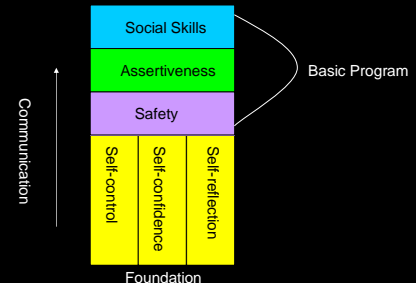


Rock & Water

Program Focus

- Equipping boys with self-control, self-reflection and self-confidence



Threads

1. Grounding, centring and focussing
2. The golden triangle: Body-awareness, Emotional-awareness & Self-awareness
3. Communication
4. The Rock & Water attitude

Links with current JSS practices

- Dialogue to link in with Jindalee Way, JSS behaviour management policies and concepts in Friends for Life

Logistics

- When : Term 2 after school (most likely Thursdays)
- Where : At school for about 1 hour per week
- Who : Approx. 20 Year 7 boys selected by teachers with parental approval
- Why : self-confidence, self-reflection & self-control
- How : Jeanette & Kim T to conduct

Lesson outlines

1. Standing strong – grounding, centring and focusing. What's worth fighting for?
2. Rock and Water – Rock and water attitude in different situations. Walking away from confrontation
3. Rock and Water in the schoolyard – what is honourable? Ward-offs. Rock and water attitudes around others

Lesson outlines

4. Rock and Water in personal contact – How do you treat people? Bullying
5. Breathing Strength – How do I stand firm: high breathing, low breathing. Grounding and centring. Ways to deal with violence
6. Body language – tunnel attitude and beach attitude. Balance of power: offering help.
7. Boundaries – setting boundaries personal space and proportional reacting
8. Intuition – internal warning system