



Know Myself

Reflect on, and explore, traditions, values and history. Look locally and globally to understand your place in your communities.



Express Myself

Visual arts, crafts and design come together with communication and creative problem-solving.



Be Well

Mind, body and food – know how to look after yourself and others.



Have Adventures

Get outside and go on camps, holidays and expeditions.



Take Action

Make a difference in your communities.



Skills For My Future

Look ahead and gain skills to strengthen your independence.