

## Ubuntu Youth Wellbeing Program 2025

Based on the African philosophy, **The Ubuntu Youth Wellbeing Program** provides culturally safe, community-based support for young people who may be:

- Feeling overwhelmed, stressed, or unsure how to express their emotions
- Navigating changes throughout their educational journey
- Experiencing pressure from friends, family, or their environment
- Struggling with confidence, identity, or a sense of connection
- Longing for cultural roots or wanting to talk to someone who understands their background

### Who can join?

Students from Grade 3 – 10

### How can I join?

<https://forms.gle/ckQ3SWXKWVy4J69m9> (FREE Program)

### When & Where?

🕒 Every Wednesday

🕒 6:00 PM – 8:00 PM

📍 Thornhill Park Children's & Community Centre

*Food & Drinks will be provided*

### How long is the Program?

Wednesday 3<sup>rd</sup> September 2025 – 17<sup>th</sup> December 2025

### Program Activities:

Weeks	Activities	About the Activity
Week 1	Mini Mental Health Check – (Express Yourself Circle)	<p>This activity allows young people to take turns in sharing how they feel.</p> <p><b>e.g.</b></p> <ol style="list-style-type: none"> <li>1. How do you feel today?</li> <li>2. What is your goal this week?</li> <li>3. Who can you ask when you need help?</li> </ol>

Week 2	“Map Your World” Activity	The purpose of this activity encourages a young person to create a visual map of their school life journey, making key moments, challenges and goals
Week 3	My Cultural Identity - “Who am I”?	Each participant is encouraged to explore about their cultural identity background and will be given the opportunity to present this with their peers in a supportive and respectful environment.
Week 4	“My Story, My Culture and Media”	“My Story, My Culture and Media” is a unique workshop catered for young people from culturally and linguistically diverse backgrounds, to freely express their stories and cultures through media.
Week 5	Language & Storytelling	Storytime or language workshops with Elders or cultural leaders to promote pride and connection to heritage.
Week 6	Resilience and Coping Skills	This activity explores resilience and coping skills through a culturally responsive lens, recognising that wellbeing is deeply influenced by cultural identity, community, and connection. Young people will be supported to reflect on their own strengths, cultural values, and lived experiences as sources of resilience. The aim is to empower youth to build emotional strength and support one another in their journey.

Week 7	Peer Solidarity Role-Play	Participants will engage in real-life scenarios designed to help them navigate common social pressures, build self-awareness, and identify their personal boundaries.
Week 8	Therapeutic African Drumming	Our African Drumming is a therapeutic, fun and engaging workshop open for everyone to learn some basic Djembe skills while grooving to the sound of Africa. Participants will benefit from this program because drumming exercises the brain and the body, stimulating physical and neurologic coordination. Not only will this program encourage listening skills and concentration, the program will also allow participants to develop leadership skills through music while promoting teamwork and cultural awareness.
Week 9	Mind, Body and Spirit – Activity	To support young people in exploring the interconnectedness of their mental, physical, and spiritual wellbeing through culturally safe practices.
Week 10	Psycho-education sessions	To increase young people’s understanding of mental health and emotional wellbeing, while reducing stigma and encouraging help-seeking in a culturally safe space.
Week 11	Guest Speakers	Young people will hear from a range of guest speakers who will share their personal stories,

		real-life challenges, and experiences in navigating careers, goals, and aspirations. These sessions aim to inspire, motivate, and provide relatable insights that connect learning to life beyond the classroom.
Week 12	School Holiday Excursions	Our school holiday excursions offer young people the chance to connect, explore, and unwind in a culturally safe and supportive environment. These outings are designed to promote wellbeing, build friendships, and strengthen identity through fun and meaningful experiences outside the classroom.
Week 13	Afro-Dance	This high-energy Afro-Dance activity celebrates African rhythms, movement, and self-expression. Led by a skilled dance instructor from the community, young people will learn dance styles rooted in various African traditions such as Azonto, Ndombolo, or Afrobeat while exploring the cultural meanings behind the movements.
Week 14	Movie Nights – Stories That Connect Us	Our Movie Nights create a relaxed and culturally safe space for young people to come together, unwind, and enjoy films that spark conversation, reflection, and connection. Featuring movies that highlight themes of identity, resilience, culture and community.
Week 15	Team Building & Connection Games	Team building and connection games are essential to helping

		young people feel a sense of belonging, safety, and trust within a group. These activities are grounded in cultural values such as community, togetherness, and mutual respect.
Week 16	Personal Goal Setting	This activity empowers young people to reflect on their hopes, strengths, and future aspirations while honouring their cultural identity and lived experiences.
Week 17	Family Connect	Family Connect is a special opportunity for young people and their families to come together in a culturally safe space to share, learn, and grow. This activity is designed to nurture stronger relationships between youth and their caregivers by celebrating cultural traditions, encouraging open dialogue, and fostering mutual understanding.
Week 18	“Me and the Law” – Know My Rights	This interactive workshop empowers young people with the knowledge they need to understand their rights, responsibilities, and protections under the law. Delivered in a youth-friendly and culturally safe way, the session covers everyday situations young people may face such as interactions with police, school rules, online behaviour, and discrimination.

*Please note that these activities are subject to change and may not occur in chronological order.*