



STANDINGSTRONG

Health & Wellbeing Programs

for Children & Teens



standingstrongclubs.com

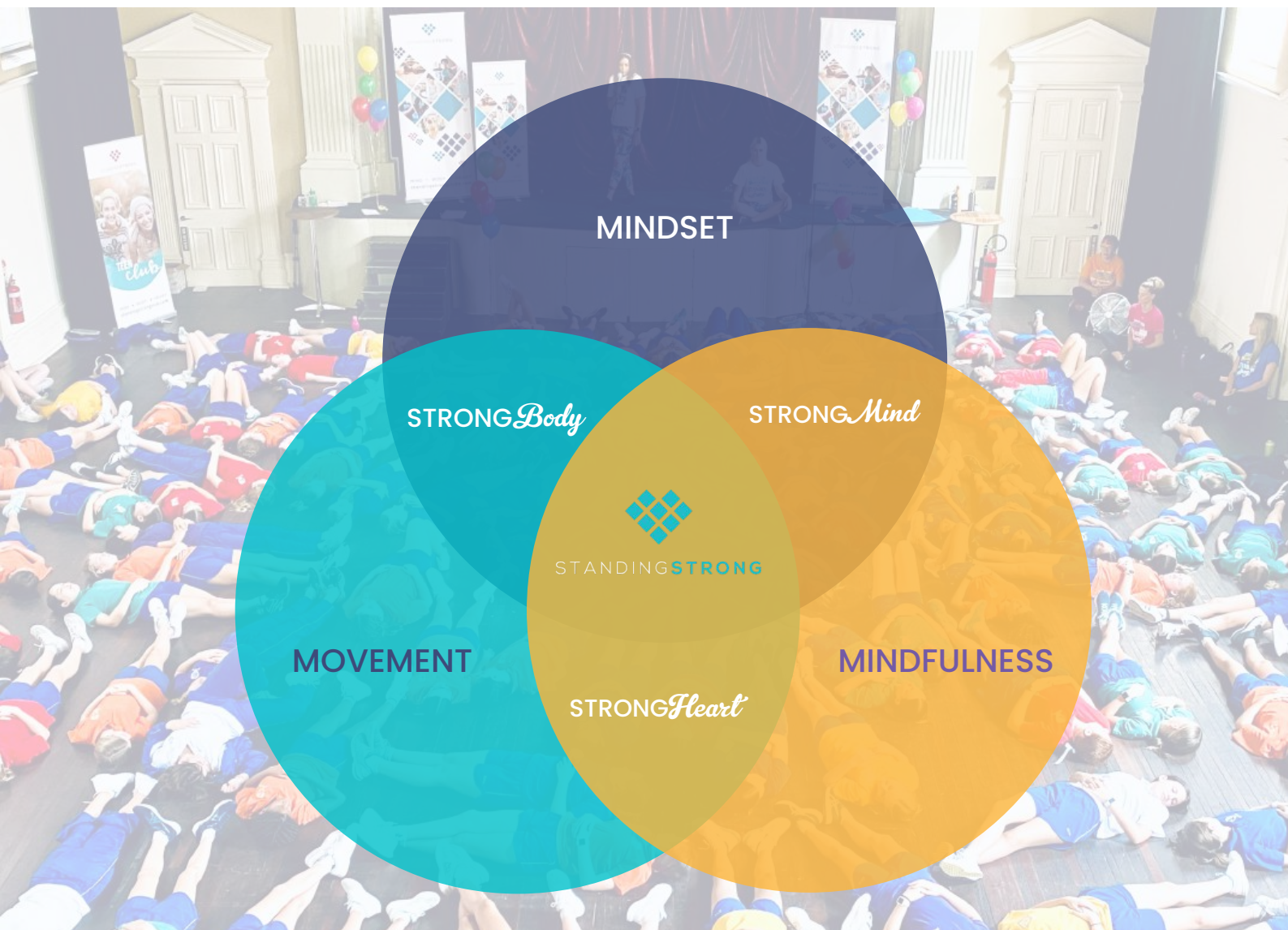
Program Overview

Standing Strong is a multi-award winning health and wellbeing organisation providing uplifting and empowering wellbeing programs for young people aged 5-18yrs. Every Standing Strong program incorporates three core components of:

- **STRONG Body - Movement**
- **STRONG Mind - Mindset**
- **STRONG Heart - Mindfulness**



Each session focuses on one of 40 topics available and includes practical, discussion based, written, creative and mindfulness activities.



Program Objectives

The Standing Strong programs are designed to help young people feel connected, supported, valued and heard. Since 2013, Standing Strong has been taking a non-competitive and inclusive approach to supporting young people, with an emphasise on connection and relationship building.



With the goal of helping young people to build confidence, self esteem and resilience, Sanding Strong aims is to help young people feel less alone through the challenges they face by providing a village of support.

Program Content

Each Standing Strong program session incorporates three core components of STRONG Body – Movement, STRONG Mind – Mindset and STRONG Heart – Mindfulness.

Each session focuses on a specific topic from the list below, and includes practical movement based activities, as well as facilitated discussions and reflective activities. There are over 1600 activities within the Standing Strong program resources and activities.



Motivation category

- Building Confidence
- Choosing Happiness
- Making Decisions
- Attitudes Matter
- Giving Back
- Finding Motivation
- Reaching Goals
- Building Resilience
- Boosting Self Belief
- Values Matter

Support category

- Dealing with Bullying
- Embracing Failure
- Finding Forgiveness
- Dealing with Change
- Loneliness vs. Being Alone
- Working Through Worry
- Dealing with School Pressure
- Understanding Dishonesty
- Understanding Jealousy
- Dealing with Sadness

Self care category

- Body Appreciation
- Being Your Own Best Friend
- The Power of Gratitude
- Creating Kindness
- Friendship Changes
- Nutrition
- Embracing Self Care
- Boosting Self Esteem
- Importance of Self Love
- Working Through Stress

Growth category

- Making New Friends
- Power of Reflection
- Cyber Smarts
- Leaving Your Comfort Zone
- Finding Your Voice
- Embracing Individuality
- Building Self Awareness
- Setting Boundaries
- Dealing With Copying
- Understanding Anger

40 Topics to Choose from

Topic Descriptions

1. Setting Boundaries

In our boundaries topic we explore what boundaries are and how they can be used as our own personal safe guards. We explore the importance of boundaries and how they can teach others how to treat us. Within this topic we look at what the opposite of having boundaries is and explore why having boundaries can sometimes be difficult.

2. Building Resilience

In our resilience topic we look at what resilience is and what it means to us. We discuss what it feels like when we are resilient and what the opposite of resilience is. Within this topic we share examples of when we have been resilient and looked at what situation can hinder our resilience. We also explore why resilience is important and how we can bounce back after a challenge or set back.



3. Attitudes Matter

Within our attitudes topic we discuss different types of attitudes and the most common negative and positive attitudes. We also discuss how our attitudes (and other's attitudes) can affect our lives and the experiences we have. We explore how we can change our attitudes and the benefits of having a more positive attitude.

4. Building Confidence



Within our confidence topic we look at what confidence means and how it can feel

We talk about the things that can help to boost our confidence, as well as the things that can knock our confidence. Within this topic we also explore how it feels when we lose our confidence, and why it's important to take action to get it back.

40 Topics to Choose from

Topic Descriptions

5. Reaching Goals

Within this topic we explore why goal setting is important and how it can help us in our daily lives. We explore what can be easy with goal setting as well as what can be challenging. We also examine why staying focused on our goals can often be difficult. Within this topic we discuss goal setting as a journey, and how it can encourage opportunities for growth, learning and new experiences.

6. Embracing Failure

Failure can be a difficult process to go through, especially if we have been working very hard towards a particular goal. It's important to remember that failure is always a huge learning experience. Within this topic we explore how failure is an important process of growing and learning. We explore how we all have the ability to get back up and try again, even if we don't succeed the first time.

7. Giving Back

Within this topic we look at what giving back means and how important it is in creating positive change in our lives. We explore the impact of giving back and how it makes others and ourselves feel. We also explore the impact of giving back within our family, community and world at large.

8. Boosting Motivation

Within this topic: we look at what motivation is and discussed how it feels when we are motivated. We explore the things that take away our motivation and/or can make motivation difficult and what the benefits of motivation are, we also explore the benefits of creating to increase our motivation levels.

9. Building Self Belief

Within our self belief topic we explore what self belief is, what it means and what the opposite to self belief is. We looked at what can negatively affect our self belief and why it's important for us to have self belief. We also explore the benefits of self belief, how to improve self belief and why believing in ourselves can be difficult at times.

40 Topics to Choose from

Topic Descriptions

10. Choosing Happiness

Within this topic:

- ✓ we talk about the importance of prioritising happiness and how we can achieve happiness in smaller, every day thing experiences.
- ✓ We also discussed the importance of all emotions and why it's okay not to be happy all the time
- ✓ we explore ways we can increase as well as maintain our levels of happiness

11. What are Values

Within this topic we look at what values are, what they mean to us, how we can utilise values in our day to day lives and how values help with decision making. We look at how we can explore what our values are, and how our values should represent the things that are most important to us. Finally, we explore how values can change over time and the importance of re-assessing them regularly.

12. Making Decisions

Within this topic we explore how we all have the ability to make decisions. Decisions affect every area of our lives from the moment we open our eyes in the morning to the moment we close them at night. Within this session, we look at what can make decision making easy and what can make it difficult. We also explore how talking with others, considering long term outcomes and aligning our choices with our personal values can help with decision making.

13. Dealing with Bullying

Within this topic we discuss what bullying is and share experiences of bullying. We talk about how bullying feels for the person being bullied and looked at why people bully. We discuss how even though we might not have control over other people's behaviour, we can do things to help ourselves feel stronger and more resilient when it comes to bullying. We also explore what we can do to help ourselves or others after an experience of bullying has occurred.

40 Topics to Choose from

Topic Descriptions

14. Dealing with Change

Within this topic we explore how changes happen all the time and can range from tiny things to huge life altering experiences. Any form of change can be difficult to go through, especially when we are faced with unexpected changes, or changes that are out of our control. Learning to adapt to change is an important life skill and is something we can all learn.

15. Finding Forgiveness

Within this topic we explore forgiveness. We look at why forgiveness can be difficult and why it's so important to learn ways to let go and move forward. In today's session we shared strategies for making forgiveness easier and how it can benefit us. We also acknowledged that forgiveness doesn't mean the hurt never happened, it simply gives us permission to let go and move forward.



16. Loneliness vs Being Alone

Within this topic we explore the difference between feeling lonely and being alone. We look at why it's important to be able to enjoy our own company and how we can use alone time as a positive experience. Within this session we also discuss things we can do when we are alone to feel happier and less lonely.

17. Overcoming School Pressure

Within this session we explore school pressure. School is a great place to learn and spend time with friends however, sometimes it can become overwhelming with the pressures that may arise. Learning how to work through the pressures of school is an important life skill. Through this session we explore ways to manage school pressure in healthy and productive ways.

40 Topics to Choose from

Topic Descriptions

18. Working Through Worry

Within this session we explore worry and anxiety. We look at what worry and anxiety are and the differences between them. We talk about the importance of worry and anxiety and how we can use these emotions to learn and grow. We also talk about how worry and anxiety can sometimes hold us back and what we can do to ease these feelings to help us move forward.

19. Working Through Dishonesty

During this session we explore dishonesty. Dishonesty can be a challenging experience to work through. It can be difficult when others are dishonest with us and it is equally difficult when we feel the need to be dishonest with others. During this session we explored ways to work through dishonesty and how we can learn and grow from it.

20. Working Through Jealousy

During this session we explore jealousy. We look at how jealousy can be a difficult emotion to work through as it can often spark additional feelings including self-doubt, lack of self-worth, lack of belonging and loneliness. Although jealousy can be difficult, there are also many benefits that can come from working through our feelings of jealousy. We also explore how we can learn about ourselves through our feelings of jealousy.

21. Working Through Sadness

During this session we explore sadness. We look at what sadness feels like and the impact it has on our lives. We explore the positives of sadness and how our emotions can teach us a lot about ourselves. We also look at what we can do to work through our sadness and how to express ourselves in healthy ways.

22. Being Your Own Best Friend

Within this topic we explore the concept of being our own best friend. We discuss what a best friend is and how we can become our own best friend. We look at the benefits of treating ourselves like a best friend and how this can be challenging. We also explore how to overcome these challenges.

40 Topics to Choose from

Topic Descriptions

23. Body Appreciation

Within this topic we explore how to better appreciate our bodies. We look at the importance of appreciating our bodies and share ideas on what might influence how we feel about ourselves. We also discuss ways we can create a more positive relationship with our bodies and how special and unique we all are.

24. Embracing Gratitude

Within this session we explore gratitude. We look at what gratitude means and discuss the things we are grateful for. We explore the emotions connected to gratitude and the benefits of practicing gratitude. We also share why it's often easier to focus on our challenges instead of the good things in our lives and the importance of daily gratitude habits.

25. Creating Kindness

Within this session we look at what kindness means and how it makes us feel (both when we are kind to others and when others are kind to us). We looked at why people can be unkind and how we can not only bring more kindness into our own lives, but how we can also bring kindness into the lives of those around us.

26. Friendship Changes

Going through friendship changes can be really difficult. It can be lonely, sad and even confusing, especially if we don't understand why the change is happening. Friendships are a huge part of our lives and accepting friendship changes is an important life skill. In this session we explored why it's important for us to learn how to work through friendship changes so we can move forward in a positive way.



27. Improving Nutrition



During this session we look at nutrition habits including what can make eating nutritious foods difficult. We discuss the different ways food makes us feel in both mind and body. We also explore ways we can become more mindful of our nutrition and improve the quality of what we eat so our bodies feel energised and healthy.

40 Topics to Choose from

Topic Descriptions

28. Self Care – Filling Your Cup

Within this topic we explore the concept of self care and filling our own cup. We discuss what filling our cup means and what can drain our cup or make us feel tired, run down, stressed or empty. We talk about the importance of self care and prioritising time for ourselves. We explore ways we can help ourselves to feel emotionally fuller and how self care is not selfish. We also explore the idea that when we care for ourselves, we have more energy to give to others.

29. Boosting Self Esteem

Within this session we explore self esteem. We discuss what self esteem is and how it is different to self confidence. We look at what can positively and negatively affect our self esteem and healthy ways we can boost our self esteem. We also explore the importance of self care and self love in boosting our self esteem.

30. Building Self Love

During this session we look at what self love means and what the opposite of self love is. We talk about why it's important for us to have self love and what the benefits are. We share experiences of what we do to love ourselves and also explore why self love can be difficult at times. We discuss why we often put ourselves down instead of picking ourselves up and why it's important to be our own best friend.

31. Working Through Stress

Within this session we explore the topic of stress. We discuss what stress is and how it can make us feel. We share some common experiences that make us feel stressed and what we can do to manage and relieve our stress. We also explore both the positives and negatives of stress and the effects stress can have on our bodies.

32. Benefits of Reflection

During this session we explore the topic of reflection. Reflection is a great way to look back at what we've learnt and to see how far we've come. Reflection can help us in all areas of our lives including our friendships, relationships, family, studies, career and health. During this session we explore ways we can create healthy reflection habits and how we can benefit from this important time.

40 Topics to Choose from

Topic Descriptions

33. Making New Friends

During this session we explore the skill of meeting new people and making new friends. We look at why it can be difficult or uncomfortable meeting new people and what we can do to make it easier. We explore simple things we can do to help with conversations and building connections with others. We also discuss how meeting new people can become easier with practice.



34. Cyber Smarts

During this session we explore how the internet has become a huge part of our lives and how important it is to be aware of our internet use. We discuss the positives and negatives of being online and how important it is to have cyber smarts. We also discuss how we can improve our cyber smarts by doing things such as talking with adults about our online use, being aware of how we treat others online, switching off from negative online discussions and being mindful of how much time we are spending online.

35. Comfort Zones

Within this session we explore what our comfort zones are and the huge benefits of leaving them. We explore how it can be tough building up the courage to try something new and to get out of our comfort zones, however when we do we have the opportunity to learn so much about ourselves. Getting out of our comfort zone can be exciting, fun and very rewarding! We just have to build up the courage to give it a go!

36. Embracing Individuality

Within this session we explore individuality. We look at what individuality is and what it means to us. We discuss what it feels like when we embrace our individuality and what the opposite of individuality is. We also explore why individuality is important and ways we can embrace our own individuality with greater confidence.

40 Topics to Choose from

Topic Descriptions



37. Growing Self Awareness

Within this session we explore the topic of self awareness. We discuss the importance of developing our self awareness and the benefits self awareness can bring to our lives. During this session, we explore ways to increase our self awareness and how we can learn self awareness through our connections and relationships with others.

38. Dealing with Copying

Within this session we explore why people copy. It can be frustrating when people copy, especially when we have put a lot of time and effort into the thing they are copying. Although it often doesn't feel good, it's important to remember that people copy us because they like what we do. It can be a huge compliment and there are things we can do to feel a little more comfortable when they do. Within this session we explore how to work through copying.

39. Finding Your Voice

Within this session we explore what finding our voice means and discussed what it feels like when we do find our voice. We look at situations which can hinder our confidence with speaking up and what can make finding our voice difficult. Within this session we also explore why speaking up is important and ways we can become more comfortable with finding our own voice.

40. Working Through Anger

Within this session we explore working through anger. We look at why anger can be such a difficult emotion to process and discuss how anger feels physically and emotionally. We explore how our bodies feel when we are angry and how we tend to react to these feelings. We discuss ways to process our anger and learn that anger does not have to be an emotion we run away from or feel out of control of.



Program Scheduling

The Standing Strong programs can be tailored to specific requirements including small 1 hr group classes of 4-20 participants, to full day workshops and events with hundreds of participants.

With 40 topics to choose from, the classes can be offered as an ongoing or term based program focusing on one topic per class. Alternatively, topics and activities can be combined to create 2-6hr workshops.



Program Description

As the Standing Strong program can be tailored to specific requirements, the description of the program is often different each time it is facilitated. Please find below an example of how the program can run:

6 Week Course Focusing on Building Confidence & Resilience (Note: the sessions can be 1hr with 15mins of STRONG Body Movement and 15mins of STRONG Heart Mindfulness):

Session 1 (1.5hrs)	<ul style="list-style-type: none"> • 30 minutes STRONG Body Movement: Yoga or Fun Exercise • 30 minutes STRONG Mind Mindset: Topic 'Getting out of our Comfort Zone' • 30 minutes STRONG Heart Mindfulness: Breathing & Meditation
Session 2 (1.5hrs)	<ul style="list-style-type: none"> • 30 minutes STRONG Body Movement: Yoga or Fun Exercise • 30 minutes STRONG Mind Mindset: Topic 'Building Confidence' • 30 minutes STRONG Heart Mindfulness: Confidence Visualisation
Session 3 (1.5hrs)	<ul style="list-style-type: none"> • 30 minutes STRONG Body Movement: Yoga or Fun Exercise • 30 minutes STRONG Mind Mindset: Topic 'Overcoming Failure' • 30 minutes STRONG Heart Mindfulness: Creative Art Expression
Session 4 (1.5hrs)	<ul style="list-style-type: none"> • 30 minutes STRONG Body Movement: Yoga or Fun Exercise • 30 minutes STRONG Mind Mindset: Topic 'Building Resilience' • 30 minutes STRONG Heart Mindfulness: Stretching & Meditation
Session 5 (1.5hrs)	<ul style="list-style-type: none"> • 30 minutes STRONG Body Movement: Yoga or Fun Exercise • 30 minutes STRONG Mind Mindset: Topic 'Growing Self Belief' • 30 minutes STRONG Heart Mindfulness: Self Belief Visualisation
Session 6 (1.5hrs)	<ul style="list-style-type: none"> • 30 minutes STRONG Body Movement: Yoga or Fun Exercise • 30 minutes STRONG Mind Mindset: Topic 'Self Care - Filling Your Cup' • 30 minutes STRONG Heart Mindfulness: Creative Art Expression or Meditation

Program Alternative: Combine the above topics and activities to create a 6 hour one day workshop.



Program Resources



Each of the 40 Standing Strong topics include seven online printable resources which can be used after each session. These resources can be emailed or printed for participants and families as required. Standing Strong also offers a free online wellbeing library which includes videos and audio resources.



Program Cost

The cost of the Standing Strong program is subject to the type of session or program.

For example, a half day or a full day workshop is different to a 6 week program. When we receive a program request, a quote is sent which reflects the specific requirements for the booking.



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