

# The Seasons Toolkit:

## Riding the Waves of Change



### What is the Seasons Toolkit?

The Seasons Toolkit is a learning resource that has been developed to support the social-emotional wellbeing of young people during the ongoing Covid-19 pandemic. It is easy to use (online or face-to-face) in schools or other settings.

The Seasons Toolkit is drawn from the highly successful Seasons for Growth psycho-social education programs, which support children, young people and adults to learn about and adapt to change and loss in their lives. Like all Seasons for Growth programs, the Toolkit is underpinned by research evidence about what works best in supporting young people through difficult times, including the most recent advancements in resilience science. For ease of access, the Seasons Toolkit is provided as a fully designed powerpoint file (.pptx) complete with all slide notes and discussion prompts.

The year 2021 coincides with the 25th anniversary of the first Seasons for Growth program. To mark this milestone, the toolkit has been made freely and universally available. Reflecting a quarter of a century of knowledge and practice wisdom, it aims to help ensure young people's experiences of the pandemic are listened to and recognised.

### Who is the Seasons Toolkit suitable for?



The Seasons Toolkit is a universal, psycho-social education tool, suitable for all young people of high school age. However, it does not replace professional mental health and / or social services support for those who need it.

### How can the Seasons Toolkit be delivered?



The Toolkit session can be delivered in-person in high schools as they re-open following lockdowns or online to students when learning remotely.

The Toolkit is organised in three sections - acknowledge, manage, and move forward - and this is reflected in the design and organisation of the Powerpoint presentation. It can be delivered in one session (approximately 80 minutes) or across three shorter sessions (20-30 minutes per session - one session for each of the three parts of the Toolkit).

The Toolkit can be offered by teachers, support staff and other professionals working with young people. To facilitate this process, a recorded and animated version of the Toolkit has been prepared as a .mp4 video file. It should be noted that social-connectedness is a critical component of wellbeing and resilience (Graham, Powell & Truscott, 2016; Masten & Motti-Stefanidi, 2020) and facilitating the session and discussions in a safe, empathic learning environment is as critical as the content itself.

#### References:

Graham, A., Powell, M.A., & Truscott, J. (2016). Facilitating student well-being: Relationships do matter. *Educational Research*, 58(4), 366-383. <https://doi.org/10.1080/00131881.2016.1228841>

Masten, A. S., & Motti-Stefanidi, F. (2020). Multisystem resilience for children and youth in disaster: Reflections in the context of COVID-19. *Adversity Resilience Science*, Jun 25: 1-12.

*This resource was developed by the Centre for Children and Young People at Southern Cross University in collaboration with The MacKillop Institute.*

### What needs to be prepared ahead of the toolkit session/s?



The session is designed to run with minimal prior preparation. Key to successful delivery is a space equipped with:

- Appropriate technical equipment (a laptop or computer connected to a projector or smart board capable of displaying the Powerpoint presentation or video file);
- Comfortable seating arrangements.

A handout summarising the key learnings from the Toolkit is available to share with young people at the end of the session.

[Download the Toolkit handout](#) to share via your school intranet and networks.

[Download the Tree of Knowledge handout](#) to share with students.

### Need further information about implementing the Toolkit?



We can provide you with details of upcoming online sessions that introduce the Toolkit and its content.

### Get in touch

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