

life skills

personal
development

TERM 1 ROADMAP | 14 WEEKS | AGES 13-16

Confidence
Bravery



Welcome!

What Makes Me,
Me?



Understanding
Feelings

Managing Big
Feelings



Growth Mindset
Resilience



Positive Self-Talk

Worries & Anxiety



Gratitude & Optimism

Setting Goals



Celebrating Progress

End of Term
Review and Kahoot
Quiz

swan
tutoring