YOU CAN SIT WITH ME

5 little words to change a little life

you can sit with me

A Student Wellbeing Program for Kindergarten–Year 6

Primary School Wellbeing Program

Program Overview

You Can Sit With Me – Primary Wellbeing Program is aligned with the Australian Curriculum (Kindergarten–Year 6), including the learning areas of Health and Physical Education (HPE), Personal and Social Capability, Ethical Understanding and Civics and Citizenship.

The program is designed to nurture kindness, inclusion, empathy and positivity from an early age by empowering students to help create school environments where every child belongs and feels welcome, safe and connected.

These modules are designed as a guide rather than a script. Teachers are encouraged to adapt activities, discussions and examples to suit the developmental stage of their students, their school context and individual classroom needs.

Some sessions may be extended through classroom discussions, while others may be shortened to suit available teaching time. The focus is on creating meaningful opportunities for students to practise kindness, develop friendships and build a strong sense of belonging.

The program supports schools in embedding positive wellbeing practices into everyday school life while empowering children to become role models through simple acts of kindness and inclusion.

The central message of the program is:

Everyone deserves to belong.

The phrase “You Can Sit With Me” represents much more than offering someone a seat.
It represents choosing:

- kindness over exclusion
- friendship over loneliness
- courage over standing by
- belonging over isolation.

Target Group

Students: Kindergarten –Year 6
The program has been designed to support students across three developmental stages.

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Kindergarten–Year 2

Students begin developing:

- friendship skills
- recognising emotions
- kindness and empathy
- learning how to include others
- asking trusted adults for help

Years 3–4

Students strengthen:

- respectful communication
- teamwork
- conflict resolution
- confidence
- responsibility within their classroom and playground

Years 5–6

Students develop:

- leadership skills
- mentoring younger students
- positive role modelling
- peer support
- planning wellbeing initiatives
- preparing for transition to secondary school

Program Duration

Recommended delivery
8–10 weeks

Weekly sessions
30–45 minutes

The program can be delivered through:

- Health and Physical Education
- Personal and Social Capability
- Wellbeing lessons
- Class meetings
- Leadership groups
- Student Representative Council
- Buddy Programs

Program Aims

Students will:

- Develop empathy and kindness.
- Build positive friendships.
- Understand inclusion and belonging.
- Strengthen communication skills.
- Develop confidence.
- Learn respectful ways to solve problems.
- Recognise trusted adults and support networks.
- Demonstrate positive leadership.
- Contribute to a caring school culture.

Student Expectations

Students participating in the program agree to:

- Welcome others.
- Include children in games and activities.
- Speak respectfully.
- Listen kindly.
- Help others feel safe.
- Model school values.
- Wear their You Can Sit With Me wristband responsibly.
- Tell a trusted adult when someone needs extra help.
- Remember that their role is to be a friend—not a counsellor.

Teacher Role

Teachers will:

- Facilitate learning experiences.
- Encourage student voice.
- Model respectful behaviour.
- Create safe classroom discussions.
- Support student wellbeing.
- Guide student leadership opportunities.
- Reinforce help-seeking behaviours.

Program Structure

MODULE 1

What Does It Mean to Be Kind?

Purpose

Students explore how kindness helps people feel safe, included and valued.

Australian Curriculum Links

HPE: ACPPS005, ACPPS017

Personal and Social Capability

Learning Outcomes

Students will:

- recognise acts of kindness
- understand how kindness affects others
- identify their own strengths

Activity 1

Kindness Detectives

Students search around the classroom or playground for examples of kindness.

Examples:

- helping someone
- sharing
- inviting others to play
- encouraging a friend

Reflection

How did kindness make someone feel?

Activity 2

My Kindness Goal

Students complete:

This week I will…

- invite someone to play
- help someone
- smile at someone
- use kind words

Reflection

What happened?

How did it feel?

MODULE 2

Everyone Belongs

Purpose

Students learn that everyone deserves to feel included.

Curriculum Links

ACPPS019

ACPPS033

Learning Outcomes

Students will:

- understand belonging
- identify exclusion
- practise inclusion

Activity 1

Circle of Belonging

Students discuss:

When do you feel included?

When have you helped someone belong?

Activity 2

Playground Scenarios

Examples:

A new student arrives.

Someone has nobody to play with.
Someone is left out of a game.
Students discuss:
What could you do?
What would kindness look like?
When should you tell an adult?

MODULE 3
Being a Good Friend
Purpose
Students develop friendship skills.
Learning Outcomes
Students will:

- practise listening
- use kind communication
- build friendships

Activity 1
Friendship Interviews
Students ask:
What's your favourite game?
What makes a good friend?
What makes you laugh?

Activity 2
Friendship Toolbox
Students create a toolbox of friendship skills.
Examples

- listening
- sharing
- encouraging
- taking turns
- apologising

MODULE 4

Looking After Ourselves and Others

Purpose

Students understand wellbeing and trusted support.

Learning Outcomes

Students will:

- recognise emotions
- identify trusted adults
- understand help-seeking

Activity 1

Feelings Thermometer

Students identify:

happy

worried

sad

angry

excited

Discussion

Who can help?

Activity 2

My Trusted Team

Students draw their support network.

Examples:

Teacher

Parent

School Counsellor

Principal

Grandparent

MODULE 5

Wearing the Wristband with Pride

Purpose

Students understand the responsibility of becoming a You Can Sit With Me Ambassador.

Learning Outcomes
Students will:

- understand the purpose of the wristband
- know their responsibilities
- understand their leadership boundaries

Activity 1
What Does My Wristband Say?
Students brainstorm what the wristband communicates.
Examples
You are welcome.
You are safe.
You belong.
You can join us.

Activity 2
Ready to Wear It?
Students reflect:
Am I ready today?
Can I welcome anyone?
Can I ask an adult for help if needed?

MODULE 6
Choosing Kindness Every Day
Purpose
Students discover that small actions make a big difference.
Learning Outcomes
Students will:

- identify everyday acts of kindness
- understand the ripple effect

Activity 1
Kindness Ripple
Students draw how one kind act spreads through the school.

Activity 2
Seven-Day Kindness Challenge
Day 1 — Smile
Day 2 — Say hello
Day 3 — Invite someone
Day 4 — Help someone
Day 5 — Thank someone
Day 6 — Encourage someone
Day 7 — Reflect

MODULE 7
Making Our School Better
Purpose
Students become active leaders by planning a simple wellbeing initiative.
Learning Outcomes
Students will:

- identify a need
- work together
- contribute to school wellbeing

Activity
Kindness Project Planner
Students design a class project.
Examples:

- Friendship Bench
- Welcome Week
- Playground Buddy Day
- Kindness Wall
- Thank You Cards
- Gratitude Tree
- Lunchtime Games

Reflection
Who did this help?
What changed?

MODULE 8

I Am a Leader

Purpose

Students celebrate their learning and commit to continuing acts of kindness.

Learning Outcomes

Students will:

- reflect on personal growth
- identify future leadership goals
- celebrate achievements

Activity 1

My Leadership Reflection

Students complete:

Before this program I thought kindness was…

Now I know…

I am proud that…

My next goal is…

Activity 2

Leadership Promise

Students complete:

I promise to…

- include others
- be kind
- speak respectfully
- help people feel welcome
- ask adults for help when someone needs it
- make my school a place where everyone belongs

Assessment and Evidence of Learning

Students demonstrate growth through:

- Reflection journals
- Classroom discussions
- Teacher observations
- Student leadership portfolios
- Kindness challenges
- Wellbeing projects
- Peer feedback

Program Success Indicators

Students:

✓ Demonstrate kindness and empathy
✓ Include others in learning and play
✓ Build positive friendships
✓ Show confidence in welcoming new students
✓ Recognise when adult help is needed
✓ Demonstrate positive leadership behaviours
✓ Promote belonging across the school
✓ Model school values

Program Vision

The You Can Sit With Me Primary Wellbeing Leadership Program empowers children to discover that leadership begins with simple everyday choices.
To smile.
To notice.
To include.
To welcome.
To care.
Because one small act of kindness can change someone's whole day—and sometimes, their whole school experience.

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