

# Wise \*d\*guys

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

### **Topics include:**

Discovering your uniqueness, family, understanding and developing your character, making friends, learning how to understand your feelings, self-esteem and more...



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**SAMPLE  
ONLY**

# TO THE TEACHER/FACILITATOR



**Thank you for investing in the *Wiseguys*® – Ten Week Curriculum Course for Middle Primary Boys. The suggested age group for this course is for boys aged 8-10 years, however you may use and adapt to the relevant age group you are working with.**

I have been running programs with children and teens for many years now, and have attempted to provide you with all the lesson outlines and resources you will require.

The course has been designed to fit within a 10 week school term, however it may be utilised in a variety of settings apart from school.

It can also be shortened or extended depending on the needs of the group you are working with.

Each session, you will find a detailed, step by step lesson plan based on a double lesson for school, or an 80-90 minute time frame.

Of course, facilitators/teachers may adapt each session as they deem appropriate.

## Resources

Each session provides you with all the resources, links, handouts and extended ideas that you can use. You have **full permission** to adapt and change the lessons as you wish.

### Please do the right thing!

Please note that this curriculum package may strictly be used **ONLY by the purchasing school or organisation**. Distributing it further or using in multiple schools forms a breach of copyright, unless you have written permission to use it further, which you may apply for at the address below. A list of schools and organisations that have purchased the rights to use this curriculum will be kept on file. Please honour the many hours that have gone into this curriculum to serve your school or organisation and do the right thing.

## Extra Resources

Extra resources are available at [www.sharonwitt.com.au](http://www.sharonwitt.com.au)

The book *Wiseguys: A Boys guide to life* has been written to compliment this course which offers greater detail and input in addition to the course. There will also be future resources and additional lesson ideas added in the future to the curriculum area of the website.

## Let us know what you think!

We would appreciate you letting us know how this curriculum worked with your group. Any feedback and suggestions would be welcome.

Please email: [Sharon@sharonwitt.com.au](mailto:Sharon@sharonwitt.com.au)



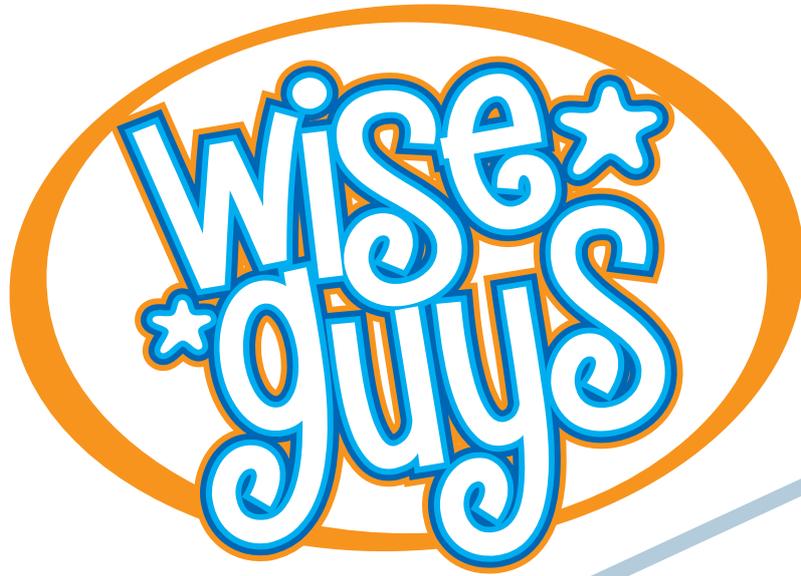
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Middle Primary Curriculum and Resources for Boys ages 8-10 years  
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## Middle Primary Curriculum & Resources

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



# BEFORE YOU BEGIN THE PROGRAM...

## Suggested Resources:

- Blue or green tablecloth – set up on a front display table
- Quotes on boards, any other inspiring word signs or images
- Display folder
- Any other display items that make the space look special

## Setting the Scene

No matter what space you have set aside for these sessions with the boys, it is great if you can spend a short time 'setting the scene' so that it looks a bit more appealing than a plain classroom or other space.

This can be achieved by simply having a bright table cloth over a table at the front of the room, a couple of display items that would capture boy's attention e.g.: Lego kits, footy scarves, soccer ball, inspiring quotes or signs (often you can pick these up relatively cheaply at discount stores and gift stores.)

## Resource folder for each boy

Each student will need their own Plastic A4 Display Book containing plastic sleeves. These can be purchased from any stationery store or most supermarkets and department stores.

Make copies of the **front cover** provided, (*over page*) and boys can put their own names on these and put them in the first plastic sleeve.

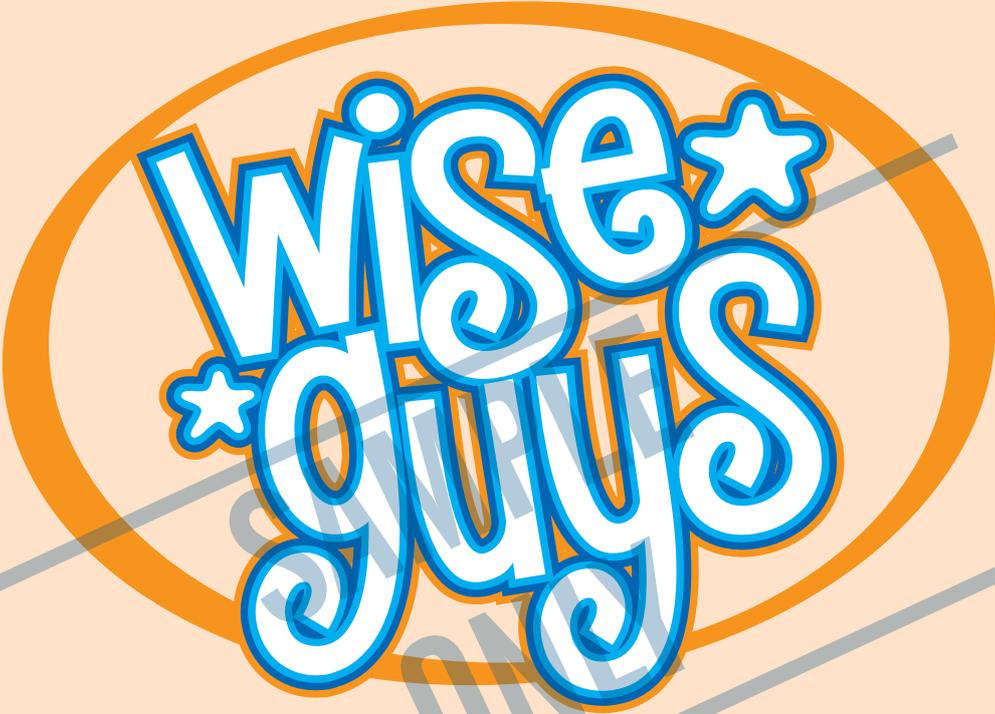
There are also **Session covers** for each week if boys would like to divide up their books using them.

**Remind boys to bring their resource folder to each session, or collect them up and store in a plastic tub and distribute to them again each week.**

**As an alternative, the teacher/facilitator may choose to make up a booklet using the header pages and handouts provided. These can be easily printed on a colour printer and comb bound or stapled.**

## Australian Curriculum Links:

- (ACPPS051) Examine how identities are influenced by people and places.
- (ACPPS053) Investigate community resources and ways to seek help about health, safety and wellbeing.
- (ACPPS054) Plan and practise strategies to promote health, safety and wellbeing.
- (ACPPS055) Practise skills to establish and manage relationships.
- (ACPPS057) Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours.
- (ACPPS058) Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities.
- (ACPPS059) Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments.
- (ACPPS060) Identify how valuing diversity positively influences the wellbeing of the community.



Name