

Psychology skills, taught before they're needed

We teach the skills you'd learn with a psychologist through fun, practical and relatable workshops for Years K-12



WE STARTED BY ASKING A SIMPLE QUESTION:

Why wait to see a psychologist to learn these skills?

We believe mental health skills shouldn't wait for a crisis. Drawing on evidence-based tools from CBT, DBT and ACT, we teach students, staff and parents to use these strategies in everyday life.



Student Workshops

50–60 min interactive sessions, run in class-size groups by trained facilitators.



Follow-Up Activities

Term-long activities schools run themselves, embedding each skill straight into pastoral care.



Parent & Staff Workshops

Optional sessions, run online or in-person, so the whole school community speaks the same language.



Toolbox Clinic Access

A clear referral pathway to individual psychological support when a student needs more than a workshop.



Skills built to last.



Fast paced & interactive

Students are engaged the entire workshop. Movement, games and discussions ensure attention never drops



Delivered by psychology students

Relatable to kids and teens, while we train the next generation of psychologists before they reach the therapy room.



More than a one-off

Follow-up activities, parent and staff programs, and a referral pathway into Toolbox Clinic when more support is needed.



Class-size groups

We split a year level into class-sized groups and run them simultaneously - not 300 kids in an auditorium.

Primary School Programs



Emotion Literacy

K-2

3-4

Building a richer language to express emotions confidently.



Protective Behaviours

K-2

3-4

Boundaries, body safety, and knowing who to ask for help.



Managing Meltdowns

K-2

3-4

Recognising early signs of overwhelm and using calming strategies.



Mind Games

3-4

5-6

Noticing ways our minds play tricks on us in social & academic settings.



Forming Friendships

K-2

3-4

Building healthy friendships with empathy & boundaries.



Working Through Conflict

3-4

5-6

Equipping students with tools to manage conflict with peers.



Navigating Change

3-4

5-6

Working through changes in our lives with confidence & flexibility.

SAMPLE SCOPE & SEQUENCE • BY YEAR LEVEL



This is a recommended sequence - schools can place each workshop at a different year level, or run several within the same year.

Secondary School Programs



Emotion Regulation

7-9

Calming down before emotions spill over into fights or breakdowns.



Dealing with Conflict

7-9

10-12

Resolving conflict assertively, in a way that meets everyone's needs.



Thinking Traps

7-9

10-12

Spotting anxious, unhelpful thoughts, and learning to challenge them.



Inner Critic

10-12

Replacing self-critical self-talk with self-compassion.



Mental Movies

7-9

10-12

Unhooking from unhelpful stories that fuel anxiety and worry.

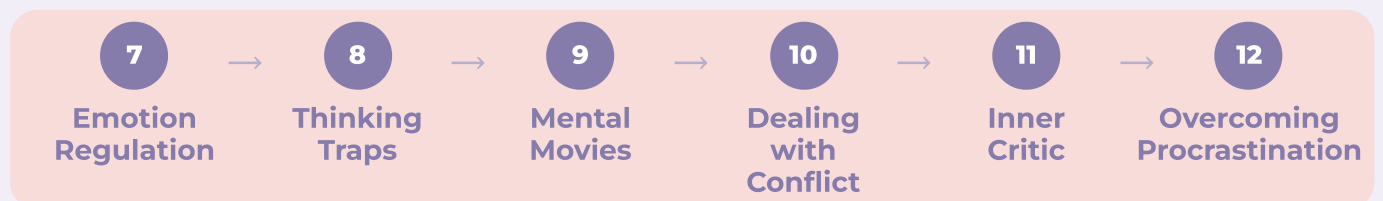


Overcoming Procrastination

10-12

Removing the blockers that get in the way of finishing tasks.

SAMPLE SCOPE & SEQUENCE • BY YEAR LEVEL



This is a recommended sequence - schools can place each workshop at a different year level, or run several within the same year.

WHAT YOU ACTUALLY GET

More than a 50-minute workshop.

Every workshop comes with a term's worth of follow-up activities, built to slot into however much time you've got, from a spare five minutes to a full lesson.

5 min

Warm-Up Activities

Drop into the start of any class. No prep needed.

SAMPLE ACTIVITY

"Name That Feeling"

20 min

Form & Tutor Time

Guided activities that reinforce one skill at a time.

SAMPLE ACTIVITY

"Thought Court"

45 min

Full Lesson Plans

Ready-to-run plans for pastoral or wellbeing periods

SAMPLE ACTIVITY

"Building My Toolkit"

8 self-guided activities per workshop. Mix and match across the term as it suits your timetable.

ACTIVITY 1 OF 8

"Name That Feeling"

Check in and name the feeling that's loudest right now.



Calm

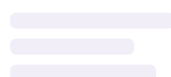
Overwhelmed

ACTIVITY 3 OF 8

"Thought Court"

Weigh the evidence on a thought that's been bothering you.

FOR



AGAINST



WHAT IT LOOKS LIKE

Short, self-guided worksheets students complete in their own time, part of the term's 8-activity set for each workshop.

Direct student referral access for your wellbeing team

We work alongside school wellbeing teams to ensure that when one-on-one support is needed, Toolbox Clinic is there to help.

TOOLBOX
CLINIC

Bringing parents and staff into a united school community of support.

PARENT WORKSHOPS



Rewiring Your Child's Anxious Thoughts

Helping your child approach things that make them anxious with confidence.

CBT-BASED



Co-Regulating Your Child's Emotions

Understand what's happening when emotions take over, and how to respond calmly.

DBT-BASED



Supporting Your Child Through Conflict

How to help your child navigate friendship conflicts independently and maturely.

CBT-BASED



Rewiring Your Students' Anxious Thoughts

Identify the signs of anxious thinking in the classroom & responding in the moment.

CBT-BASED



Co-Regulating Your Students' Emotions

Practical, evidence-informed strategies to help students regulate before things spill over.

DBT-BASED



Supporting Your Students Through Conflict

Recognising and de-escalating conflict before it disrupts learning.

CBT-BASED

HOW IT'S RUN



50–60 minutes per session



Unlimited attendees,
online or in-person



Run by a **registered psychologist** from
Toolbox Clinic

WHAT SCHOOLS SAY

"The content and delivery is **outstanding** and just what all students and adults need to know! Our students have been **highly engaged** with the content - this is an **exceptional** product"

Leonie Abbott, Head of Wellbeing
Wesley College, St Kilda Road

"The team that facilitated our sessions were **phenomenal**. They remained engaged with our students, asked challenging questions, and delivered **clear, research-backed content**."

Tania Vairamuttu, Wellbeing Coordinator
Brighton Secondary College

"Toolbox did a **fantastic job** with our Year 5s and 6s. The students were **engaged** and had a really positive session - the facilitators were **wonderful**"

David Timillero, Head of Year 5-8
St Mary's Cathedral School Sydney

"Outstanding communication from the office, and the two presenters we had on the day were **outstanding**. The students were **raving about them**. Well worth the investment."

Matthew Rowland, Head of Wellbeing
Marist College Canberra

TRUSTED BY 250+ SCHOOLS ACROSS AUSTRALIA



**Ready to bring
Toolbox to your school?**

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