



The Changing Children's Worlds Foundation
"Best Start: All About YOUth Workbook"
Program Curriculum



Session 1 All About YOU.

Part 1: About You [Thinking Styles?]

"Just One You" Activity || "Just One You: How Does it Feel?" Blog/Journal

Part 2: Family Life Skills

Family and Friends Network

Session 2 Respect, Identity and Inclusion.

Part 1: About You I. Restorative Practice: Peace Circles Discussions

"Situation Improv" Activity || Self-Identity-Self-Respect Blog/Journal

Part 2: Family Life Skills

Peer and Adult-Child Relationship Styles

Session 3 Empathy.

Part 1: About You [Learning Styles?]

"Zip-Zap" Activity || "How Does it Feel?" Blog/Journal

Part 2: Family Life Skills

"A Child's Heart" Discussion || Memory Lane Activity

Session 4 The World of Play and Strategic Thinking.

Part 1: About You [Imagination and Logic]

"Tell A Story" Activity || "Childhood Memories" Blog/Journal

Part 2: Family Life Skills

"Why Play is Important for Children and Adults" Discussion || Benefits of Play

Session 5 Communication Skills.

Part 1: About You [Perspective Taking / Active Listening]

"Communication Practice" Activity "Mindfulness" Blog/Journal || Mindful Doodling Activity || 5-4-3-2-1 Activity

Part 2: Family Life Skills

"Emotions and Children" Discussion

Session 6 Emotional Dialogue.

Part 1: About You II. Restorative Practice: Affective Questions

"My Heart" Activity || "Challenges" Blog/Journal



Part 2: Family Life Skills

Emotional Dialogue Guidelines 1, 2, 3, 4

Session 7 Comprehension Dialogue.

Part 1: About You III. Restorative Practice: Affective Statements

"Blind Folding" Activity || "Favorites" Blog/Journal

Part 2: Family Life Skills

Comprehension Dialogue Guidelines 5, 6, 7

Session 8 Regulative Dialogue.

Part 1: About You IV. Restorative Practice: Circles to Repair Harm

"Super Powers" Activity || "My Self Control" Blog/Journal

Part 2: Family Life Skills

Regulative Dialogue Guidelines 8a, 8b

Session 9 Regulative Dialogue.

Part 1: About You V. Restorative Practice: Opportunities to Respond

"Healthy Boundaries" Activity || Personal Boundaries || "What Do You Do Well?" Blog/Journal

Part 2: Family Life Skills

Regulative Dialogue Guidelines 8c, 8d

Session 10 Power in Youth Voice / Apologies and Forgiveness.

Part 1: About You VI. Restorative Practice: The Power of Voice

Values (such as loyalty, equality, and justice)?

Part 2: Family Life Skills

Advanced Relationship Repair

Session 11 Maintaining a Strong and Positive Relationship with Yourself and Others.

Part 1: About You: More About Our STRENGTHS Activity

Imagine Your BEST SELF || Discovering Your PURPOSE

Part 2: Best Start: ICDP Schoolplace Tip

Session 12 Review and Celebration.

Part 1: About You: Looking Forward

"Spider Web" Activity || Letter to Future Self

Part 2: Reflection and Mindfulness

Bingo || Sum-Up Activity || "Challenge Yourself" Blog/Journal"

Bonus Friend, Caregiver, and Expert of Empathy Activities

Doodling Destination || References || Song: "You Raise Me Up"

