



## Senior Primary Curriculum & Resources

for boys ages 10-12 years

Our boys are at a crucial stage during their Upper Primary years as they enter early adolescence. Many of the issues that were once delayed until early teen years, are now a strong influence in these late primary years. Issues concerning peer groups, friendship conflicts, body image and self esteem concerns and social media are at the forefront as boys navigate who they are and their place in the world.

In response to this trend, secondary educator and author of books for young children as well as adolescents, Sharon Witt has written a ten week program that can be delivered to a group of Senior Primary boys (aged 10 upwards) in a school setting or similar space.

### **Topics include:**

Learning about who they are, understanding and developing character, navigating friendships, developing positive self talk, being responsible cyber citizens, goal setting, bullying and more.

## Content of session outlines

### SESSION 1 Who am I?

#### Focus:

- To understand that they are unique and one of a kind
- For each student to appreciate the diversity within their group and to build an atmosphere of trust and respect
- To identify the qualities, attributes, dreams and values that make up who they are

### SESSION 2 What do you stand for?

#### Focus:

- To understand the values that are important to them
- To develop an understanding of the meaning of Integrity
- To discuss practical examples where their integrity and personal values will affect their decisions

### SESSION 3 Friends and Mates

#### Focus:

- To understand the importance of establishing and maintaining healthy friendships
- To learn helpful strategies they can use when seeking to make new friends
- To identify some aspects of friendships that may be unhealthy and how to deal with this
- To recognise and engage in possible resolutions for a variety of friendship issues presented

### SESSION 4 Healthy Minds

#### Focus:

- To understand the importance of developing a healthy mindset and self belief
- To learn more about how our thinking can impact our outcomes and experiences
- To develop helpful strategies for dealing with toxic and unhelpful thinking

### SESSION 5 Healthy Bodies

#### Focus:

- To understand that our bodies are complex and amazing at the same time
- To learn about some of the ways we can look after our bodies and keep them healthy

### SESSION 6 Bullying Matters

#### Focus:

- To develop an understanding of what bullying is and what is not bullying
- To be able to develop strategies to use if you find yourself being bullied
- To understand what to do in the case of being bullied or harassed on line

### SESSION 7 Managing our feelings

#### Focus:

- To understand that feelings (including fears and anxiety) are messengers that we need to learn to listen to
- To learn helpful strategies for managing our fears and anxieties
- To learn some relaxation techniques

### SESSION 8 Goal Attack

#### Focus:

- To understand the importance of learning how to set goals
- Why goal setting is an important life skill to develop
- To learn how to set realistic goals

### SESSION 9 Managing your Digital Footprint

#### Focus:

- To understand that having access to the internet has certain responsibilities
- To develop an understanding of what is meant by a digital footprint
- For boys to understand the basic privacy aspects of using social media

### SESSION 10 Wrapping UP

#### Focus:

- For boys to have an opportunity to reflect on the things they have learnt over the course of the past 10 weeks
- To give boys an opportunity to do something together that is fun and helps cement all they have experienced over the course.