

Flourish Overview

Session 1	Knowledge	Social and Emotional Skills
Introduction to Flourish 	- Recognise individuality. - Know the concept of stretching mentally and physically to grow. - Introduction of healthy habit formation. - Self-assessment of mental and emotional wellbeing, happiness and self-esteem.	- Demonstrate attributes of positive role modelling. - Display authenticity. - Demonstrate honesty and vulnerability.
Objectives	To understand the aims of the programme and what it means to thrive and reach our full potential. To know that it takes resilience/grit, determination and choice.	
Session 2	Knowledge	Social and Emotional Skills
Beliefs 	- Know what a belief is. - Know where their beliefs come from. - Identify helpful and limiting beliefs. - Reinforce healthy habit formation.	- Identify how beliefs affect behaviour. - Demonstrate positive self-talk.
Objectives	To understand that negative beliefs can be replaced with new beliefs, and new habits can be formed.	
Session 3	Knowledge	Social and Emotional Skills
Mind-set 	- Examine how their thoughts determine their choices. - Introduce problem solving approaches. - Introduce the TAR model (Thinking-Actions-Results). - Reinforce healthy habit formation. - Reinforce positive self-talk.	- Take positive action to work towards a 'growth' mind-set. - Continue to demonstrate positive self-talk.
Objectives	To understand the power of their thoughts and how these affect the way they behave. To challenge and stretch their thinking.	
Session 4	Knowledge	Social and Emotional Skills
Social Media 	- Know of the impact of social media on mental health. - Developing a positive body image. - Healthy approach to mental wellbeing. - Reinforce healthy habit forming. - Reinforce positive self-talk.	- Be motivated to care for their mental and emotional health. - Take responsibility to be a critical viewer. - Continue to demonstrate positive self-talk.
Objectives	To help implement positive online habits.	

Session 5	Knowledge	Social and Emotional Skills
Self-esteem 	- Know the importance of good self-esteem and how to develop it. - Introduce the impact of self-esteem on mental wellbeing. - Reinforce healthy habit formation. - Reinforce positive self-talk.	- Recognise ways they can develop their own self-esteem. - Continue to demonstrate positive self-talk.
Objectives	To understand what it means to have a high or low self-esteem. To celebrate areas that they like about themselves and to focus on these areas.	

Session 6	Knowledge	Social and Emotional Skills
Aspirations 	- Know that having dreams and aspirations for the future is important and brings focus. - Know and identify the areas that stop them from having aspirations and dreams for their lives. - Reinforce healthy habit formation. - Reinforce positive self-talk.	- Understand why it is important to stretch the boundaries of their current learning. - Continue to demonstrate positive self-talk.
Objectives	To understand that having aspirations about the future is important. To understand that their growth mind-set can contribute to achieving & succeeding.	

Session 7	Knowledge	Social and Emotional Skills
Goals 	- Understand what a goal is and why goals are important. - Know how to set realistic and challenging goals. - Know that goals bring focus and help us reach success. - Reinforce healthy habit formation.	- Set success criteria so that they know when they have achieved a goal. - Understand why it is important to stretch boundaries in goals. - Continue to demonstrate positive self-talk.
Objectives	To understand the importance of setting goals and how a goal brings focus. To write 3 goals of their own.	

Session 8	Knowledge	Social and Emotional Skills
Summary & Evaluation 	- Understand growth areas in personal development moving forwards. - Review and identify areas where the previous sessions have positively impacted them. - Reinforce healthy habit formation. - Reinforce positive self-talk that helps lead to a growth mind-set.	- Evaluate their growth areas. - Express how they feel about the changes that have happened to them during the course. - Continue to demonstrate positive self-talk.
Objectives	To reflect on previous sessions' learning points, and the Flourish Project's influence on their personal development.	