

Kids With Courage



Kids with Courage is a seven session program that aims to strengthen and encourage primary aged children (Grades 2-5) in their relationships at school, at home and with their peers.

Kids with Courage is a program that builds on the strengths of the child and develops emotional resilience. In a supportive and fun atmosphere, children explore feelings, set goals and find positive ways of problem solving and making changes.

Kids with Courage has been developed by a team of child educators, psychologists and welfare workers and includes drama, puppetry, hands on activities and small group work.

Co-ordinators & Facilitators:

The Co-ordinator of this program has professional qualifications in a child-related area. Facilitators must have similar qualifications, or else have proven experience in working with children. All those involved in this program must have undergone a Working With Children Check.

The program has a lion mascot who models problem-solving skills in a non-threatening atmosphere. Throughout the program children have an opportunity to explore feelings, set goals, interact with peers and find positive ways of making changes.

Session Information

Feelings

The aim of this session is to assist the children to identify and express their feelings.

Boundaries

This session seeks to assist children with establishing protective behaviours and gives children strategies for resisting peer group pressure.

Social Skills

This session aims to raise awareness of personal behaviour, to introduce problem-solving skills, and to provide modelling and practice of appropriate communication.

Grief and Loss

This session focuses on providing children with an opportunity to express feelings of grief and loss, and to develop strategies for dealing with grief and loss.

Anger

In this session children will recognise that anger is a natural response and identify appropriate ways to express anger.

Fear and Worry

This session aims to develop awareness that fear and worry are normal emotions and to model, process and practice strategies that assist in minimising anxious, frightened feelings and behaviours.

Self-Esteem

The aim of this session is to promote healthy self-esteem and to convey to the children that everyone has value.

For more information on how your child can participate in the Kids with Courage Program in Term 3 2017, please contact Sally Jones at Gateway Family Church, on 9785 7500.