FULL DAY PROGRAM · YEARS 5 – 8 (AGES 10–14) · SAMPLE TIMETABLE

The Butterfly Effect

Enlighten Education's evidence-based, award-winning workshops encourage teens to find their voice, build connection with their cohort and their school, build agency for themselves and develop positive personal wellbeing behaviours.

01

INTRODUCTORY SESSION

9:00 – 9:30

Enlighten chooses to open with your presenter's personal story (and lots of laughter!) as it also helps form an instant connection between your students and our stellar presenter, and deepens the connection between your young people too!

02

KEEP CALM AND JOURNAL ON!

9:30 – 10:30

Your students will create their own journals in which they can reflect and reshape their own futures (and begin to unpack the meanings we attribute to the symbols around us). This workshop also allows for informal conversations, peer bonding and uses art as therapy. The finished journals are also beautiful and powerful 'take aways' from our events.

03

FOREVER FRIENDS

10:30 – 11:00

One of our most popular workshops and highly valued by students and schools alike! How do we make friends? Who should we make friends with? How should friendships be maintained? How do we decide if a friendship is helping or harming us? This workshop addresses these issues and equips young people with the necessary skills to make safe, important decisions about all their relationships. It also breaks down any cliques that may have formed within the year group, and fosters acceptance and connection.

RECESS & RECONNECT — 11:00 – 11:30

03.2

FOREVER FRIENDS · CONTINUED

11:30 – 12:00

We pick the Forever Friends conversation back up after recess – consolidating the skills, cementing new connections across the year group, and giving students time to put what they've learned into practice.

04

GRATITUDE

12:00 – 12:40

Gratitude is linked to greater happiness, a more positive outlook on life, stronger social bonds and support networks, and higher achievement. The session is packed with practical tips and hints, and offers a positive new approach to boosting our authentic thankfulness.

05

CHILL OUT

12:40 – 1:20

Relaxation, visualisation techniques, massage and more. In this workshop we encourage your students to seek balance in their lives and teach them some skills to achieve it. Warning — some young people have felt so relaxed, they've drifted off to sleep (which is, of course, the highest possible praise for the session).

LUNCH — 1:20 – 2:00

06

MORE THAN A BODY, A SOMEBODY

2:00 – 3:00

This is a core unit that will provide an incredibly powerful conclusion for all the day's activities. Negative stereotyping, sexism, media images, the fixation on being thin — these are all issues today's young people are facing. In this workshop we encourage your students to critically evaluate the messages that bombard them every day and develop strategies that help them respond intelligently and objectively.

TODAY'S AFFIRMATION

I LISTEN TO MY BUTTERFLIES AND SET BOUNDARIES.