

Welcome to Passport

Passport promotes the emotional well being of children aged 9-11 by helping them to learn ways of coping with difficulties. This will help them to deal with challenges and problems throughout their lives.

As you will see, the programme has 18 sessions. In each one, children read a comic strip which illustrates the programme's themes and then take part in activities which help them to identify and experiment with different ways of coping. Although the comic strip is about a fantasy world, the class activities involve real-world situations which children can encounter in everyday life.

Passport has the same goals and theoretical foundations as the *Zippy's Friends* and *Apple's Friends* programmes for younger children which have already helped almost two million children in more than 30 countries. It can be used both with children who have already completed *Zippy's Friends* and/or *Apple's Friends* and with those who have not.

Passport was created at the University of Quebec in Montreal, Canada, by a multidisciplinary team led by Professor Brian Mishara, with funding from the Public Health Agency of Canada. The programme took five years to develop, with the involvement of more than 3,000 children, their teachers and parents.

This version of the programme has been rigorously evaluated and shown to achieve its goal of increasing children's coping skills. Children who took part in the programme increased in both emotional awareness and positive academic behaviour (such as completing work on time, following instructions and ignoring distractions from other children). Importantly, there were no significant differences in the benefits for boys and girls, for different school grades or community income levels. Rather, the evaluation clearly showed that the programme can help ALL children.

Partnership for Children manages *Passport* internationally. This booklet gives you information about the programme and offers some tips and suggestions for running it successfully, but if you have any questions please don't hesitate to contact us at info@partnershipforchildren.org.uk.

We hope that you and your class will enjoy *Passport*!



Programme content

Module 1 - Emotions

Goal To be able to identify, name and communicate what we are feeling in different situations, and to recognise the emotions that others may feel.

- Session 0 Beginning the adventure
- Session 1 Valuing our differences and similarities
- Session 2 Understanding and expressing our emotions
- Session 3 Recognising other people's feelings

Module 2 - Relationships and Helping Each Other

Goal To identify how to make friends and to increase our coping skills for dealing with problems which may occur in relationships

- Session 1 Helping each other and Coping Skills
- Session 2 Friendship
- Session 3 Challenges in friendship

Module 3 - Difficult Situations

Goal To identify and use coping strategies that will create positive outcomes for ourselves and others in difficult situations.

- Session 1 Dealing with frustration
- Session 2 Dealing with stress
- Session 3 Dealing with conflict

Module 4 - Fairness, Justice and What is Right

Goal To identify our emotions in unfair and unjust situations and to learn coping strategies for dealing with them

- Session 1 Unfairness in daily life
- Session 2 Dealing with bullying
- Session 3 Unfairness and Injustice in the world

Module 5 - Change and Loss

Goal To identify our emotions when dealing with change and loss, and to find coping strategies to use in these situations

- Session 1 Coping with change
- Session 2 Coping with loss
- Session 3 Helping others in difficult situations
- Session 4 Let's review
- Session 5 Celebration!