

OVERVIEW

JUMP is a strengths-based program in the form of a workbook, for a young person to work through with a facilitator or wellbeing worker. This program aims to develop skills, resilience and a positive sense of identity, and is comprised of 5 key topics.

Identity

These activities focus on developing a positive sense of identity by exploring how individuals think about themselves, their self-worth and their strengths.

Emotion Regulation

This topic focuses on promoting emotional literacy, regulation and coping strategies. These activities help to develop the young person's ability to recognize and respond appropriately to their own emotions and the emotions of others.

Positivity

This topic is based on principles from positive psychology theory, including gratitude, mindfulness and growth mindset. These activities develop resilience through teaching skills to shift one's attitude to a more positive and healthy mindset.

Social Skills

These activities focus on developing social skills and interacting with others appropriately. Some examples of skills that activities target are empathy, assertiveness and helping others.

Resilience

This topic aims to develop the young person's resilience and skills to tackle obstacles that they may face. These activities also focus on identifying one's social support structure and asking for help when needed.

STRUCTURE

The JUMP workbook is made up of 40 standalone activities, each designed to take 15-20 minutes to complete. It is recommended that this program be delivered in 20-30 minute sessions once a week for a year. However, the delivery of this program is flexible depending on the needs of the school and the student wellbeing needs.

Topic Breakdown

Below activities fit into the 5 topics as follows:

Identity

1. Self Portrait
6. Who Are You?
11. Your Family
16. Knowing Your Value
21. Best Version of You
26. Character Profile
31. Gifts & Talents
36. Multiple Intelligences

Positivity

3. Attitude of Gratitude
8. Things You Love
12. Gratitude Letter
18. Living in the Moment
23. Motivations
27. Being Healthy
33. Growth Mindset
38. Rewriting Your Thoughts

Resilience

5. Your Support Network
10. Hopes & Dreams
15. Understanding Others
20. A Strong Heart
25. Sharers and Keepers
30. Coping with Change
35. Resilience: True or False
40. Challenges You Have Overcome

Emotion Regulation

2. Big List of Emotions
7. All About Emotions
13. Memories
17. Emotions: True or False
22. How Are You Feeling?
28. Zones of Regulation
32. Coping Strategies
37. Stop, Think, Act

Social Skills

4. Being Kind
9. Superheroes
14. Helping Others
19. Acts of Kindness
24. Generosity
29. Empathy
34. Being Assertive
39. Standing Up For Others