proactivity




# WELLBEING+ INCURSIONS

## Build confidence, resilience and connection through purposeful movement

Proactivity's Wellbeing+ programs bring movement and practical learning together to create engaging experiences that support students in developing emotional regulation, healthy habits, positive strategies and a stronger sense of self and belonging.

Designed to complement your school's existing wellbeing frameworks, programs can be tailored around student age, year level priorities and specific wellbeing needs, helping bring important concepts to life through active participation, shared challenges and meaningful connection.

### BUILD CONFIDENCE AND RESILIENCE

Purposeful activities encourage students to experience challenge, achievement and positive participation, helping build confidence and resilience in a supportive environment.

### STRENGTHEN EMOTIONAL REGULATION

Movement and practical learning give students opportunities to explore positive strategies for recognising emotions, responding to challenges and developing greater self-awareness.

### SUPPORT SOCIAL CONNECTION AND BELONGING

Collaborative experiences encourage communication, teamwork and positive interaction, helping students strengthen relationships and feel more connected to those around them.

### ENCOURAGE POSITIVE MINDSET AND HEALTHY HABITS

Engaging activities help students explore practical strategies that support positive attitudes towards movement, wellbeing and healthy everyday choices.

# WELLBEING EXPERIENCES SHAPED AROUND YOUR SCHOOL

Wellbeing+ programs can be delivered as focused incursions or combined into broader wellbeing experiences, giving schools the flexibility to respond to different year levels, student needs, wellbeing objectives and key moments in the school calendar.

### TEAM BUILDING

Interactive challenges encourage students to communicate, collaborate and problem-solve together, helping strengthen teamwork, trust, inclusion and social connection.

### RESILIENCE AND EMOTIONAL REGULATION

Purposeful movement and practical activities help students explore resilience, self-awareness and age-appropriate strategies for responding to challenges and regulating emotions.

### MINDSET AND HEALTHY HABITS

Engaging experiences encourage students to explore positive mindset strategies, healthy choices and practical habits that can support their everyday wellbeing.

### WELLBEING+ EXPERIENCES MAY INCLUDE

- Self Defence
- Team Building Games
- Mind & Body Activities
- Zumba
- Ninja Warrior
- Boxercise





# SUPPORT KEY WELLBEING MOMENTS THROUGHOUT THE YEAR

Wellbeing+ programs can also be shaped around school wellbeing initiatives, awareness campaigns and important milestones in the student journey, including:

- R U OK? Day
- Bullying No Way
- Children's Week
- Social Inclusion Week
- Harmony Day
- World Resiliency Day

Programs can also be tailored around transition periods and year-level wellbeing priorities.

# TRUSTED BY SCHOOLS TO SUPPORT STUDENT WELLBEING

*"A fantastic addition to our pastoral care program... There has been very positive feedback from students and staff."*
Norwood Secondary College

*"The staff were fantastic with the students and the activities were 'just right' for our age group."*
Valkstone Primary School

*"Proactivity have been working with our school for over 5 years. Each year they have adapted and updated programs to make them fresher and more engaging for students. We highly recommend them."*
Balcombe Grammar School

**FOUNDATION–YEAR 12 | MELBOURNE & REGIONAL VICTORIA | 1–1.5 HOURS, HALF DAY OR FULL DAY | TAILORED TO YOUR SCHOOL**

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**LOOKING TO STRENGTHEN YOUR SCHOOL'S WELLBEING OFFERING?**
Talk to Proactivity about a Wellbeing+ experience shaped around your students and school priorities.

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