



Programme Goals

SPARK Resilience programme - ages 10-12



Session 0 – What is resilience? and Our Agreement

- To understand the key components and benefits of resilience
- To create a SPARK resilience agreement to keep sessions safe and comfortable for everyone

Session 1- Our resilience muscles

- To learn about the four muscles of resilience – I have, I am, I can, I like
- To identify and reflect on how strong our muscles of resilience are and produce a resilience portfolio
- To improve our resilience through the practice of mindfulness

Session 2 – Managing our emotions

- To understand the role of pleasant and unpleasant emotions
- To improve our ability to manage strong emotions
- To strengthen our 'I have' resilience muscle – practice gratitude for important people we have in our life

Session 3 – Let's SPARK

- To understand the five elements of SPARK and how these work together to create an outcome
- To practice analysing situations using SPARK
- To practice mindful breathing

Session 4 – Parrots of perception – the negative ones

- To strengthen our 'I am' resilience muscle by identifying our character strengths and those we admire in others
- To understand that our perceptions affects the way we interpret and feel about situations
- To identify some of the common negative ways we interpret situations

Session 5 – Parrots of perception – the positive ones

- To identify positive ways of interpreting situations
- To practice compassion for oneself through mindfulness

Session 6 – Can we trust the parrots?

- To strengthen our 'I can' resilience muscle by identifying our role models and how we can use the qualities we admire in them in our own lives
- To practice evaluating how much we trust our perception based on evidence
- To learn how to challenge perceptions that cannot be fully trusted

Session 7 – A dose of distraction

- To understand how distracting ourselves can help us manage strong feelings
- To explore the top five distraction activity categories
- To create our own 'Go-to' distraction list of activities that work for us and ones we would like to try

Session 8 – Choosing your reaction

- To understand that even when we can't change the situation or how we feel about it, we can still choose the way we react
- To practice using a four step strategy to expressing ourselves assertively
- To strengthen our 'I like' resilience muscle by reflecting on positive experiences

Session 9 – Fast SPARK

- To practice calming down through the belly breathing technique
- To learn the elements of Fast SPARK and explore how these work together to create an outcome
- To understand how reacting to a situation using Fast SPARK results in knowledge that can help us in future situations

Session 10 – Let's SPARK brighter

- To revisit our Resilience Portfolios and reflect on how our resilience muscles have strengthened
- To review the main component of SPARK and summarise learnings on a visual poster