

Year 6 Activ8 Sessions with Paddy Venner

In the Spring and Summer term, Year 6 work weekly with a life coach, Paddy Venner, to help them prepare for their transition, to understand their difficulties and to help them develop effective working and personal relationships, both inside and outside of school.

The **ACTIV8** Course includes:

Session 1 : The Parachute Debate – The Power of Words

Aim of session: to encourage children to understand the power of words and be able to stand their ground non-violently.

Outcome: Teamwork, leadership, public speaking (finding your voice), communication and creative thinking.

Session 2 : Who Are You Really?

Aim of session: Challenging children to be themselves and to examine whether they have to become someone else just to fit in.

Outcome: Children discuss the importance of fitting in and how to avoid peer pressure. Children describe themselves and positives are shared by peers and Paddy.

Session 3 : Attitude sets Altitude

Aim of Session: to realise that our aspirations can cause us to rise above what people have said that has hurt us.

A discussion session – children are encouraged to express their experiences of bullying and maltreatment, and how they have overcome.

Outcome: Children are given the tools to overcome issues and adopt a positive attitude.

Session 4 : Advice – a test of scruples

Aim of Session: this is a test of their scruples and ability to analyse a situation and react accordingly. This session helps children to see that a kind word or a piece of gentle advice, can make a huge difference in another child's life.

Outcome: Discussion and collaborative thinking.

Session 5 : Advertise Yourself

Aim of Session: to get children to speak well of themselves.

Outcome: Independent work and thought. Children get in touch with their positive attributes and learn to communicate these appropriately. This builds self-esteem and peer-group affirmation.

Session 6 : If you don't like the Consequence, Change the Choice

Aim and outcome of session: to teach children to stop blaming everyone else when they get into trouble and to take ownership of their own outcomes ie: weigh up actions and their consequences.

Session 7 : Overcoming Obstacles

Aim of session: To understand that hardships and obstacles in life are necessary and not there to discourage you but to strengthen you.

Outcome: Understanding is developed that anything can be achieved or overcome through hard work and determination.

Session 8 : Letters to God and Dealing with Failure

Aim of the session: for children to put in writing what is really going on in their lives – a very eye-opening session, which ends with a discussion on bouncing back from failure. They are taught “If you don't stand for something you'll fall for anything”

Outcome: The children work alone on a 'letter to God', where they have carte blanche to express themselves. This session yields much insight. Paddy reads them on site and any ones which have flagged concerns are reported to the teacher in charge.

For more information on Paddy and his work, please visit:

<https://www.theyourevolution.com/>