

# PLAY IS THE WAY



## OUR AIM

We ensure effective, consistent and fair behaviour support for children. We use an educative approach to help children act safely and participate in learning in a positive way that respects other students and staff. We develop the personal and social capability of children, helping them understand themselves and others, and to successfully self-manage their own behaviour.

## PLAY IS THE WAY SELF-MASTERY CHECKLIST

### SELF-MASTERY CHECKLIST:

- ⊙ Am I doing the right thing or the wrong thing?
- ⊙ Am I making a strong decision or a weak decision?
- ⊙ Are my feelings in charge of my actions or is my thinking in charge?
- ⊙ Am I running away from the problem or am I dealing with it?
- ⊙ Am I being my own boss or am I inviting my teacher to be my boss?
- ⊙ Is my teacher trying to help me or hurt me?

**BE THE MASTER, NOT THE VICTIM OF YOUR FEELINGS**

### FOR MORE INFORMATION:

[playistheway.com.au/for-parents](http://playistheway.com.au/for-parents)



## WHAT IS PLAY IS THE WAY?

PLAY IS THE WAY is a social and emotional learning methodology using physically interactive games & activities, 5 key concepts (below), an empowering self-reflective language (left)

PLAY IS THE WAY is designed to teach social skills through playing challenging games, that encourage children to use their skills to advantage others in the pursuit of common objectives. They strengthen the skills of teamwork and cooperation and help children to manage relationships.

## BENEFITS

PLAY IS THE WAY develops self-motivated, empathetic people, that do the right thing because it's the best thing to do.

## PLAY IS THE WAY KEY CONCEPTS

