

# BRAIN FITNESS

Teaching mental health to Primary School children



Salutegenics has partnered with a team of educators to teach brain-based strategies to young children as a prevention against developing mental health problems.

The philosophy applies the “Honey Bee” research [Avery & Bergsteiner, 2011] the new wave of sustainable leadership, in training teachers to help children understand the function of their brains. The learning includes students’ own regulatory features that help manage stress and enable them to move into optimal neural states for learning.

Characters and story substitute traditional program approaches, and therefore scientific strategies are not presented as “interventions”. but life-skills, that enable children to apply with confidence and meaning.

An educational approach to teaching brain health and mental fitness to young children. Using the latest research in Neuroscience, in conjunction with educational and leadership research, this learning application is relational and embedded into daily practice.

A narrative framework is used to embody the knowledge of brain function. Brain characters have been constructed in content and illustration, to guide young people in how to apply mental health strategies to promote resilience and wellbeing.

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