



Programme Curricula

Passport programme - ages 9-11



Module 1 – Emotions

To be able to identify, name and communicate what we are feeling in different situations, and to recognise the emotions that others may feel.

Session 0 - Beginning the adventure	To stimulate children's interest in participating in Passport programme activities
Session 1 - Valuing our differences and similarities	To help children identify, appreciate and value their differences and similarities.
Session 2 - Understanding and expressing our emotions	To help children identify, name and talk about their own emotions, and to understand that we can sometimes feel different emotions at the same time.
Session 3 - Recognising other people's feelings	To identify and then communicate our recognition of the emotions that someone else is feeling. To acknowledge that a person can feel more than one emotion at the same time, and that these emotions can sometimes be contradictory.

Module 2 – Relationships and helping each other

To identify how to make friends and to increase our coping skills for dealing with problems which may occur in relationships.

Session 1 - Helping each other and Coping Skills	To identify and evaluate coping skills which are focused on actions as well as those which are focused on emotions. To learn how to offer, ask for and accept help.
Session 2 - Friendship	To explore how to make and keep friends.
Session 3 - Challenges in friendship	To understand our reactions when we have to deal with rejection, abandonment and disappointment, and to identify coping strategies for dealing with these situations.

Module 3 – Difficult situations

To identify and use coping skills that will create positive outcomes for ourselves and others in difficult situations.

Session 1 - Dealing with frustration	To identify our reactions and coping skills in frustrating situations or in situations where we do not get our own way.
Session 2 - Dealing with stress	To identify stress and how it feels inside, and to identify coping skills for dealing with it.
Session 3 - Dealing with conflict	To identify and practise different coping skills in situations that involve conflict.

Module 4 – Fairness, Justice and What is Right

To identify our emotions in unfair and unjust situations and to learn coping skills for dealing with them.

Session 1 - Unfairness in daily life.	To identify our feelings in unfair and unjust situations. To recognise our coping skills in these situations and to learn new ones. To help children to think about who can help them in different situations.
Session 2 - Dealing with bullying	To identify ways to react to bullying and, together, to be able to prevent situations involving bullying.
Session 3 - Unfairness and injustice in the world	To identify our emotions when dealing with injustice and to find coping skills for dealing with these situations.

Module 5 – Change and loss

To identify our emotions when dealing with change and loss, and to find coping strategies to use in these situations.

Session 1 - Coping with change	To explore the consequences of change, our reactions to change, and to learn coping strategies for dealing with it.
Session 2 - Coping with loss	To identify our reactions to death and to learn strategies for coping with it.
Session 3 - Helping others in difficult situations	To learn how to help a friend dealing with grief or loss. To understand the difference between situations we can change and those we cannot.
Session 4 - Let's review	To review everything we have learned in Passport.
Session 5 - Celebration!	To celebrate what we have learned in Passport.