

## PROGRAM COST

If you are interested please contact our office and speak to our admin and accounts team that will give you a cost to run this program and optional add on.

### YOUR DREAM SCHOOL PROGRAMS

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DAY OUT

# SPARC

STUDENT SMALL GROUP PROGRAM

HIGH SCHOOL + PRIMARY SCHOOL  
Tailored & Evidence Based Group Program



SOCIAL SKILLS - PURPOSE - AWARENESS - RESILIENCE - CONFIDENCE

## OVERVIEW

**S**

### SOCIAL SKILLS

Developing a students ability to foster healthy relationships through appropriate communication, words, body language and manage social interactions effectively.

**P**

### PURPOSE

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

**A**

### AWARENESS

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

**R**

### RESILIENCE

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

**C**

### 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.

## SESSION FOCUS SUMMARY

### MARSHMALLOW TOWER

**Aim:** To explore how challenges and obstacles can be opportunities to learn and grow.

**Highlight:** In life we experience all kinds of challenges, that can be big or small. But when things don't go our way, it can be an opportunity for us to try something new and learn from the experience.

### BUILD YOUR TEAM

**Aim:** To highlight existing positive relationships and the importance of social support.

**Highlight:** It is important to have people in your life that encourage you, support you in difficult times, that you can have fun with, and who will push you to be your best.

### CHARACTER

**Aim:** To identify the students' strengths and passions, building self-esteem and confidence.

**Highlight :** What are all the things that make you Awesome?

### GOAL SETTING

**Aim:** To motivate the students to set goals and work towards achieving them.

**Highlight :** Find your dream and work out practical goals to achieve it.