

Adventure to Thrive

Overview

Adventure to Thrive is an embodied experiential journey for primary school students (and their teachers), that takes place within and between participants as much as it does in your school and in the great outdoors.

The program provides multiple opportunities over 8 weeks for students to practice using the skills that help us all navigate life's challenges with courage, compassion, humour and good company.

Rather than waiting for our young people to experience relational or event trauma, and address their survival retroactively, the program is designed to empower our next generation proactively, and foster the ability to meet life together with confidence.

Will you join us on **your own Adventure to Thrive?**

Adventure to Thrive

Understanding the Session Intentions



Week 1

✦ Creating the Avatar

We discover connection to Self and others through creative art processes and reflective discussions.



Week 2

✦ Setting-up Basecamp

We establish a shared understanding of safety as a foundation for development and growth.



Week 3

✦ A Nervy Walk

We get to know how our nervous system works in a way that empowers us; building on our capacity for compassion and challenge.



Week 5

✦ Packing the Backpack

An exploration of how we can resource ourselves to be adaptable in times of uncertainty and change.



Week 4

✦ Mapping Emotions

Building emotional vocabulary through exploring sensations, feelings and emotions.



Week 8

✦ Creating your own Path

Bringing compassion to learning: Through fun and playful activities we explore the opportunity to celebrate diversity and create confidence in one another through relationship. Relating well: one of our most powerful resources as human beings.



Week 6

✦ Choose your own Adventure

Through embodied experiences we have the opportunity to integrate prior learned skills, and deepen our understanding, by exploring strategies to calm the autonomic nervous system in an outdoor adventure.



Week 7

✦ Dealing with the Challenge

We explore the difference between real and perceived threat. By using strategies to calm our nervous system we practice moving from a survival response to a place of safety and connection.