



Middle Primary Curriculum & Resources for boys ages 8-10 years

Our boys are at a crucial stage during their Middle Primary years. Many of the issues that were once delayed until early teen years, are now a strong influence in these middle primary years. Issues concerning peer groups, friendship conflicts, feelings, self-esteem concerns and developing character 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 Middle Primary boys (aged 8 upwards) in a school setting or similar space.

Topics include:

Learning about who they are, understanding and developing character, navigating friendships, understanding and acknowledging feelings, self-esteem and more.

Content of session outlines

SESSION 1: You are Unique

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 strengths in themselves and in others

SESSION 2: You Belong

Focus:

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

SESSION 3: Your Character

Focus:

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

SESSION 4: Your Strengths and Talents

Focus:

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

SESSION 5: Making Friends

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 boys to learn some new strategies they might use to make new friends

SESSION 6: Managing Friends

Focus:

- To understand that friendships are a valuable part of our lives
- For boys 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: Recognising Our Feelings

Focus:

- To understand that feelings are messengers that we need to listen to
- To appreciate that all feelings are valid

SESSION 9: Managing Our Feelings

Focus:

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

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 reflect creatively

