



Foundation for Social Welfare Services
Here for you

Together with the T.F.A.L. 3 Programme, this programme is accredited at MQF Level 2 from the Malta Qualifications Framework and requires a total attendance of 80%

T.F.A.L. 5 - Sedqa Prevention Programme

Session Overview

General Information



- Offered by Sedqa Agency
- Incorporates 5 lessons
- 45 – 50 mins each lesson
- Follow up of the T.F.A.L.3 Programme which was held in Yr.3
- Use of Workbook, Powerpoint Presentations, & Interactive Games

Session 1: Feelings & Self-Love



- Exploring different feelings
- Definition of self-love
- Getting to know ourselves better
- Practicing self-kindness

Lesson 2: Coping Skills



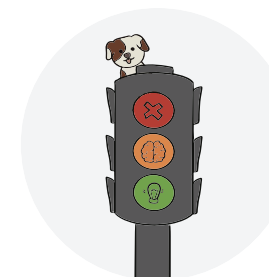
- Definition of coping skills
- Examples of different coping skills
- Developing the wellbeing tool kit
- Guided breathing exercise

Lesson 3: Our Relationships



- Definition of relationships
- Exploring good qualities in a friend
- Definition of peer pressure
- Standing up for yourself

Lesson 4: Decision Making



- Making the right decisions
- Understanding consequences
- Understanding our values & practicing them
- People who can guide us in decision making

Session 5: Wrapping Up



- Summarising previous topics
- Understanding addictions
- Examples of different addictions
- Looking for help