

Seasons For Growth

8 sessions overview for parents and carers

AUTUMN		
SESSION 1: LIFE IS LIKE THE SEASONS	Children will be getting to know each other and thinking about how the programme relates to their life.	Children will be asked to think about how things change over time including them-selves for example as a baby they crawled – as a toddler they walked, now they can run.
SESSION 2: CHANGE IS PART OF LIFE	Children will reflect on changes in their lives and explore how life is like the changing seasons.	Children will be talking about how we are all special and continue to grow and change throughout life.
WINTER		
SESSION 3: VALUING MY STORY	Children will have an opportunity to share a story of change/loss that has happened to them and name some of their feelings.	Children will be reminded about confidentiality. They will be thanked and affirmed as important members of the group. Children may need additional support following the winter sessions where they have had the opportunity to share.
SESSION 4: NAMING MY FEELINGS	Children will be given time to think about and carefully name their feelings. They will identify how feelings can affect their bodies.	Children will learn that feelings change just as the seasons do. We all have feelings and they don't last forever.
SPRING		
SESSION 5: CARING FOR MY FEELINGS	Children will learn how important their feelings are and to find ways to care for them.	Children will be encouraged to think about how to take care of feelings and who they can talk to when their feelings are big and difficult to look after.
SESSION 6: REMEMBERING THE GOOD TIMES	Children learn about the importance of remembering special people, places, times and events.	Children are encouraged to find hope through their memories and encouraged to think about who they could share their happy memory/memories with.
SUMMER		
SESSION 7: MAKING GOOD CHOICES	Children learn the importance of making choices that help them to grow in positive ways.	Supporting children to make good choices is central to their social and emotional wellbeing. The choices they make affects their feelings and relationships with others.
SESSION 8: MOVING FORWARD	Children have an opportunity to review their learning and explore ideas about who and what can help them in times of difficulty.	Children will help to plan a Celebration Session where they can celebrate the journey they have been on. Children and carers will be asked to complete an evaluation form to give feedback about the group.