

Transitioning Stage 3 students successfully
into high school

You've Gotta Bounce Back!



Who is Spyns Inc.?

Spyns Inc. aims to have a dynamic, relevant interface to their Youth work & Community programs.

Our programs operate in the Penrith Local Government Area and our youth and programs are funded by ongoing NSW Department of Community Services funding.

We seek to bring skills and support to youth, schools and teachers.

Check out our website:

<http://www.spyns.org.au>

Contact an In-Schools Program

Worker:

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Rubber Souls

A two-day resilience building workshop using music and drama



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Flyer designed by Jye Bryant



Rubber Souls

Rubber Souls is a two-day workshop designed to promote resilience through music and drama for students transitioning between primary and secondary school.

Over two days we learn about resilience and acquire some skills to implement in our everyday lives.

Fall seven times, stand up eight.
Japanese Proverb

Approach:

Rubber Souls is fun and practical and although it is music and drama based, it requires no previous knowledge or experience.

Rubber Souls takes a strengths-based approach and aims to inspire resilience in young people.

Group Size:

8– 15 students



Contents:

Self-esteem, effective communication, decision making, self-expression, team work, identity, peer pressure and more...

What is Resilience?

Resilience can simply be described as the ability to 'bounce back' after difficult times.



Andrew Fuller (1998) describes it as: "...the happy knack of bungy jumping through the pitfalls of life."

Resilience is NOT a genetic predisposition to 'thriving' or a personality trait.

Storms make oaks take deeper root.
George Herbert.

Contributing to one's resilience are two types of factors; Protective and Risk factors.

Protective Factors

Protective factors are those qualities (Internal) or situations (External) that help alter or reverse expected negative outcomes.

Risk Factors

Risk factors are qualities (Internal) or situations (External) that disable or

minimize opportunities and resources for a person.

Our greatest glory is not in never falling, but in rising every time we fall.
Confucius

Overall, when we understand both the Protective and Risk factors in our life we can learn/ develop strategies to become more resilient and cope with life's obstacles.



Rubber Souls is inspired by:

The Resilience Doughnut

<http://www.theresiliencedoughnut.com.au/>

DRUMBEAT Therapeutic Drumming

<http://www.newcastle.edu.au/centre/fac/training/drumbeat.html>

Friends For Life

<http://www.friendsinfo.net/>