

# Inspire Story



**INSPIRE  
TOGETHER**  
A healthier, happier, future generation

# HEALTH AND WELLBEING

## THIS GIRL CAN

This Girl Can is an emotional literacy programme aimed at year 5-8 girls. This girls-only initiative is designed to build confidence, communication and self-esteem through physical activity and resources. The programme supports girls' readiness for the challenging move up to secondary school, or transition into secondary school.

The year 5 and 6 girls at Coleman Primary School have made great progress over the 10-weeks; getting to know themselves, developing strategies to boost their self-esteem, navigating the challenges of social media, and empowering them to step out of their comfort zone. Through several activities, games, and sports, the girls created a safe space in which they could be confident and open about their thoughts and opinions.

The girls especially enjoy the session on moving to secondary school, where they could share both their excitement and concerns about the transition and collaborate to come up with strategies to overcome challenges they may face

"I learned to be confident over the 10 weeks. I made friends and did funactivities through the weeks. I really like this sessions"

"I learned to be happy and confident when moving schools"

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