



Term 2 - 2026

STANDING STRONG®

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	Building Confidence	Within our confidence topic we look at what confidence means and how it can feel. We talk about the things that can help to boost our confidence, as well as the things that can knock our confidence. Within this topic we also explore how it feels when we lose our confidence, and why it's important to take action to get it back.
Week 3	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 4	The Power of Gratitude	Within this session we explore gratitude. We look at what gratitude means and discuss the things we are grateful for. We explore the emotions connected to gratitude and the benefits of practicing gratitude. We also share why it's often easier to focus on our challenges instead of the good things in our lives and the importance of daily gratitude habits.
Week 5	Choosing Happiness	Within this topic we talk about the importance of prioritising happiness and how we can achieve happiness in smaller, every day thing experiences. We also discussed the importance of all emotions and why it's okay not to be happy all the time. During this topic we explore ways we can increase as well as maintain our levels of happiness.
Week 6	Circle of Control	Within our circle of control topic we explore the difference between what we can control and what we cannot. We help children identify their thoughts, feelings, and actions as things they can take charge of, while recognising that other people's choices, unexpected events, and outcomes sit outside their control. We also introduce the idea of big problems and little problems, supporting children to notice the size of a problem and match their response to it. This helps reduce overwhelm, builds problem-solving skills, and supports children to focus their energy on what they can influence.
Week 7	Cyber Smarts	During this session we explore how the internet has become a huge part part of our lives and how important it is to be aware of our internet use. We discuss the positives and negatives of being online and how important it is to have cyber smarts. We also discuss how we can improve our cyber smarts by doing things such as talking with adults about our online use, being aware of how we treat others online, switching off from negative online discussions and being mindful of how much time we are spending online.
Week 8	Working Through Worry	Within this session we explore worry and anxiety. We look at what worry and anxiety are and the differences between them. We talk about the importance of worry and anxiety and how we can use these emotions to learn and grow. We also talk about how worry and anxiety can sometimes hold us back and what we can do to ease these feelings to help us move forward.
Week 9	Embracing Failure	Failure can be a difficult process to go through, especially if we have been working very hard towards a particular goal. It's important to remember that failure is always a huge learning experience. Within this topic we explore how failure is an important process of growing and learning. We explore how we all have the ability to get back up and try again, even if we don't succeed the first time.

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