



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	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 goals to increase our motivation levels.
Week 3	Dealing with Sadness	During this session we explore sadness. We look at what sadness feels like and the impact it has on our lives. We explore the positives of sadness and how our emotions can teach us a lot about ourselves. We also look at what we can do to work through our sadness and how to express ourselves in healthy ways.
Week 4	Creating Kindness	Within this session we look at what kindness means and how it makes us feel (both when we are kind to others and when others are kind to us). We looked at why people can be unkind and how we can not only bring more kindness into our own lives, but how we can also bring kindness into the lives of those around us.
Week 5	Setting Boundaries	In our boundaries topic we explore what boundaries are and how they can be used as our own personal safe guards. We explore the importance of boundaries and how they can teach others how to treat us. Within this topic we look at what the opposite of having boundaries is and explore why having boundaries can sometimes be difficult.
Week 6 Superhero Dress-up Day	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 7	Finding Your Voice	Within this session we explore what finding our voice means and discussed what it feels like when we do find our voice. We look at situations which can hinder our confidence with speaking up and what can make finding our voice difficult. Within this session we also explore why speaking up is important and ways we can become more comfortable with finding our own voice.
Week 8	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 9	Nutrition and End of term Party	During this session we look at nutrition habits including what can make eating nutritious foods difficult. We discuss the different ways food makes us feel in both mind and body. We also explore ways we can become more mindful of our nutrition and improve the quality of what we eat so our bodies feel energised and healthy.

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