

Week 1	Making New Friends	During this session we explore the skill of meeting new people and making new friends. We look at why it can be difficult or uncomfortable meeting new people and what we can do to make it easier. We explore simple things we can do to help with conversations and building connections with others. We also discuss how meeting new people can become easier with practice.
Week 2	Reaching Goals	Within this topic we explore why goal setting is important and how it can help us in our daily lives. We explore what can be easy with goal setting as well as what can be challenging. We also examine why staying focused on our goals can often be difficult. Within this topic we discuss goal setting as a journey, and how it can encourage opportunities for growth, learning and new experiences.
Week 3	Working Through Stress	Within this session we explore the topic of stress. We discuss what stress is and how it can make us feel. We share some common experiences that make us feel stressed and what we can do to manage and relieve our stress. We also explore both the positives and negatives of stress and the effects stress can have on our bodies.
Week 4	Embracing Individuality	Within this session we explore individuality. We look at what individuality is and what it means to us. We discuss what it feels like when we embrace our individuality and what the opposite of individuality is. We also explore why individuality is important and ways we can embrace our own individuality with greater confidence.
Week 5	Working Through Anger	Within this session we explore working through anger. We look at why anger can be such a difficult emotion to process and discuss how anger feels physically and emotionally. We explore how our bodies feel when we are angry and how we tend to react to these feelings. We discuss ways to process our anger and learn that anger does not have to be an emotion we run away from or feel out of control of.
Week 6	Building Self Belief	Within our self belief topic we explore what self belief is, what it means and what the opposite to self belief is. We looked at what can negatively affect our self belief and why it's important for us to have self belief. We also explore the benefits of self belief, how to improve self belief and why believing in ourselves can be difficult at times.
Week 7	Dealing with Bullying	Within this topic we discuss what bullying is and share experiences of bullying. We talk about how bullying feels for the person being bullied and looked at why people bully. We discuss how even though we might not have control over other people's behaviour, we can do things to help ourselves feel stronger and more resilient when it comes to bullying. We also explore what we can do to help ourselves or others after an experience of bullying has occurred.
Week 8	Finding Motivation	Within this topic we look at what motivation is and discussed how it feels when we are motivated. We explore the things that take away our motivation and/or can make motivation difficult and what the benefits of motivation are. Within this topic we also explore the benefits of creating to increase our motivation levels.
Week 9	The Power of Reflection and End of term Party	During this session we explore the topic of reflection. Reflection is a great way to look back at what we've learnt and to see how far we've come. Reflection can help us in all areas of our lives including our friendships, relationships, family, studies, career and health. During this session we explore ways we can create healthy reflection habits and how we can benefit from this important time.

“It takes sunshine and rain to make a rainbow. There would be no rainbows without sunshine and rain.”