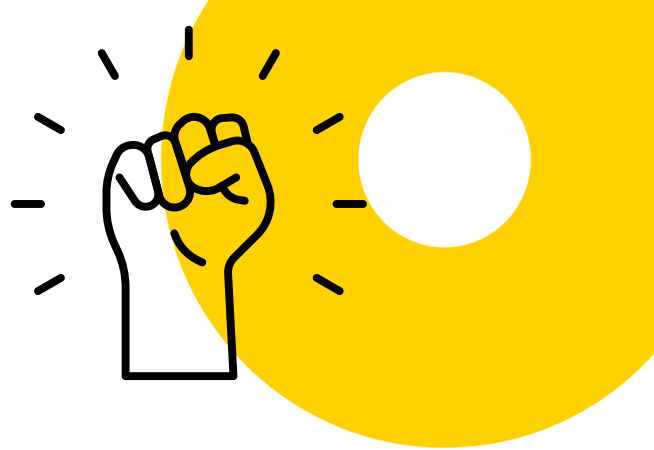


YEAR 6: RESILIENCE AND CHANGE



"Life doesn't get easier or more forgiving, we get stronger and more resilient." - Dr. Steve Maraboli

WORKSHOP DESCRIPTION

The Resilience and Change Workshop is the fourth and final in the Grade 6 series, helping students prepare for significant transitions, including the move to high school. It equips students to navigate change with resilience by identifying challenges, understanding what they can and can't control, and fostering a positive mindset.

WORKSHOP OUTCOMES

For each participant to:

- Identify changes and challenges in school and life.
- Explore the positives and challenges of change.
- Focus on what can be controlled during challenges.
- Identify sources of support to overcome challenges.

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Participate fully in discussions and activities, showing that you're invested in their journey. Your presence helps create a safe and supportive space.
- **Model resilience:** Share simple examples of how you've faced changes and challenges, focusing on staying positive and finding solutions.
- **Encourage reflection:** Help students identify what they can and can't control during changes, asking questions like, "What's something you can do when you feel nervous about high school?"
- **Highlight support systems:** Guide students to think about people or resources they can turn to during challenges, reinforcing that they don't have to face transitions alone.
- **Foster positivity:** Encourage students to see change as an opportunity for growth and new experiences, helping them build a resilient mindset.