

# Travellers™

## Programme Overview

**A school based group programme for young people that builds resilience and helps them face life and its challenges.**

*Travellers* was developed as a creative and innovative response to supporting and promoting the resilience and emotional wellbeing of young people. The primary focus of the programme is to enhance connectedness and support changes in life's journey. The name *Travellers* is a metaphor for "life is a journey" with changes that have to be negotiated. The concepts of "life maps" and "day trips" are used throughout the programme and are modelled by the group facilitators.

### Travellers Sessions

*Travellers* supports young people to identify, develop and access the resources they need to travel through life. The journey metaphor is the key link between all sessions and activities within the sessions. As the programme progresses through the eight sessions, each young person's life becomes a visual representation through the use of symbols, stickers and words or statements of feelings and thoughts experienced in different situations, support available at such times and times when they were having fun and relaxing. The sessions are designed to be fun, interactive and educational.

### Overview of Travellers Sessions

SESSION	KEY CONCEPTS	SLOGANS
1 & 2	Life is a journey.	Life's a journey!
	Sometimes the path can be more challenging than at other times.	
3	Our self-esteem is our belief in our own self-worth.	I'm ok!
4	Trust your feelings – it's ok to feel.	Express yourself!
	Expressing yourself is healthy.	
	It's natural to find change stressful.	
5	The way I think affects how I feel.	I think, therefore I am!
	Challenging unhelpful thoughts can help me feel better.	
	Sometimes I can change things and sometimes I can't BUT I can change the way I think about things.	
6	Fun and laughter help reduce stress.	Be your own best friend!
	Relaxation re-energises.	
	Travelling well on day trips and life journeys deserves rewards.	
7	Everyone needs support at times. Support can be practical and/or emotional.	Mobilise your team!
8	Challenges in life can help us grow.	Life is do-able!
	There are strategies I can use to do life.	