



5 PHASES OF

The REACH Curriculum

Resilience

Building resilience through connection, activity and experience.

- Growth vs Fixed Mindset
- Self Reflection
- Taking on learning challenges

Emotional Literacy

Developing emotional understanding through sensory strategies and regulation techniques.

- Zones of Regulation
- Self Awareness
- Understanding emotions

Appreciation

Promoting appreciation through awareness of self and others.

- Mental Health Awareness
- Inner coach vs Inner Critic
- Mindfulness

Communication

Supporting effective communication through verbal, written and visual tools.

- Expressive language skills
- Receptive language skills
- Conversational/Social interaction skills

Honesty

Encouraging honest interactions through meaningful connections and mutual respect.

- Trust Building
- Team Games
- Supportive approach to challenges

