

Season

Outcomes

Session Content

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| AUTUMN | | |
| 1. Life is like the seasons | Children will be getting to know each other and thinking about how the programme relates to their life. | Confidentiality will be explained. The group will explore ideas around seasons changing, as do our lives. Younger children may be asked to bring a baby photo to the next session and/or something special they had as a baby e.g. toy, book, clothing. |
| 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. These changes affect us in different ways. |
| WINTER | | |
| 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 have an opportunity to share a story of loss with the group. They will be thanked and affirmed as important members of the group. |
| 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. They will be encouraged to name feelings and notice where they experience them in their in their body (e.g. sore tummy) |
| SPRING | | |
| 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 think about who they can talk to when their feelings are big and difficult to look after. They will be reminded that Spring is a time of growth. |
| 6. Remembering the good times | Children learn about the importance of remembering special people, places, times and events. | Memories can be both happy and sad. Each of us can remember the same thing in different ways. Children are encouraged to find hope through their memories and to think about who they can share their happy memory/memories with. |
| SUMMER | | |
| 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. They will be reminded that next week is the final 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 parents/carers will be asked to complete an evaluation form to give feedback about the group. |