Science + Wellbeing Workshop:
Make the invisible visible (and usable).

In this highly interactive session, students explore how “invisible forces” (think: vibrations, sound, magnetism, attention and nervous system cues) shape what we experience—then connect those concepts to real-world wellbeing tools for stress, focus and communication. Grounded in social-emotional learning principles, students build self-awareness, emotional regulation and respectful relationship skills through experiments, discussion, and practical take-home techniques.

It also links neatly with the Australian Curriculum’s Personal and Social Capability—supporting skills like recognising and regulating emotions, empathy, teamwork, and constructive conflict handling.

What students get:

- Simple, science-backed strategies for self-regulation (breath, attention, body cues) they can use in the moment.
- Increased body awareness (interoception: noticing internal signals) to better understand emotions and stress responses.
- Practical communication and relationship tools that support a safer, more connected classroom culture.

Bring science to life and give your students practical tools for calm, focus and emotional regulation—without the “sit still and breathe” cringe. This Science + Wellbeing workshop blends engaging experiments with simple, body-based strategies students can actually use in class and at home, supporting wellbeing and learning.

Unlock Hidden Superpowers

Ever feel stress creeping up but can't pin it down? Making the Invisible Visible is your students' guide to spotting and mastering those sneaky body signals—like tension, breath shifts, and gut vibes—that control focus, mood, and resilience. Through simple science-backed demos and hands-on practices, teens learn to "see" what's invisible, regulate on the fly, and turn overwhelm into calm power.

Perfect for middle and senior school crews, this workshop (90-100 mins) blends neuroscience, somatic awareness, and a sprinkle of quantum wonder to make wellbeing click—no woo-woo fluff, just real tools they can feel and use daily.

For further enquiries and bookings, contact Sonny:
Phone: 0403 949 234
Email: sol.consciousness@proton.me