

LESSON 1 - YOU ARE UNIQUE

Welcome to the Get GRIT Program

Why Get GRIT?

Social and emotional skills, like any other skill, need to be explicitly taught and practiced. Children who are explicitly taught social and emotional skills are more likely to succeed at school, develop healthy relationships and are less likely to develop mental health problems.

The Get GRIT program aims to develop children's social, emotional and communication skills for improved relationships and academic outcomes. The program promotes resilience in children by providing practical and useful strategies for coping with times of worry and stress. A child's ability to self-regulate emotions and successfully manage social interactions is critical to success in school and beyond. Social and emotional skills go hand in hand. The social skills necessary for success in relationships will be the result of well-developed emotional skills. As children grow, their emotions become more complex. How a child responds to different feelings and emotions will have a significant impact on how they cope and enjoy school life.

Enrolling in the Get GRIT Program is a great start to ensure your child has the necessary social and emotional skills to effectively navigate school and life.

Lesson One: You Are Unique

The first lesson in the program will focus on developing self-awareness. Self-awareness is the ability to tune in to your feelings, thoughts and actions. Self-awareness is a key factor in Emotional Intelligence. Lesson one teaches children to recognise and name their strengths, challenges, likes and dislikes. The children will be encouraged to appreciate diversity by recognising personal qualities and similarities and differences between peers and familiar people.

Recognising similarities and differences between peers will lead into the discussion about how we all experience feelings. It is important to teach children to never be ashamed of their feelings. There are no good or bad feelings. By normalising feelings within a group setting, children understand that all feelings are normal and okay. Your child will learn that while all feelings are okay, learning how to manage our emotions is what is important.

Lesson one also teaches children how to identify the clues or warning signs their body gives them when experience different emotions. Children need to learn first how to recognise feelings in order to learn how to manage them. The aim of the first session is to improve and develop self-monitoring skills in order to recognise arousal states and raise awareness of behaviours so that they are then able to use the strategies and tools to manage their emotional responses.



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Social and Emotional Competency: Self Awareness, Social Awareness

Learning Intent:

- Identify personal qualities
- Appreciate diversity
- Recognise similarities and differences between themselves and others
- Identify emotions in themselves and others
- Recognise the body's reaction to feelings: body cues
- Understand how and when to assist others (empathy development)



A Gratitude Attitude

We will begin every lesson with a gratitude attitude. It's easy to see why many children feel entitled when you take into account the opportunities, privileges and material possessions that many children enjoy through no or very little effort of their own. Practising gratitude encourages children to recognise that the opportunities and privileges just don't pop out of thin air. This simple activity is training your child to be positive, optimistic and grateful.

Home Activities to Encourage Discussion about the Concepts in Lesson 1

1. Guess My Feeling. Act out a feeling using facial expressions and body language.
2. Picture books. Look carefully at the character's face and body and talk about what the character may be feeling based on facial expressions and body language.
3. Non-verbal cues. Mute a children's TV show or movie and guess what the character is feeling by watching facial expressions and body language.
4. A time when you smiled: Encourage your child to share something that happened in their day that made them smile. Children can get in the habit of focusing on all the bad that happened during the day. While it is important for your child to be able to share their concerns with you, encourage them to first share a time that made them smile.
5. You're unique love note: Write a lunch-box note or leave a note on your child's bed to tell them about a quality that you love about them that makes them different and special.
6. Similarities and Differences: Share photos of an overseas experience. Talk to your child about how the country was different from the country you live in. If the country spoke a language other than English, discuss with your child that although you may not have been able to understand their words, you were able to understand how they were feeling by 'reading' their body cues.