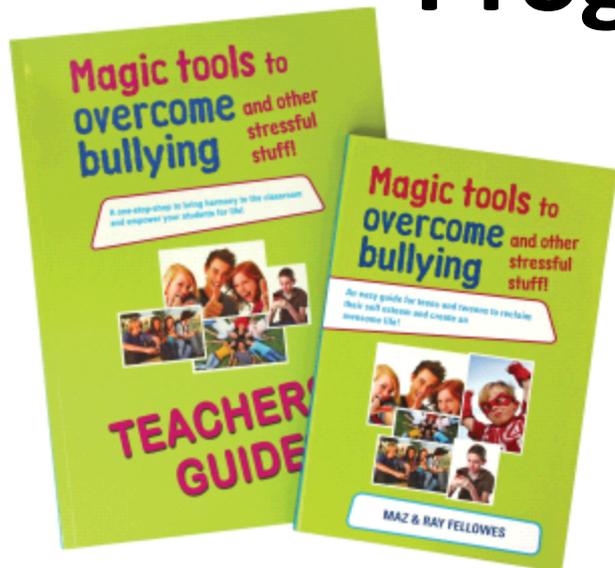




*Magic tools to overcome bullying
and other stressful stuff!*

Program for Schools



Magic Tools For Life

Helping people create happy and amazing lives!



Welcome



Key points of the presentation

- ❖ How the overcome bullying program was developed
- ❖ Why it is different from other programs
- ❖ How it links to the Australian Curriculum
- ❖ How it benefits both students and teachers
- ❖ The vital elements of the program and how they fit together
- ❖ The key rules & tools that facilitate self-empowerment / long lasting change

How the overcome bullying program was developed

- Developed by Marian (Maz) & Ray Fellowes
 - Marian is a counsellor and empowerment coach with a Master of Education (Counselling)
- Based on blueprint from very successful empowerment coaching program for adults
- Inspired to bring similar messages and life skills to children
- Pilots conducted in Tasmanian schools
- Excellent feedback achieved in just 5 lessons

The pain of bullying is felt widely across communities

Research states:

- Bullying exacerbated by modern technology
- At least 1:4 children are bullied
- Childhood bullies 3 to 4 times more likely to engage in anti-social behaviour and physical violence by early 20's
- Victims often suffer social difficulties which without intervention transform into high levels of stress, anxiety and depression

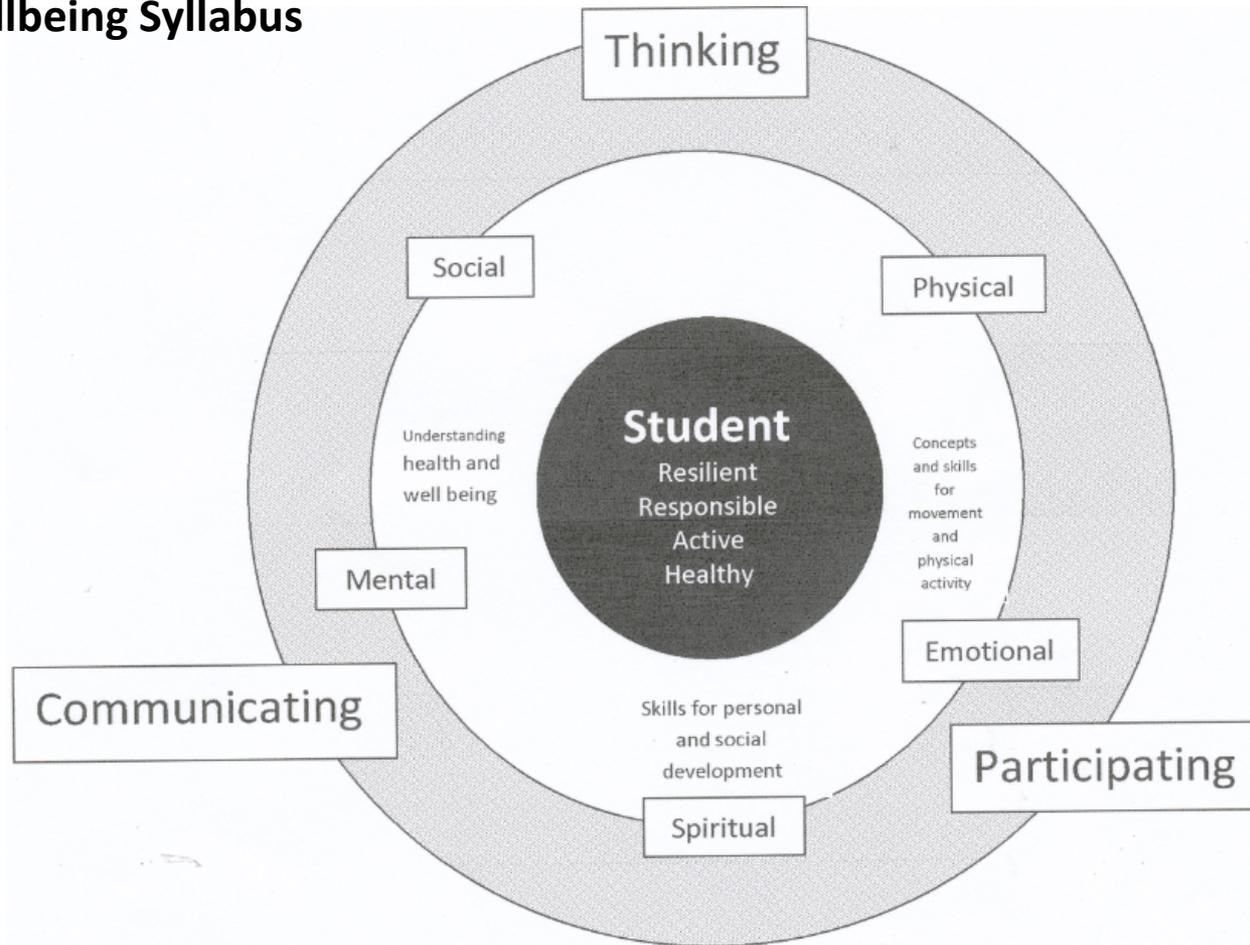


Why is this book and program different?

- Focuses on the solution not the problem
- Helps both the victims and the bullies
- Addresses negative behaviour *before* it occurs
- Can be used one-on-one or in groups
- Introduces new concepts for teachers and parents to grow and learn

**Designed to empower kids for life
in every way**

Health & Wellbeing Syllabus



Three underlying pillars

Three underlying pillars create a powerful synergy

All three pillars are woven throughout the program

The universal awareness pillar is absent from other programs.

Facilitates a paradigm shift in thinking about:

- how we see ourselves in the world
- how we respond to people around us
- how we contribute to the environment

Students discover with the right mindset and skills they really can create their reality

1. Universal (Spiritual) Awareness

2. Emotional Intelligence

Self-awareness

3. Self empowerment

- positive outlook
- high self-esteem
- confident
- adaptable
- resilient

Social Awareness

Self-management

Social management

"I understand my connection to others and everything around me"

How it links to the school curriculum

Health and Physical Education:

- Personal, Social and Community Health Strand – Years 5 to 8

Organising Elements	Capabilities	Magic Tools Delivery
Self-awareness	<ul style="list-style-type: none"> Recognise emotions Recognise personal qualities and achievements Understand themselves as learners Develop themselves as learners 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓
Self-management	<ul style="list-style-type: none"> Express emotions appropriately Develop self-discipline and set goals Work independently and show initiative Become confident, resilient and adaptable 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓
Social awareness	<ul style="list-style-type: none"> Appreciate diverse perspectives Contribute to civil society Understand relationships 	<ul style="list-style-type: none"> ✓ ✓ ✓
Social management	<ul style="list-style-type: none"> Communicate effectively Work collaboratively Make decisions Negotiate and resolve conflict Develop leadership skills 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓



Benefits to students and teachers

Students discover:

- Why they attract bullying and negative events into their lives
- How to attract positive people and events
- How to reclaim their self-esteem and feel truly empowered
- A myriad of tools to respond to negative situations – to learn and grow
- How to build great relationships and connect to those around them

All in all to take control, feel happy and inspired – ready to take action and live life to the full!

- Create a sense of **harmony and empowerment** in the classroom.
- Build a **common and positive language**.
- Truly connect with your students and **build mutual respect**.
- Gain **personal insights** for your self-development as a teacher.
- **One-stop-shop** for Health and Wellbeing Curriculum strands.
- 40 flexible, **easy to use lesson plans** with student worksheets.
- **Seamlessly integrated** into weekly or daily classes.
- **Free coloured downloads** (posters & worksheets).

Elements of the program and how they fit together

With many fun and insightful activities it is presented in three sections:

1. Magic Rules
2. Magic Tools
3. Magic Surrounds

Key rules & tools that facilitate self-empowerment and long lasting change

Designed to provide insight into our connection to everyone and everything around us:

1. **What you focus on grows**
2. **Like attracts like**
3. **Focus on what you want**
4. **It's all about your feelings**
5. **Live in the “*Magic Zone*”**
6. **You can create your reality**
7. **Life is meant to be easy and fun!**

Rule No. 1 “What you focus on grows”

Rule No. 3 “Focus on what you want”

- **Most people focus on what they “don’t want”** (the problem) = negative feelings
- **Focusing on what you do want** (the solution) = positive feelings

Rule No. 4 “It’s all about your feelings!”

- Positive feelings lead to a positive point of attraction
- Practise living in the “Magic Zone” and begin to create the reality you want.

Designed to provide practical tools to help you get into the Magic Zone as much as possible, the Magic Tools include:

- **Feeling Magic about where you're Going**
- **Feeling Magic about yourself – Discover you!**
- **Living in the Magic Zone – the Mind Stuff!**
- **Living in the Magic Zone – the Body Stuff!**

Feeling Magic about where you're Going

- If you are unsure of what you want you live life by default
- Build a vivid picture, feel the essence of it, imagine you have it now - begin to create your reality
- The focus is on “empowerment goals” in examples

Setting goals example

Thinking goals:	<ul style="list-style-type: none">• I am proud of who I am• I feel good no matter how people are behaving around me
Feeling goals:	<ul style="list-style-type: none">• Confident• Happy• Empowered
Doing goals:	<ul style="list-style-type: none">• Live life with ease• Focus on the important things• Have lots of fun!

Magic vision example

“It is the 1st of December and I feel so ***happy and confident!*** I am very ***proud of who I am*** and ***feel good no matter how people around me are behaving.*** Now I can ***focus on the important things, live life with ease*** and ***have lots of fun.*** And I feel so ***empowered!***”

Feeling Magic about yourself – Discover you!

- Tools to build a healthy self-esteem and know how special and unique you are really are:
 - ✓ Recognise your strengths (with Magic Tools Cards)
 - ✓ Know the basic rights of life (including the right to say no!)
 - ✓ Let go of negative beliefs (into the Can of Worms)
- Tools to develop self awareness and to recognise different emotions and reactions before they hijack you

Living in the Magic Zone – the mind stuff!

Building self-management skills the focus is on choice – the ability to choose your thoughts, feelings and actions. Sample tools are:

- Telling a new story – create positive endings to “tricky situations”
- Playing the Reframe game – turn negative words into positives
- Saying thank you – show appreciation for things big and small

Using newfound skills to make healthy decisions, to be authentic and take 100% responsibility for your thoughts and actions

Old vs New Story

What is my old story?		Tricky Situation -----		What is my new story?	
My thoughts:				My thoughts:	
My Feelings:				My Feelings:	
My Actions:				My Actions:	
I can choose my thoughts and create my “new story”!					

Living in the Magic Zone – the body stuff!

To develop the of sense of mind/body connection you are invited to explore the importance of:

- Respect for the unique package that you are
- Healthy foods and the focus on “*what you want*” to create the ideal body weight for you
- The physical and mental importance of exercise and laughter
- The importance and value of rest and reflection time
- “Listening” to your body



Magic Surrounds

Creating Magic Relationships

Extends emotional intelligence from self development to social awareness and relationship management.

- Understand and accept others for who they are and where they are in their journey of life
- Let go of judgments and labels
- Build healthy and happy relationships by focusing on positive aspects
- Learn about the power of synergy and seek like-minded friends

Helping others feel Magic

Takes new learning to the next level:

- To become a leader and Magic Champion (passively or actively)
- To help others create a great life too
 - at school, at home and in the community
- Growing a circle of friends to create a collective consciousness of good

Creating a Magic Environment

Finally, to understand the power of connections:

- Connection between yourself, the people around you and our whole environment - plants, animals, our planet and beyond.
- How powerful we are as individuals and the ripple affect

By simply working on ourselves and living in the Magic Zone as much as possible, we can have a world-wide impact.

Awareness of the Magic Rules and the Magic Tools is like being awake or asleep!

It's about having conscious choice in whatever you do:

- Choice to make healthy decisions
- Choice to give your gift of healthy responses
- Choice to dream and realise your dreams!

This is a blueprint of the “Magic Tools for Life” - the principles are the same at any age, for any reason – whether you are caring for yourself, others or our amazing planet

- An effective, flexible, easy to use program
- An opportunity to profoundly increase life-skills of students now and throughout adult life
- Students become the teachers showing others including friends and family anything is possible and life is meant to be easy and fun
- It's about shaping the lives of individuals and communities

Thank you



Questions?

Sample Feedback from Students:

- *“I loved this program!!! It has helped me change my whole life around and helped me feel very free. Thank you”.*
- *“When I get teased or bullied it’s easier now, I can just forget about it”.*
- *“I have learned to feel confident in my life, smile and set goals for myself. I feel happier. I can do more things that I couldn’t do before”.*
- *“My mum said, when my brother fights with me, I’m always the one now to try to settle the argument.”*
- *“I have learned that people think differently and it’s made me realize that there are some good things that I can live for”.*

Sample Feedback from Teachers:

"Finally, a solution that gets to the heart of bullying and other stressors faced by our children in the schoolyard today. The concepts are spot on, powerful in their intent and simplicity. Introduction to schools as a core life skills subject I believe will bring remarkable shifts in the attitudes and behaviour of our students". **Grade 5/6 Teacher Brighton Primary School**

"Overall, there has been a huge improvement with relationships within the class since doing the program. Students are more confident, they state what they are feeling and there are no put downs". **Grade 7 Teacher, St James Catholic College, Cygnet**

"The format was good and easy to use. As a secondary teacher, there is often a lot going on. Often all I had was 10 minutes to prepare and I could quickly read through the notes, take in the chapter and engage the children from there". **Grade 8 Teacher, New Norfolk High School**