



# CORE PROGRAM

**CORE**  
**F • B • L**

*The CORE Program is aligned to the Victorian Personal and Social Capability Curriculum strands of Self-Awareness and Management, and Social Awareness and Management*



[www.tessainc.org.au/core](http://www.tessainc.org.au/core)



0424178216

castellanos.r@tessainc.org.au

Rodrigo Castellanos

Life Skills Manager



@engagementservices

BE STRONG • BE CALM • BE KIND • TRY HARD

BE STRONG • BE CALM • BE KIND • TRY HARD

The **CORE program** targets secondary school students and is delivered in a series of weekly sessions where participants are empowered to **find, build and live** their core values by using a series of structured of PE strength-based activities.

These activities **link existing physical education and personal & social capabilities curriculum** and are adapted to available schools / agencies PE facilities.

THE CORE APPROACH		
FIND	BUILD	LIVE
<p>Values What are they? Why we're focusing on them?</p> <p>What are your values?</p> <p>What happens when you apply your values to daily life?</p>	<p>Applying your values to challenges - positive behaviour change goals.</p> <p>The Hard Yards and Rewards of applying our values to daily challenges</p> <p>Values check - how has the way we think and apply our values changed?</p>	<p>What do we really care about and why?</p> <p>How does this influence the way we act?</p> <p>Using our values to choose and take responsibility for our future.</p>

CORE aims to educate and empower students about **discipline, emotional regulation and self-control, improve decision-making and perceived self-esteem** through the use of exercise-based engagement activities, individual worksheets and group discussions, while promoting mindfulness and personal development.

Each session is prepared with a **Lesson Plan and Lesson Review** which will be used for Reporting purposes.

The CORE program works with this targeted population to determine **long and short-term goals, define individual students perceived values, develop these values and apply them to the current challenges their facing**, while simultaneously improving their emotional regulation, self-control and self-esteem through active therapeutic exercise programs.

The CORE program works with schools to prioritise elements of key impact, including areas such as:

- Improved perceived **self-esteem**
- Improved strategies for appropriately **managing and expressing emotions**
- Increased **self-awareness and management**
- Increased willingness to **take responsibility** for their actions inside and outside of the classroom
- Improved **engagement** in class and in the greater school environment
- Improvement in **behaviours** in class and in the greater school environment
- **Lower incidents** of suspensions and other disciplinary methods
- Ability to **comprehend the results** and impact of their behaviours, understand how their values influence these behaviours and use their values for positive behaviour change
- An overall improvement of the schools approach to supporting vulnerable students



FIND  
BUILD  
LIVE