



# BAGS OF CHARACTER PROGRAMME



This fully funded 6-week programme is designed for small groups of 5 to 8 young people aged 10 to 14 (Years 6 to 9) focusing on developing their **confidence, communication skills, teamwork, problem-solving abilities, and self-awareness**. The activities incorporate the Bags of Character resources and are tailored to engage participants actively while fostering personal growth.

Bags of Character resources are designed to support the development of “Mental Toughness” – a concept originating in sport psychology and seen as a plastic skill which can be developed over time (McGeown et al., 2016). Mental Toughness looks at the way individuals think, which is a key driver in the development of behaviour and attributes. It comprises of four main elements, known as ‘The Four C’s’:

## CONFIDENCE

Influencing others and having strong self-belief and self-worth

## CONTROL

Shaping their life and managing difficult emotions

## CHALLENGE

Perceiving obstacles as opportunities to learn and develop

## COMMITMENT

Setting clear goals and working towards achieving them

These four elements are known positive psychology traits which have the ability to be developed, dependent on environment, encouragement and support (McGeown et al., 2016). Not only has previous research seen a positive relationship between mental toughness and educational attainment, a relationship has also been seen between mental toughness and positive classroom behaviour, attendance and peer relationships (St Clair-Thompson et al., 2014).

## WEEK 1: INTRODUCTION AND COMMUNICATION

Focus: Getting to know each other, establishing communication norms, and problem-solving.



## WEEK 2: CONFIDENCE

Focus: Building confidence through speaking, trust exercises, and reflection.

## WEEK 3: CONTROL

Focus: Understanding control and teamwork through group challenges.

## WEEK 4: CHALLENGE

Focus: Handling challenges and working together under pressure.



## WEEK 5: COMMITMENT

Focus: Setting goals and demonstrating commitment through timed activities.



## WEEK 6: FINAL CHALLENGES AND REFLECTION

Focus: Applying skills learned and reflecting on the programme.

This programme aims to develop essential life skills in a supportive group setting, preparing young people to face future challenges with confidence and resilience.

For more information or to enrol your students, please contact SKYlight's Youth Engagement Officer,

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