

Things that Matter Most

pathways to resilience, setting goals & finding purpose

for secondary school



Student Wellbeing Incursions

We provide an educational program that includes workshops for students and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media
- * Offering a range of options – from a single session to several sessions for the same or different groups
- * Recommended duration is between 45 and 90 minutes – flexible to your timetable
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on several topics including resilience & cyber-safety
- * Costs are calculated on the number of sessions and location. Contact us for a quick quote.

Learning Focus

The **Things that Matter Most** incursion provides students with the opportunity to develop their priorities in life by examining their ability to make choices, be resilient, grow their skillset, and cultivate what they are passionate about. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop encourages students to identify goals and then practical strategies to achieve their purpose and direction in life.

The incursion is generally aimed at mid to upper secondary students but can be tailored to year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

Research suggests that young people are better able to make long-term choices with better outcomes when they think beyond immediate pressures, anxieties and activities to begin to plan their future. We explore some key factors for how to set goals and priorities in life and also demonstrate the importance of having a growth mindset, being resilient and the responsibility we have to make a positive difference in our family, school, community and world.

Key concepts covered in the session:

- Identifying the difference between short and long-term goals
- How to make wise choices which are not just based upon emotions, immediacy or peer influence
- The importance of perseverance in achieving our goals and the need to delay gratification
- Recognising the role we play in a community and the responsibility that comes with it
- The need for belonging, being an active member of a community and having role-models
- Promoting the importance of healthy values that inform our actions
- Resilient factors that help us to bounce back through challenging periods of our lives
- The supports we need to make the leap from dependence to independence
- Promoting the importance of healthy values that inform our actions
- Practical strategies to enable goal setting and how we can achieve success in both the short and long-term

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams		X	X
Personal Learning	Personal Learning	* The individual learner		X	X
		* Managing Personal learning	X		X
Civics & Citizenship	Civics & Citizenship	* Civics knowledge and understanding		X	X
		* Community engagement		X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains	X		X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
	Thinking Processes	Thinking Processes	* Reasoning, processing & inquiry		X
		* Creativity, reflection & metacognition		X	X