

## Early-intervention workshops to support student's transition from primary to secondary school.

These workshops run as a recommended series of four workshops over Grades 5 and 6. They incorporate fun and creative activities that encourage students to explore themes such as bullying, the importance of empathy, understanding and appreciating difference, and the impact of our beliefs on our behaviour.

### Content

For class groups up to 30

#### Workshop 1: Peer Connections

The initial workshops encourages lateral thinking and celebrates the differences among classmates. A more positive peer connection within the group is developed by investigating the impact and issues arising from bullying.

#### Workshop 2: Positive Behaviours

The second workshop challenges students to explore limiting behaviours and to develop personal accountability for improving the school experience for themselves and others. The workshop also introduces techniques for working as a team.

#### Workshop 3: Resilience and Goals

This workshop introduces how ordinary people are heroes in everyday life. Activities encourage empathy and awareness for others and individual authentic expression. An important component of this workshop is helping identify dreams, passions and life goals.

#### Workshop 4: Change and Transitions

The final workshops in the series emphasises the importance of broadening our perspective and identifying things that are holding us back. Through positive choices and forward thinking the workshop aims to increase self awareness and build resilience, especially in times of change.

### Outcomes

- Increased confidence
- Ability to express self to others
- Stronger sense of self and values
- Higher awareness of the impact their behaviours have on others
- Stronger cohesion and acceptance of peers
- Ability to make positive choices in line with personal values

*Please note that we recommend follow-up workshop for students once they are in Grade 6. These workshops are 'Resilience and Goals', and 'Change and Transitions'. Please download the Grade 6 overview to find out more about these workshops.*

## Wellbeing support framework

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety and positive youth connections.

Reach's professional Wellbeing team connects with your school's wellbeing staff prior to workshops to understand the needs of individuals and the whole class/cohort, and to enable responsive follow up. The team will also assist staff to determine the appropriate follow-up for individual students if necessary.

**REACH**

Proudly supported by:



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