

Proposed Programme: August 25th – 29th 2014

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|---|
| Session One <i>(1 – 2 hours)</i> | Hello! Introductory session with Rachel, Aileen and Genevieve. Icebreakers, introductions. | Rachel: Incredible Bodies We will look at how our bodies function, as well as how they change as we grow up. We aim to empower the girls to have ownership, knowledge and pride in their bodies. | Genevieve: Self-Care and Self-healing. Helping the girls understand in simple terms some of the typical effects of the separation and trauma they have experienced. Introducing simple exercises to reduce stress and anxiety and manage difficult emotions | Aileen: Antenatal Session 2 <i>(with the pregnant girls)</i> Rachel: Body Positive <i>(with the older girls)</i> Genevieve: Healing through play and laughter <i>(with the younger girls)</i> | Aileen: Antenatal Session 3 <i>(with the pregnant girls)</i> Rachel/ Genevieve: Forever Friends Acknowledging the friendships within the group and celebrating the power of these relationships. |
| Session Two <i>(1 – 2 hours)</i> | Rachel: Journal making We discuss the concept of positive journaling and the girls create their own journals. The finished journals are beautiful and powerful books the girls can keep and may like to add to over the course of the week. <i>All resources will be provided.</i> | Aileen: Pregnancy and birthing Conception is explained, as well as the stages of pregnancy through to birth. | Aileen: Antenatal Session 1 <i>(with the pregnant girls)</i> Rachel: Body Positive <i>(with the younger girls)</i> Genevieve: Healing through play and laughter <i>(with the older girls)</i> | Genevieve: Communicating Helping the girls understand ways that they can better give and access support. Identifying when they need help and reaching out. Identifying when another needs support. Simple skills to increase listening, empathy and resolve conflicts with others. | Final Session We will come together and celebrate the week. The structure of this session will be determined as the week progresses. |
| Unstructured Time | <p style="text-align: center;">Rachel, Aileen and Genevieve will be based at The Campus of Hope for most of the day, every day this week. During this unstructured time we would love to have informal conversations with the girls, learn about their lives and how we can best work with them. As well as the more structured sessions above, Rachel, Aileen and Genevieve can schedule one-on-one time with individual girls.</p> <p style="text-align: center;">We would love to help with the gardens, cooking and anything else that needs doing. And can bring art supplies to get creative with the girls!</p> <p style="text-align: center;">We would also like to meet with local midwives and schools during our time in Apia.</p> | | | | |

** This is just a proposal. We can do more/less with the girls. We will fit in with their schedules/needs!*

** As experienced educators we are very prepared to change this programme to what best fits the girls needs, and add in additional workshops if needed.*

** All three educators will be at the structured sessions and will often be co-teaching. We would love to video the sessions and give these to SVSG to use as teaching resources in the future (being very aware of privacy issues).*