

# Stress Free ECM Matrix



Coaching File Index Ref	Stress Free Session Title	Every Child Matters & SEAL Objectives				
		Be Safe	Be Healthy	Enjoy & Achieve	Make A Positive Contribution to Society	Economic Well-Being
3	Relaxation Techniques	X	X	X	X	
4	Reflections of Stress-Free-Kids™ sessions to date	X	X	X	X	X
5	An Introduction to Stress-Free-Kids (TM) A Life of Purpose AKA having a 'Wonderful Life'	X	X	X	X	
6	Metaphor for Life					
7	Roles		X	X	X	X
8	Responsibility	X	X	X	X	X
9	Respect	X	X	X	X	X
10	Relationships & Communication	X	X	X	X	X
11	Continuous Learning			X		X
12	Life Changes	X		X	X	X
13	Role Models	X		X	X	X
14	Your Life of Purpose			X	X	X
15	Body Language	X		X	X	
16	Opinions & Perspective	X	X	X	X	
17	Self-Esteem	X	X	X	X	
18	Dependency, Independency & Interdependency	X	X	X	X	
19	Courage	X		X	X	
20	Trust	X	X	X	X	
21	Patience & Tolerance			X	X	
22	Team Building (incorporating Co-operation & Appreciation)	X		X	X	X
23	What Do You Have In Common With...				X	X
24	Freedom, Security & Comfort	X		X	X	
25	Happiness	X	X	X	X	
26	Society	X	X	X	X	X
27	Your Life of Purpose (2 of 2) Making A Positive Contribution	X	X	X	X	X
28	Honesty			X	X	X
29	Learning from mistakes	X	X	X		
30	Optimism			X	X	
31	Assessing Your Own Performance	X	X	X	X	X
32	Economic Well-Being (1 of 2) What Does It Mean?			X	X	X
33	Economic Well-Being (1 of 2) Money Matters!			X	X	X
34	Eight Values	X	X	X	X	
35	Be Safe	X		X	X	
36	Be Healthy		X			
37	Self Esteem - Feeling Good About Myself			X	X	
38	Final Session Certificates & Self Esteem	X	X	X	X	X
39	Listening Skills for Younger Children	X		X	X	
40	Shadow Puppet Show - Three Brains! (2 Sessions)			X	X	X
41	Educational Campaign (2 Sessions) Encouraging Positive Behaviour in the Playground	X	X		X	
42	Mood Cards for Younger Children	X	X	X	X	