

## Activity Progression

Key: (SEL) Social Emotional Learning / (ML) Media Literacy

	Session 1	Session 2	Session 3	Session 3 <u>or</u> 4	Session 4 <u>or</u> 5
	Sharp Pillar Pack	Alert Pillar Pack	Secure Pillar Pack	Kind Pillar Pack	Brave Pillar Pack
Age 7-8	<p><b>Activity 1:</b> Is it OK to share?</p> <p><b>Activity 3:</b> How do others see us?</p>	<p><b>Activity 2:</b> Who are you, really?</p> <p><b>Activity 7:</b> Reality River</p>	<p><i>No session, covered in the older years.</i></p>	<p><b>Activity 1.1:</b> Noticing feelings (SEL).</p> <p><b>Activity 5:</b> How words can change the whole picture (SEL) (ML).</p>	<p><b>Activity 1:</b> Upstanders have options (SEL).</p> <p><b>Activity 3.1:</b> Seeing upsetting stuff (SEL).</p>
Age 8-9	<p><b>Activity 6:</b> Frame it (ML).</p> <p><b>Activity 7:</b> Mindful Mountain.</p>	<p><b>Activity 1:</b> Don't bite that phishing hook?</p> <p><b>Activity 4:</b> Spotting disinformation online (ML).</p>	<p><i>No session, covered in the older years.</i></p>	<p><b>Activity 2.1:</b> Your Kindness gram (SEL).</p> <p><b>Activity 3:</b> Turning negative into positive (SEL).</p> <p><b>Activity 6:</b> Kind Kingdom.</p>	<p><b>Activity 2:</b> Upstander options.</p> <p><b>Activity 4.1:</b> What to do about mean stuff online (SEL).</p> <p><b>Activity 5:</b> When to get help.</p>
Age 9-10	<p><b>Activity 2:</b> Whose profile is this anyway?</p> <p><b>Activity 4:</b> Keeping it private.</p>	<p><b>Activity 3:</b> Is that really true? (ML)</p> <p><b>Activity 7:</b> Reality River.</p>	<p><b>Activity 1:</b> But that wasn't me!</p> <p><b>Activity 2:</b> How to build a great password.</p> <p><b>Activity 4:</b> Tower of Treasure.</p>	<p><b>Activity 1.2:</b> Practising empathy (SEL).</p> <p><b>Activity 4:</b> Mixed messages.</p>	<p><b>Activity 3.2:</b> Seeing upsetting stuff (SEL).</p>
Age 10-11	<p><b>Activity 3:</b> How do others see us?</p> <p><b>Activity 5:</b> That's not what I meant! (ML).</p> <p><b>Activity 7:</b> Mindful Mountain.</p>	<p><b>Activity 5:</b> If we were a search engine (ML).</p> <p><b>Activity 6:</b> Practising how to search online (ML).</p>	<p><b>Activity 3:</b> Shh... keep it to yourself.</p> <p><b>Activity 4:</b> Tower of Treasure.</p>	<p><b>Activity 2.2:</b> Ways we show kindness (SEL).</p> <p><b>Activity 6:</b> Kind Kingdom.</p>	<p><b>Activity 5:</b> When to get help (SEL).</p>