

## **Program Outline**

### **Session One: Feelings**

- . To assist the children to identify and express their feelings

### **Session Two: Boundaries**

- . To assist children with establishing protective behaviours
- . To give children strategies for resisting peer group pressure

### **Session Three: Social Skills**

- . To raise awareness of personal behaviour
- . To introduce problem-solving skills
- . To provide modelling and practice of appropriate communication

### **Session Four: Grief and Loss**

- . To provide the children with an opportunity to express feelings of grief and loss
- . To develop strategies for dealing with grief and loss

### **Session Five: Anger**

- . To recognise that anger is a natural response
- . To identify appropriate ways to express anger

### **Session Six: Fear and Worry**

- . To develop awareness that fear and worry are normal emotions
- . To model, process and practice strategies that assist in minimising anxious, frightened feelings and behaviours

### **Session Seven: Self-esteem**

- . To promote healthy self-esteem
- . To convey that everyone has value