



Empowering our
community

123C Angove Street, North
Perth WA 6006

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Collector Licence No:

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The Butterfly Effect Program:

Emotional Awareness & Wellbeing Workshop

(Years 4–6)

A free, in-school initiative by HFL - Harsha Foundation Limited

Program Overview: The Butterfly Effect Program:

Emotional Awareness & Wellbeing Workshop is a positive, early-intervention session developed by HFL (“Harsha Foundation Limited”), a Perth-based registered charity supporting mental health, emotional wellbeing, and community resilience. Designed for upper-primary students, this interactive workshop helps children understand emotions, develop empathy, and make kind, confident choices. It encourages students to recognise the ripple effect of their words and actions and empowers them with practical strategies for emotional regulation and help-seeking. While framed around emotional literacy and resilience, the workshop also contributes to early suicide-prevention education by teaching self-awareness, inclusion, and the importance of reaching out for support when life feels overwhelming.



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Why This Program Matters:

Today's children are growing up in a world that looks very different to the one we knew. Many experience increased emotional, social, and family stress, often shaped by challenges beyond their control, such as, family cost-of-living pressures, family instability, online exposure, and the fast pace of modern life. All of this comes on top of the already confusing emotionally intense stage of growing up itself. Adolescence brings rapid changes – in the body, friendships, and self, and when these natural challenges meet the added pressures of life today in the modern world and its societal structure, it can easily become overwhelming

These pressures can quietly build into feelings of anxiety, frustration, or low self-worth, which, if not recognised early, can grow into deeper mental health challenges in later years. The Butterfly Effect Program responds to this growing need by giving students a safe space to understand their feelings, talk openly, and learn how to reach out for help when things feel too heavy. By teaching emotional regulation, empathy, and confidence early, we help prevent small struggles from becoming larger crises later in life.

Learning Objectives - By the end of the session, students will:

- Understand how emotions influence behaviour and decision-making.
- Learn strategies for calming, regulating, and expressing emotions safely.
- Recognise the ripple effect of their words, actions, and online behaviour.
- Develop empathy, inclusion, and positive communication skills.
- Strengthen self-confidence, accountability, and resilience.
- Identify support networks and practise help-seeking behaviour.



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Program Focus Areas - Students will:

- Understand how feelings work and learn calming strategies (the “3-Second Rule”).
- Build empathy and awareness through the Ripple Effect of kindness and bullying.
- Explore digital respect and safe online behaviour.
- Learn to manage peer pressure and make responsible choices.
- Strengthen self-awareness and accountability.
- Discover healthy ways to build confidence and resilience.
- Know how and when to reach out for help.

Workshop Topics (Approx. 60 - 75 minutes total):

1. Understanding Feelings & The 3-Second Rule
2. Bullying & The Ripple Effect
3. Online Bullying & Digital Respect
4. Peer Pressure & Smart Choices
5. Self-Awareness & Accountability
6. Resilience & Reaching Out
7. Building Confidence & The Power of Kindness



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Delivery Details:

- Duration: 60 - 75 minutes (one session)
- Format: Interactive presentation, guided discussion, visual activities
- Cost: Free of charge
- Location: To be Advised
- Facilitator: Qualified and screened presenter
- Resources Provided: Reflection prompts, whiteboard visuals, student help-sheet with national helpline contacts

Learning Outcomes: Students will leave the session with:

- A stronger understanding of emotions and self-control.
- Improved empathy and social connection.
- Strategies for responding to conflict and peer pressure.
- Awareness of support networks and help-seeking behaviour.
- A positive sense of belonging and confidence in managing challenges.

At HFL, we believe that nurturing emotional awareness and kindness in childhood helps shape a more compassionate, resilient generation. Through The Butterfly Effect Program, we aim to give young people the tools to understand themselves, support one another, and build stronger, more connected communities.

 "Small choices create big change."