



## Middle Primary Curriculum for Girls ages 8-10 years

**Our girls are growing up in an age where everything around them seems to be growing at a rapid pace. They are exposed to far more at an earlier age, often experiencing friendship conflict, self-image issues and body image concerns as young as 6 years old.**

In a society that is widely influenced by mainstream and social media, girls are often referred to as the children who are 'getting older younger.' Many of the issues that seemed to arise in late primary, early secondary years, now often find themselves firmly placed in the early primary classroom – and sometimes earlier.

In response to this trend, secondary educator and author of books for young children as well as adolescents, **Sharon Witt** has written a **10 week program** that can be delivered to a group of young girls in a school setting or similar space.

### **Topics include:**

Discovering your uniqueness, understanding and developing your character, navigating friendships, developing positive self talk and more.

## Content of Session Outlines

### SESSION 1 You are Unique and Valuable

**Focus:**

- For students to celebrate 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
- For students to identify their unique strength in themselves and in others

### SESSION 2 You Belong!

**Focus:**

- For girls to develop an understanding that they are connected
- For each girl to understand that they bring unique qualities and contributions to the groups they are a part of
- For girls to identify that families come in different and diverse shapes and sizes and that they are part of a family, no matter what form it takes

### SESSION 3 Your Character

**Focus:**

- For girls to understand that attributes they possess contribute to their unique character
- For each girl to understand that the choices they make and behaviours they exhibit, contribute to their character

### SESSION 4 Your Gifts and Talents

**Focus:**

- For girls to understand that each of them have their own strengths and talents that they contribute to others.
- For each girl to understand that we all have many and varied gifts
- To understand that we can celebrate each other's strengths

### SESSION 5 Friends Matter Part 1

**Focus:**

- To understand that friendships are a valuable part of our lives
- To appreciate the qualities and attributes we look for in a friend
- For girls to learn some new strategies they might use to make new friends

### SESSION 6 Friends Matter Part 2

**Focus:**

- To understand that friendships are a valuable part of our lives
- To appreciate the qualities and attributes we look for in a friend
- For girls to learn some new strategies they might use in situations where problems or friendship misunderstandings arise

### SESSION 7 Self-Esteem Matters

**Focus:**

- To understand the importance of developing a healthy self-esteem
- To learn key strategies we can use to build our self-esteem

### SESSION 8 Managing our Feelings

**Focus:**

- To understand that feelings are messengers that we need to listen to
- To appreciate that all feelings are valid and need to be listened to.
- To learn strategies for managing unhelpful feelings

### SESSION 9 Thoughts Matter

**Focus:**

- To understand that our thoughts can be very powerful
- To learn be able to recognise the difference between helpful and unhelpful thoughts

### SESSION 10 Wrapping UP

**Focus:**

- For girls to have an opportunity to reflect on the things they have learnt over the course of the past 10 weeks
- To give girls an opportunity to reflect creatively

