



### **PLAYING THROUGH THE FOREST SELF DEVELOPMENT (LIFESKILLS) PROGRAMME**

Therapeutic Programme facilitated by – Probation Officer or Social worker

**Programme Description:** This programme empowers children between the ages of 10 -12 years with essential abilities that help to promote mental-wellbeing and competence in children as they face realities. With these skills, the participants will be able to explore alternatives, weigh up the pros and cons and make rational decisions to help solve each problem or issues as it arise. It also entails being able to establish healthy interpersonal relationships with others.

**Theoretical Grounding:** The approach of this life skills programme is an interactive and educational methodology that focuses in transferring knowledge, aims to shape attitudes and develop interpersonal skills. The goal of the life skills approach is to improve the children's ability to make healthier decisions, resist negative pressures and avoid risk behaviour.

**Art based programmes:** Teaching methods used are child-centred, gender-sensitive, interactive, and participatory, promoting positive development and highly empowering and transforming. The most common of which involve working in groups, experiential learning through games, storytelling and participating in discussions.

**Programme content:** The diversion programme's emphasis is on Creative Arts which aims to teach children valuable skills, such as logic, organisational team work and patience and incorporate that failure is a critical element of discovery and learning.

**Programme Outline (Themes covered):** Communication, social skills, emotional management, creative and critical thinking, self-image, values and sense of purpose, assertiveness and decision making

**Age group:** Children 10 – 12 years old

**Group size:** 8 – 10 participants

**Duration:** Minimum 3 months. Maximum 6 – 12 months. Ten sessions are art and life skills based programme.

**Level of Intervention:** This programme has been designed to be used during intervention level 1 to 4 (Prevention, Early Intervention, Statutory, After Care/ Re-integration) and should be sustained through the 'Planting Hope' aftercare programme.

**Programme Delivery:** Designed to be used as a group therapy programme for children 10 to 12 years. One probation officer and one assistant probation officer should facilitate a programme.

**Monitoring and Evaluation:** Three different types of assessments are incorporated as part of this programme: Pre and Post Personal Assessment, Programme and Facilitator Assessment and DSD Tracking Tool.