

S.P.A.R.C



SOCIAL SKILLS. PURPOSE. AWARENESS. RESILIENCE. CONFIDENCE.

OVERVIEW

S.P.A.R.C is an 8 week social and emotional program that focuses on 5 key areas. The program encourages students to dream big, equipping them with basic fundamental skills to navigate life's various challenges.

Social Skills - Developing a student's ability to foster healthy relationships through appropriate communication, words and body language. Manage social interactions effectively.

Purpose - Establishing a purpose. Having a purpose or attaching a purpose to something can motivate an individual to fulfill that purpose. A purpose to their life, a purpose to learning, a purpose to being kind.

Awareness - Developing the awareness of self. Awareness of one's emotions and the different triggers. Also the awareness of others, understanding how others are feeling and engaging appropriately.

Resilience - Equipping students with strategies to bounce back when challenges knock them down. To look at challenges as an opportunity to grow and learn.

Confidence - Embracing who you are. Celebrating all the amazing things that make you, you. Avoiding comparison and wanting what others have, identifying your gifts and strengths and using them to boost confidence.



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SESSION FOCUS SUMMARY

Week 1: Introduction

Overview of Sparc, establish rules and conduct student survey

Week 2: Goal Setting

The importance of having a goal or dream. Practically breaking it down into smaller achievable goals. How to apply this into everyday life.

Week 3: Self Esteem

The importance of feeling good about yourself. Equipping students to value self, and strategies to build self esteem/confidence.

Week 4: Relationships

How to build and foster healthy positive relationships. Identifying key people in their lives that are going to make a positive impact on them and also push them in the right direction.

Week 5: Social Skills

Giving students the necessary skills to appropriately interact with others in a culturally diverse environment.

Respect - Gaining a greater understanding of what “Respect” is. Self respect, respecting others and others respect for you.

Week 6: Problem & Conflict

Understanding the challenges are part of life, learning to recognise challenges and respond appropriately.

Week 7: Opportunity

How to turn challenges into opportunity, failure into success.

Week 8: Momentum

Taking the information from this program and using it as momentum to achieve goals.