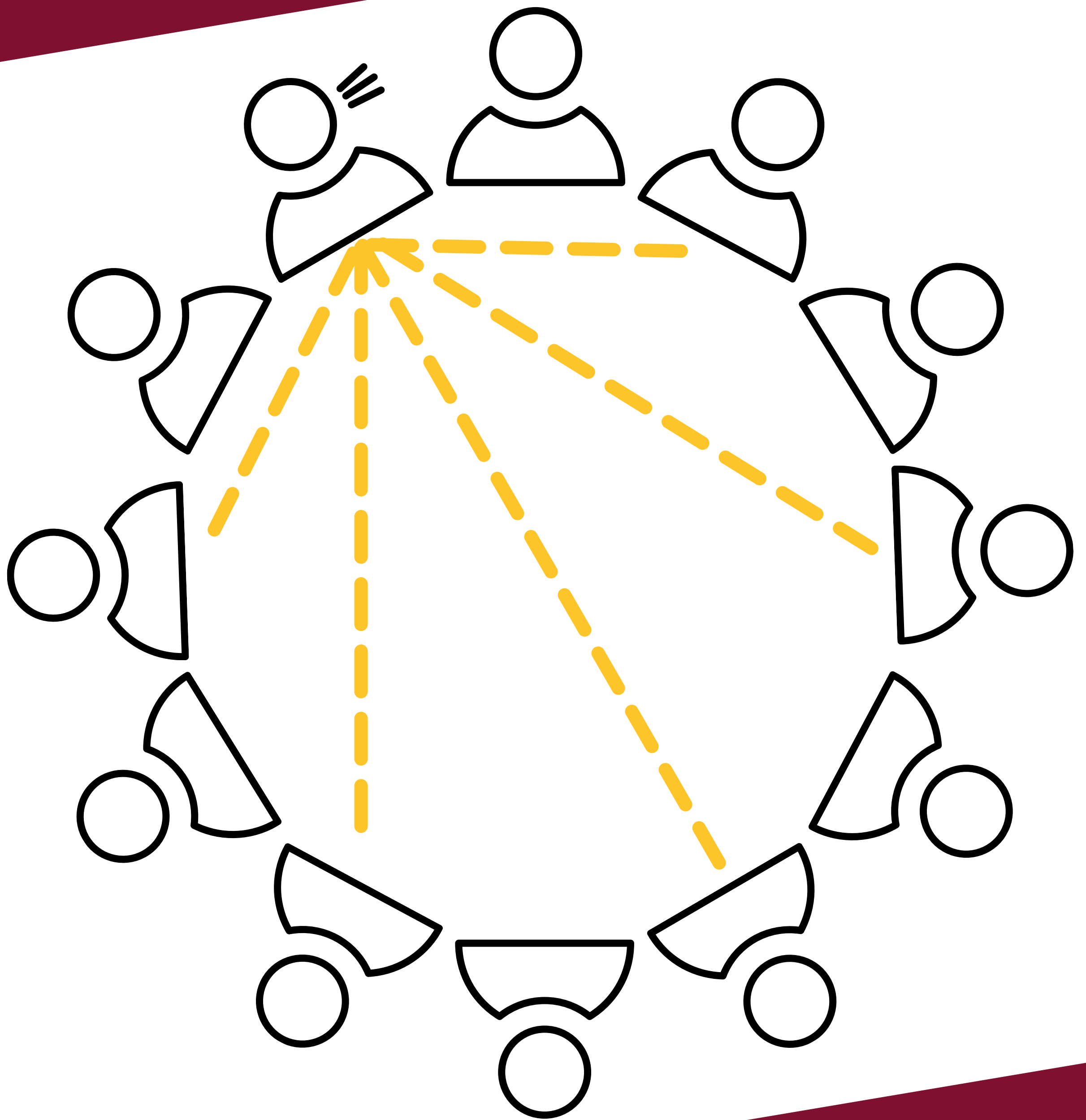


**Connected
school
communities**



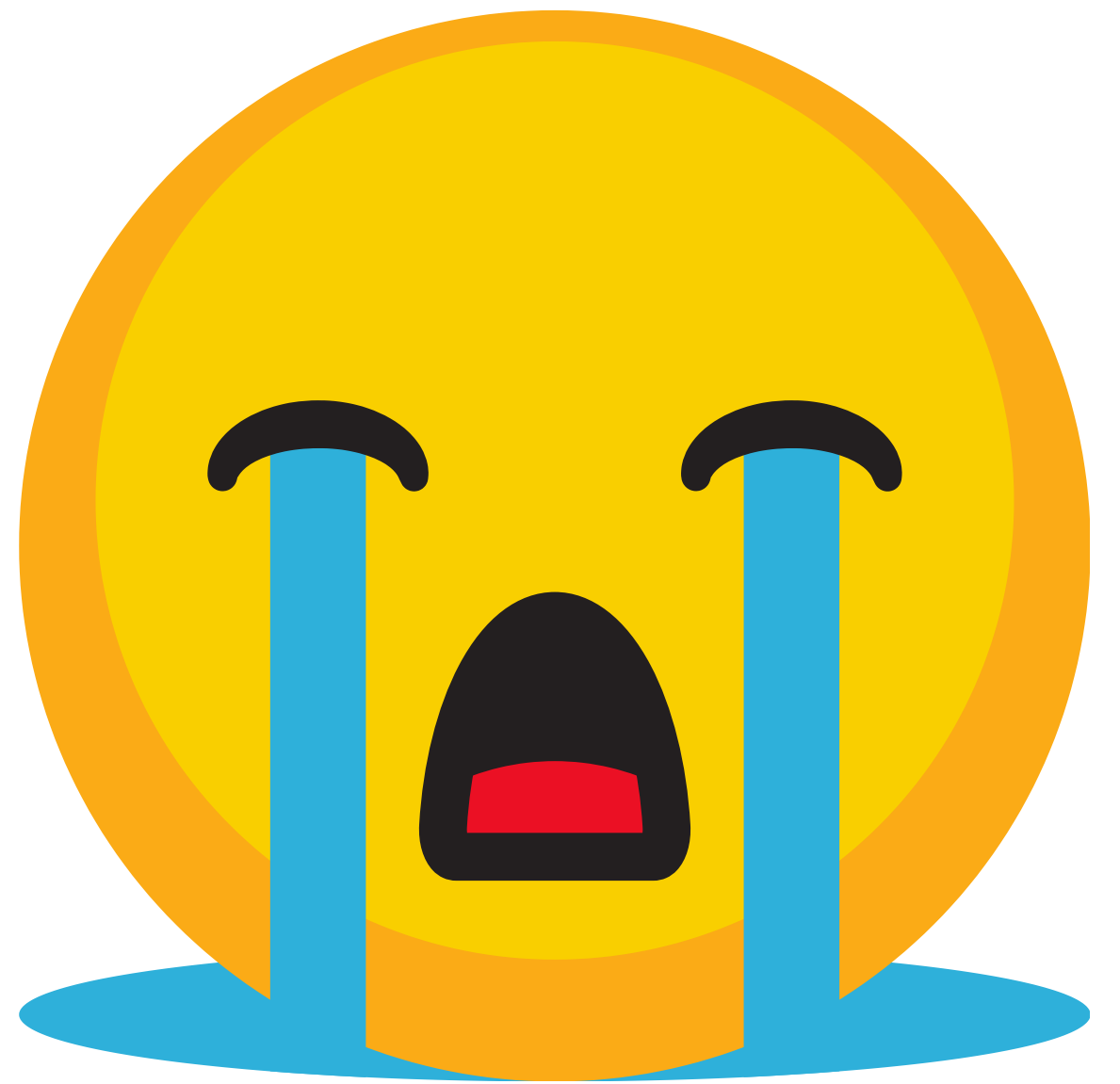
**Community
transformation
through education**

TRACKING THE SPEAKER



**Listen
actively to
each speaker**

UNCONDITIONAL POSITIVE REGARD



However you feel,
whatever happened,
we'll be here for you.