



## YOURCREW CLASSROOM



## PROGRAM FOCUS

The program provides a holistic experience, centred around the key themes of **relationships, wellbeing and resilience**.



## WHAT IS IT

YourCrew Classroom is a teacher-led inquiry program designed for Stage 4 and 5 students, aimed at promoting self-care strategies and help-seeking behaviours. It provides a variety of resources to support teachers giving students the opportunity to practice, evaluate, and implement these important skills.

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Program

3

Modules

11

Activities

14

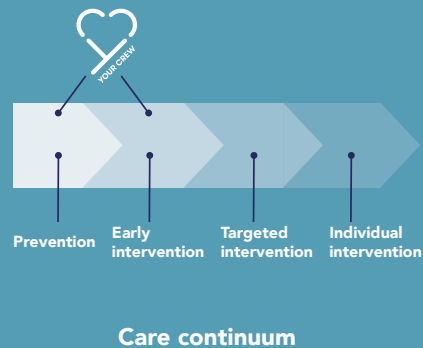
Supporting Worksheets

## CURRICULUM ALIGNED

YourCrew Classroom is aligned with the Health and Physical Education curriculum for Stage 4 and 5 students. It can also be incorporated into Respectful Relationships, Wellbeing, Pastoral, or Mentoring classes.

The YourCrew web app enhances the program by helping students apply their learnings to everyday life.

## WHERE WE FIT



## RELATIONSHIPS

Module 1 - Students will explore the connection between social relationships (friendships) and wellbeing. With an emphasis on the power of connection, students will learn strategies to strengthen their social bonds by focusing on empathy, boundaries and respectful relationships. Additionally, students will analyse help-seeking behaviours and processes, implementing these strategies in their own lives.



## WELLBEING

Module 2 - Students will explore factors that impact personal wellbeing, including digital wellbeing and mindful technology use. They will learn strategies for seeking help and practise language to use when they, or someone they know, need support. The module also highlights common challenges to wellbeing and teaches strategies for improving it.



## RESILIENCE

Module 3 - Students will build on their understanding of emotional responses and how they impact wellbeing. They will learn and apply strategies such as self-care, growth mindset, gratitude, and mindfulness, recognising how these practices contribute to building resilience. Through critical analysis, students will evaluate the factors that affect their own and others' resilience, identifying positive coping strategies to improve health and manage stress.

**EVERY PERSON NEEDS A CREW**

To get YourCrew Classroom in your school, visit our website or contact our Schools Coordinator: [schools@harrisonriedelfoundation.com](mailto:schools@harrisonriedelfoundation.com)