



# Wellbeing

at Karoo Primary School

Presented by Celeste Dolphin  
*Available every Thursday & alternate Friday*

# My Role at Karoo

- Provide wraparound wellbeing support to Students, Staff and Parents.
- Employed by Korus Connect (A Christian organisation).
- Although Korus Connect is a Christian organisation, I am here to support people of all faiths and those of no faith.
- There is no religious content in my work, unless students and families would like this.

# Support for Students

- 1:1 Emotional Support
- Wellbeing Programs (eg Anger, Resilience)
- Lunch Time Activities ( Board Games, Craft)

# 1:1 Work with Students

- ❖ I work from a therapeutic framework.
- ❖ I do so by providing an environment free of judgment or expectation, in which students can express and explore their feelings & emotions.
- ❖ I use a range of techniques and interventions, such as: Art therapy, Play therapy, Talk therapy and Mindfulness.

# *Support for Parents*

- *1:1 Emotional Support*
- *Referrals to Community & Welfare Services*

# *Support for Staff*

- *1:1 Emotional Support*
- *Sharing Wellbeing Resources*
- *Classroom Visits*

# Referrals

*If you have any concerns about your child's wellbeing please speak to a teacher or you can contact me directly through the school office.*

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# Check Your Battery

How are you currently feeling?

**Feeling great!**

Keep meeting your needs and practicing self-care.

**Feeling okay.**

How can you make your day a tiny bit better?

**Struggling.**

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

BlessingManifesting



**Feeling good!**

How can you maintain the levels you're currently at?

**Meh.**

How can you love on your -self today? Be extra kind to yourself.

**I'm empty.**

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.