

Programme Aims



Knowledge & Understanding

Participants will grow to:

- Express the knowledge that all people are unique with intrinsic value and worth.
- Articulate a relational understanding of the importance of belonging to supportive communities.
- Identify the nature of their unique gifts and capabilities.



Skills

Participants will be equipped to:

- Contribute to others and themselves in positive ways.
- Face life's challenges by making wise and helpful decisions that positively impact the well-being of others and themselves.
- Use their gifts to make a positive difference in the world.



Formation

Participants will be known as children who:

- Exhibit a sense of value and purpose in their lives.
- Relate to others in mutually supportive ways.
- Realise their potential and have a positive outlook for their future.

Session Outcomes



Concept ONE: **UNIQUE**

Session 1: I Am One Of A Kind

Participant outcomes:

- Gain an understanding of the purpose of the programme.
- Develop an awareness of their personal value as an individual and as a member of a group.

Session 2: My Life Counts

Participant outcomes:

- Recognise the value of being one-of-a-kind with unique relationships to others.
- Appreciate the need to care for themselves and others because everyone has intrinsic value and worth.

Session 3: I Am Valuable

Participant outcomes:

- Identify the distinctive members of their family or families of which they are a part.
- Recognise that they cannot control other people's choices or life circumstances which they have no responsibility for.



Concept TWO: **CAPABLE**

Session 1: I Have The Power Of Choice

Participant outcomes:

- Explore the role of feelings in their response to different situations.
- Identify steps in responding appropriately to challenging circumstances.

Session 2: I Choose Life

Participant outcomes:

- Recognise that their actions have consequences and develop an understanding that they are free to choose their actions but not free to choose the consequences.
- Show what is meant by respect for others and respect for one's self.

Session 3: I Am Free To Choose

Participant outcomes:

- Apply and practise decision-making and problem-solving skills.
- Develop relationships and strategies to help make wise and helpful decisions in difficult circumstances.



Concept THREE: **GIFTED**

Session 1: I Have A Purpose

Participant outcomes:

- Identify the nature of their gifts and how they are capable of using them in a positive way.
- Recognise that they have gifts to make a contribution to the lives of others.

Session 2: My Life Has Impact

Participant outcomes:

- Develop an understanding that their character shapes the way they use their gifts.
- Appreciate that living a purpose-filled life can contribute to a better world and builds hope.

Session 3: Let's Do This

Participant outcomes:

- Describe what they have learnt from the programme.
- Identify ways they can implement what they have learnt from the programme in their lives.