

BUZ Rangers Life Skills Program Outcomes



PLAYGROUND LEADERSHIP & PEER MEDIATION PROGRAM

The Focus of the BUZ Rangers program is to develop a team of Playground leaders - with positive skills to help enable the school playground to be a safe and fairer place for all students and therefore reducing the incidences of bullying.
Plus skills in mediating between children in conflict and helping children with friendship and playground skills.

The BUZ Rangers program

The BUZ Rangers program works best with a team of 20 students who have been selected as suitable trainees. The program is designed to be conducted over 2 full school days. These can be done on concurrent days or one day each week over two weeks. The session times are flexible to allow for the school timetable. The program is best conducted in a 'specialist' room with minimal interruptions.

BUZ Rangers Playground Leadership - Program Outcomes

Provide the trainees with the skills to:

- Build a positive sense of self within the team.
- Confidently communicate and cooperate with others.
- Develop the ability to convey friendship skills to other students.
- Understand, communicate and manage their own feelings and help other students with their feelings.
- Recognise and resolve their own conflicts as well as mediating between other students in conflict.
- Handle situations when they are not being treated fairly or with respect (Bully-proofing) and be able to assist other students when they are not being treated with respect.
- Be a positive role model in the school playground.
- Create and encourage positive play activities in the school playground.





BUZ RANGERS

SPECIFIC OUTCOMES FOR BUZ RANGERS PROGRAM SESSIONS

Help the trainees feel welcome. Have trainees organised so they can access their manuals when needed.

To "break the ice " and get the children used to working as a group.

To establish the skills needed to cooperate in a BUZ Circle and in a team. Effective communication skills.

Children learn circle skills and learn how to cooperate with others in the BUZ circle.

Practicing the cooperation using the BUZ circle skills.

More advanced teamwork and cooperation skills. Also the ability to access a situation and solve any problems.

Trainees understand the purpose of the program and their commitment to it.

Trainees understand that they posses unique strengths that are valuable to the program. Also understand that everyone has strengths that can be valuable to the team.

To introduce the worksheets in the Manual to the trainees. To help trainees to reflect of their strengths and their own self worth.

Trainees realise that by working together to help each other it is easy to complete a task or challenge.

To help the trainees discover the skills needed to work in a team by the example of a successful couple. To allow them to improve on their first attempt.

Trainees recognise the importance of working together and appreciate the value of each aspect.

Trainees learn to cooperate and trust each other.

To demonstrate that cooperating with others and working in a team takes work and trust.

To reflect on what went wrong, what is important in cooperatin with others and how to learn from the experience. To focus on our feelings when things go wrong or when there is conflict.

To help the team regain their confidence after palying BUZopoly so that they are successful in cooperating and to alleviate the feelings from the BUZopoly game.

To begin the process of feelings reoncition, helping with feelings vocabulary.

Feelings recognition and vocabulary

To learn how to recognise feelings, reflect on our own feelings and how to express them in word.

To learn the skills of feelings management and learn the BUZ Feelings Creed. Understanding where anger comes from and the feelings beneath anger and how to handle anger.

To help the trainees understand the importance of empathy - knowing what leads others to feel the way they do and how to feel with them

To understand good communication skills, especially speaking and listening.

Trainees understand that active listening is more than just hearing and involves using all your senses when listening to someone.



To practice the skills of active listening
To reflect on the days learning
To refresh cooperation, communication skills
To understand that conflict happens, it is a normal part of life. To help realise that conflict comes from an identified problem.
To understand why conflict happens and that a 'problem' is the cause of a conflict.
Trainees realise that conflict affects the quality of a freindship and if not resolved may mean the end of the friendship.
To replact of the causes of conflict in friendships.
Trainees realise that people handle conflict in different ways but that true conflict resolution is the best way.
Trainees learn the BUZ Hopscotch Method of Conflict Resolution and how to apply it to resolve conflict.
Trainees realise that the whole process is a way of saying sorry but that they can choose to say sorry at any point.
To role play the conflict resolution skills
Trainees learn to mediate between other Trainees in conflict situations. Also learn the importance of knowing the ground rules and when to apply them.
Trainees know the steps to making and keeping friends as well as how to help other children make friends.
Trainees learn the Gimme 5 strategies to bully proof themselves.
Trainees revise gimme 5 straegies and practice them in role play situations.
Practice advanced skills in a variety of situations including friendship issues, fights, and bullying
To recap all the skills and confirm the role of the BUZ Ranger. Trainees recognise when they are out of their depth with a problem and require help.
Finalise the training and receive badges or certificates



BUZ LIFE SKILLS PROGRAM OUTCOMES

(Skills children will become more competent in)

1. CONNECTEDNESS – Relationships Skills

- 1.1 Believe that what they have to contribute is valuable.
- 1.2 Accept and value others' contributions.
- 1.3 Know the basics in instigating social relationships.
- 1.4 Be better able to form good, sustaining friendships and to be accepted and valued within their peer group.

2. CONFIDENCE – Resilience Skills

- 2.1 Know, accept and utilise their personal strengths.
- 2.2 Develop the skills to be successful.
- 2.3 Grow and flourish in personal confidence.
- 2.4 Be able to solve basic problems and handle disappointments.
- 2.5 Find meaning and growth in negative situations.
- 2.6 Be able to use triggers to personal happiness.

3. COMPASSION – Respect and Ethical Skills

- 3.1 Look for the good in and grow a healthy respect for others.
- 3.2 Accept and be tolerant of the differences in people.
- 3.3 Build a vocabulary of positive language for relating with others.
- 3.4 Be aware of and develop a personal values system.
- 3.5 Have a positive understanding of social justice and put it into practice.

4. CONTROL OF FEELINGS – Emotional Competence Skills

- 4.1 Know their emotions, recognise an emotion when it happens.
- 4.2 Appropriately articulate and express their emotions.
- 4.3 Understand and regulate their emotions.
- 4.4 Recognise emotions in others and the effect of their emotions on others.
- 4.5 Recognise the power of emotions and their effect on their own behaviour and health.

5. CONFLICT RESOLUTION – Restorative Practice Skills

- 5.1 Recognise when conflict happens and accept that conflict can be a normal part of relationships.
- 5.2 Develop the skills to resolve conflict and negotiate with others.
- 5.3 Develop the skills to handle negative social situations or when they are not being treated with respect.
- 5.4 Be able to use restorative practices.

