

SCOPE AND SEQUENCE: YEARS 7-8

Part 1: ACHIEVEMENT. WORK CONFIDENCE, PERSISTENCE, ORGANISATION, TEAMWORK

- Activity 1: What is Success?
- Activity 2: Growth Mindset
- Activity 3: Keys for Success.
- Activity 4: Work Confidence
- Activity 5: Persistence Pays Off
- Activity 6: Goal Setting and Commitment
- Activity 7: Time Management
- Activity 8: Teamwork

Part 2: RELATIONSHIPS. VALUES, CHARACTER STRENGTHS AND GETTING ALONG SKILLS

- Activity 9: Good Character
- Activity 10: Friends
- Activity 11: Conversation Crackers
- Activity 12: Peer Pressure Pointers
- Activity 13: Dealing with Difficult People
- Activity 14: Empathy: Putting Yourself in the Hearts of Others
- Activity 15: Assertiveness - A Tool for Dealing with Conflict
- Activity 16: Volunteering

Part 3: WELLBEING. RESILIENCE AND HAPPINESS

- Activity 17: Emotions and their Temperatures
- Activity 18: The Key of Resilience
- Activity 19: Catastrophising
- Activity 20: Coping Skills
- Activity 21: Rational Thinking in Action
- Activity 22: Mindfulness Exercise
- Activity 23: Gratitude. Stock Taking
- Activity 24: The Act of Kindness

Part 4: SOCIAL-EMOTIONAL BLOCKERS. ANGER, ANXIETY, FEELING DOWN, NOT PAYING ATTENTION, PROCRASTINATION

- Activity 25: Feeling Down
- Activity 26: Feeling Down? Don't Take Things Personally
- Activity 27: The Blocker of Anxiety
- Activity 28: Overcoming Public Speaking Anxiety
- Activity 29: Anger: Paying the Price
- Activity 30: Anger Management
- Activity 31: Procrastinate Pays Poorly
- Activity 32: Procrastination By-Pass Techniques

SCOPE AND SEQUENCE: YEARS 9-10

Part 1: ACHIEVEMENT. WORK CONFIDENCE, PERSISTENCE, ORGANISATION, TEAMWORK

- Activity 1: The Goal of Success: Personal Best
- Activity 2: Success Formula
- Activity 3: Growth Mindset Pep-Talk
- Activity 4: Confidence at Work
- Activity 5: Persistence Means Working Tough
- Activity 6: SMART goals.
- Activity 7: Task Analysis
- Activity 8: Collaboration

Part 2: RELATIONSHIPS. VALUES, CHARACTER STRENGTHS AND GETTING ALONG SKILLS

- Activity 9: Social Intelligence. Making People Feel Important and Valued
- Activity 10: Social Character Strengths
- Activity 11: Active Listening
- Activity 12: Empathy: Walk a Mile in Someone's Shoes
- Activity 13: Accepting Everyone
- Activity 14: Steps to Friendship
- Activity 15: Solving Conflicts
- Activity 16: Coping with Anti-Social, Mean and Bullying Behaviour

Part 3: WELLBEING. RESILIENCE AND HAPPINESS

- Activity 17: Emotion Meter
- Activity 18: Brilliant Resilience
- Activity 19: Recalibrating Badness
- Activity 20: Stress Management Skills
- Activity 21: Rational Resilience
- Activity 22: Mindfulness and Stress Management
- Activity 23: Gratitude Journals
- Activity 24: The Power of Kindness

Part 4: SOCIAL-EMOTIONAL BLOCKERS. ANGER, ANXIETY, FEELING DOWN, NOT PAYING ATTENTION, PROCRASTINATION

- Activity 25: Feeling Down. Be Proud of You
- Activity 26: Getting Up when Feeling Down
- Activity 27: Social Anxiety and Shyness
- Activity 28: Taming Test Anxiety
- Activity 29: Anger: The Misunderstood Emotion
- Activity 30: Living with and Without Anger
- Activity 31: Why Procrastinate?
- Activity 32: Procrastinate Later!