



Help me to
understand
my feelings

WESTMEAD FEELINGS PROGRAM

Emotion-based learning
for autistic children



the
children's
hospital at Westmead

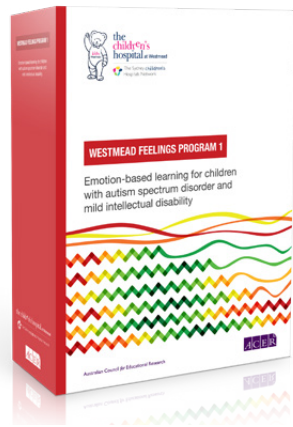
The Sydney children's
Hospitals Network



WESTMEAD FEELINGS PROGRAM

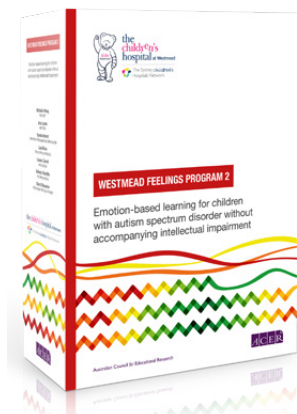


The Westmead Feelings Program is an evidence-based clinical intervention program designed specifically to build emotion regulation skills and capacity in autistic children. Developed by The Children's Hospital at Westmead, the program was awarded the Advancement Award by Autism Spectrum Australia (Aspect) for innovation in improving the lives of autistic people.



Westmead Feelings Program 1

- For autistic children with mild ID, aged between 8 and 12 years old.



Westmead Feelings Program 2

- For autistic children without accompanying intellectual impairment, aged between 8 and 14 years old.

KEY FEATURES

- Based on more than 10 years of research and clinical trials conducted by The Children's Hospital at Westmead, which found significant improvements in emotional competence for autistic children.
- Teach autistic children to recognise and understand emotions in themselves and others, and to manage 'not-so-good' feelings.
- Teach children about the different intensities of emotions, and that in the same situation different people can experience different feelings.
- Upskill parents and teachers to be 'emotion coaches', supporting autistic children to generalise their social and emotional skills at home and at school.
- Build foundations of emotional competence, social skills and mental health, promoting development of these skills for life.
- Foster positive relationships between children, facilitators, teachers and parents.
- Visuals, videos and structured teaching methods allow autistic children to access skills-based therapy in ways that suit their learning styles.
- Also suitable for children, with social and emotional difficulties.

FIND OUT MORE

Visit <https://acer.ac/wfp>





IMPLEMENTING THE WESTMEAD FEELINGS PROGRAMS

Each Westmead Feelings Program is divided into three modules and one booster session, with each module comprising five child sessions, two parent sessions and two teacher sessions. The programs are designed to run over a period of 15 months along with appropriate breaks to provide children the opportunity to practise and consolidate the skills learned. The programs support parents and teachers to become 'emotion coaches' for children at home and at school, to maximise generalisation of the skills learned.

- **Module 1: Understanding emotions**

Module 1 develops children's awareness of their own and others' emotions, and includes learning how to recognise and describe emotions, the different causes of emotions and how to differentiate varying intensities of emotions.

- **Module 2: Problem solving and perspective taking**

Module 2 introduces children to simple problem-solving and perspective-taking strategies, including how to recognise and understand the emotional experiences of others.

- **Module 3: Managing emotions**

Module 3 provides children with a range of strategies for dealing with difficult or unpleasant emotions.

- **Booster session**

The booster sessions are offered approximately six months after the end of Module 3 and review learned skills and consolidate learning in one session each for children, teachers and parents.

WESTMEAD FEELINGS PROGRAM FACILITATOR CERTIFICATION COURSES

To ensure best practice and outcomes, ACER offers Westmead Feelings Program Facilitator Certification Courses to professionals who work with autistic children. These comprehensive training courses consist of four units and a learning assurance task at the end of each course. Successful participants will receive an ACER certificate of achievement as well as accreditation in delivering Westmead Feelings Program 1 or Westmead Feelings Program 2.

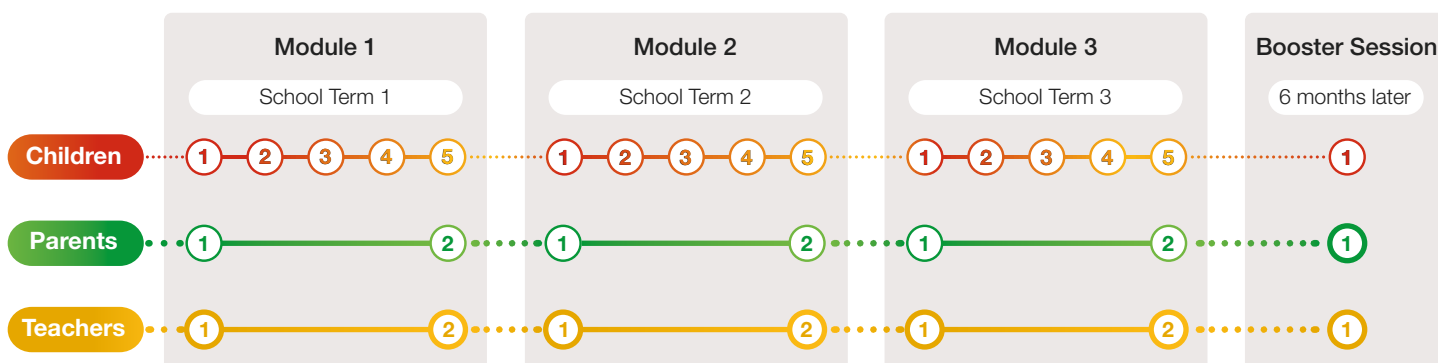
- Delivered online
- Hands-on and interactive
- Facilitated by highly qualified trainers
- Practical activities for experiential learning

BECOME A FACILITATOR TODAY

For more information on becoming a certified Westmead Feelings Program facilitator, visit <https://acer.ac/wfp>

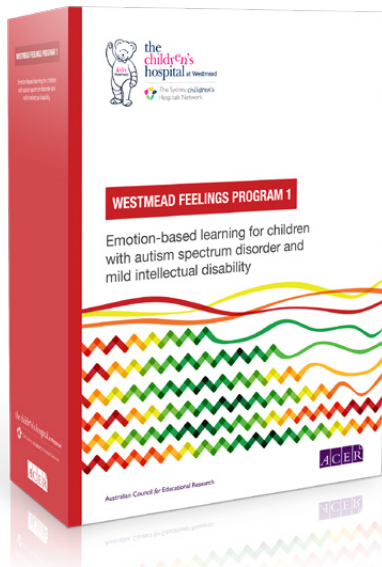
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RESOURCES

WESTMEAD FEELINGS PROGRAM 1



Facilitator's manuals

- Overview
- Facilitator's Manual for Sessions with Children
- Child Workbooks: Completed Examples

Facilitator's resources

- Session schedule
- Rules
- Reward charts
- Feelings Strength Bar large
- Feelings Strength Bars medium
- Feelings Strength Bars small
- Reusable worksheets
- Feelings faces
- Feelings situations prompts
- Mirror
- Bingo cards
- Bingo scoresheets
- Blindfolds
- Posters
- USB containing facilitator's digital resources

Facilitator's digital resources

- Facilitator's Manual for Sessions with Parents (PowerPoint)
- Facilitator's Manual for Sessions with Teachers (PowerPoint)
- Parent notes (PDF)
- Teacher notes (PDF)
- Video clips for sessions with children
- Consumable elements for sessions with children
- Templates, questionnaires and forms to set up groups and evaluate outcomes

Child materials

- Child Workbooks
- Reusable worksheets
- Feelings Strength Bars medium
- Feelings Strength Bars small

Parent materials

- Parent Handbook
- Reusable worksheets
- Feelings Strength Bars medium
- Feelings Strength Bars small

Teacher materials

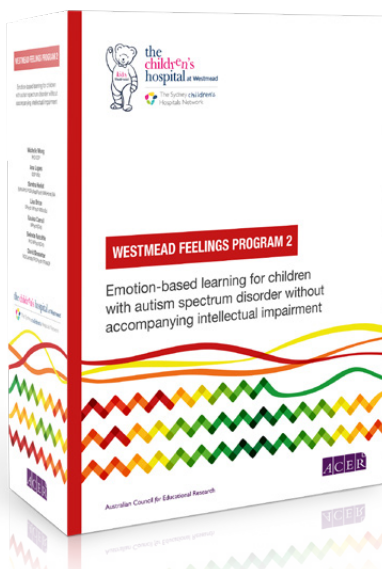
- Teacher Handbook
- Reusable worksheets
- Feelings Strength Bars medium
- Feelings Strength Bars small

Child materials, parent materials and teacher materials can also be purchased separately.

SHOP ONLINE >

For more information, or to purchase programs, please visit <https://acer.ac/wfp>

WESTMEAD FEELINGS PROGRAM 2



Facilitator's manuals

- Overview
- Facilitator's Manual for Sessions with Children
- Child Workbooks: Completed Examples

Facilitator's resources

- Session schedule
- Rules
- Reward charts
- Feelings Strength Bars small
- Feelings Strength Bars medium
- Reusable worksheets
- Feelings faces
- Guessing game sentences
- Feelings Control Kit cards
- Posters
- Blindfolds
- USB containing facilitator's digital resources

Facilitator's digital resources

- Facilitator's Manual for Sessions with Parents (PowerPoint)
- Facilitator's Manual for Sessions with Teachers (PowerPoint)
- Parent notes (PDF)
- Teacher notes (PDF)
- Video clips for sessions with children
- Consumable elements for sessions with children
- Templates, questionnaires and forms to set up groups and evaluate outcomes

Child materials

- Child Workbooks
- Reusable worksheets
- Feelings Strength Bar medium
- Feelings Strength Bars small
- Feelings Control Kit cards

Parent materials

- Parent Handbook
- Reusable worksheets
- Feelings Strength Bar medium
- Feelings Strength Bars small

Teacher materials

- Teacher Handbook
- Reusable worksheets
- Feelings Strength Bar medium
- Feelings Strength Bars small

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