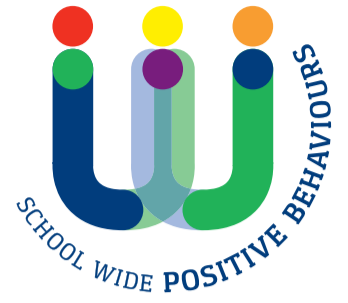




# FOOTPATH

Big Life works to build young people's capacity to be resilient in the face of challenge by building their social and emotional skills, their capacity to connect meaningfully with others and to experience positive emotions.



This footpath outlines the personal development journey from Year 7 to Year 12. Each year, students explore the topics along the footpath, building their skills and understanding as they move through secondary school.

## Big Life BOOST



Big Life Boost is a short, regular lesson students participate in during extended Homeroom.

The Big Life Boost is aimed at building student resilience, mental health, and wellbeing.

### TERM 1:

We support students to develop positive connection to self, school, peers, and staff members.

Students build their skills and capacity to demonstrate the school value of **Responsibility**.

### TERM 2:

We support students to develop positive coping strategies.






Students build their understanding, skills and capacity to demonstrate the school value of **Respect** to self and others.

### TERM 3 & 4:

We support students to develop resilience.

Students build their understanding, skills and capacity to demonstrate the school value of **Resilience**.

## Big Life 5 BIG QUESTIONS

-  What is the meaning of life?
-  How can I love and be loved?
-  What do I do when bad things happen?
-  How do I make family work?
-  How do I relate to those different from me?

