

## Reach's Primary School workshops take an early intervention approach to support students in Years 5 & 6, especially in times of change.

Through fun and creative activities, we encourage students to explore different themes that meet the needs of young people at this stage of their social and emotional development. The workshops are designed to improve resilience and self-belief, enhance social and emotional skills and improve connections amongst the peer group. For schools and young people new to Reach workshops, it is strongly recommended that you begin with Workshop 1 – Peer Connections, as this workshop provides a strong foundation of the Reach workshop methodology and workshop experience.

### Content

**Workshop capacity - 30 students/workshop**

#### Peer Connections

Encourages lateral thinking and creates a safe space for students to express themselves. It explores the notion of comfort zones and how they impact our behaviours and judgements of others. It celebrates the differences among classmates and encourages empathy.

#### Teamwork

Challenges students to explore both limiting and positive behaviours and to develop personal accountability for improving the school experience for themselves and others. The workshop highlights that we have choices in how we behave and these choices can impact our experiences and their outcomes.

#### Empathy

Explores the benefits of interacting with, and hearing from, a range of different people. How exposure to new experiences builds our empathy and resilience. It focuses on recognising we are not alone in the challenges we face and how goals and passions can drive us forward. It builds on team dynamics and the importance of connection.

### Wellbeing support framework

The Reach Wellbeing Team is made up of qualified psychologists, social workers, and counsellors. A Reach Wellbeing Professional liaises with each school's wellbeing contact (usually their respective wellbeing professional) prior to each workshop to discuss any particular issues that are currently occurring for students in their personal, school or family lives individually or as a wider cohort, and this information informs the support the wellbeing team provide facilitators in their preparation. Reach advocates for a schools wellbeing team to be aware of and present at these workshops as they are best placed to know the needs of their students and provide or facilitate referral to ongoing support where required, however the Reach wellbeing team are also available for consultation and support post workshop if needed/requested by schools.

**REACH**

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#### Contact Details

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[Click your location to book a workshop](#)

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