



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	Making Decisions	Within this topic we explore how we all have the ability to make decisions. Decisions affect every area of our lives from the moment we open our eyes in the morning to the moment we close them at night. Within this session, we look at what can make decision making easy and what can make it difficult. We also explore how talking with others, considering long term outcomes and aligning our choices with our personal values can help with decision making.
Week 3	Dealing School Pressure	Within this session we explore school pressure. School is a great place to learn and spend time with friends however, sometimes it can become overwhelming with the pressures that may arise. Learning how to work through the pressures of school is an important life skill. Through this session we explore ways to manage school pressure in healthy and productive ways.
Week 4	Friendship Changes	Going through friendship changes can be really difficult. It can be lonely, sad and even confusing, especially if we don't understand why the change is happening. Friendships are a huge part of our lives and accepting friendship changes is an important life skill. In this session we explored why it's important for us to learn how to work through friendship changes so we can move forward in a positive way.
Week 5	Leaving Your Comfort Zones	Within this session we explore what our comfort zones are and the huge benefits of leaving them. We explore how it can be tough building up the courage to try something new and to get out of our comfort zones, however when we do we have the opportunity to learn so much about ourselves. Getting out of our comfort zone can be exciting, fun and very rewarding! We just have to build up the courage to give it a go!
Week 6	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 7	Values Matter	Within this topic we look at what values are, what they mean to us, how we can utilise values in our day to day lives and how values help with decision making. We look at how we can explore what our values are, and how our values should represent the things that are most important to us. Finally, we explore how values can change over time and the importance of re-assessing them regularly.
Week 8	Dealing with Change	Within this topic we explore how changes happen all the time and can range from tiny things to huge life altering experiences. Any form of change can be difficult to go through, especially when we are faced with unexpected changes, or changes that are out of our control. Learning to adapt to change is an important life skill and is something we can all learn.
Week 9	Nutrition and End of term Christmas 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.”