

Seasons for Growth

Children & Young People's Programme



Seasons for Growth provides social and emotional learning that supports children and young people to adapt to experiences of change, loss and grief in their lives.

Who is it for?

Children and young people impacted by change, loss, and grief, such as:

- the death of someone they love
- parent separation or divorce
- out-of-home care
- forced migration
- family illness
- other significant change or loss.

Seasons for Growth creates a safe space to learn knowledge and skills to cope with such experiences. The focus is on the impacts of change and loss, rather than the details of specific events.

How does it work?

Seasons for Growth is an evidence-based, social and emotional learning programme, facilitated in small groups by a trained adult Companion. Drawing on the rich metaphor of the seasons, and using safe, creative learning activities, young people learn and practise new ways of thinking and responding to experiences of change and loss. This learning enhances protective factors (building personal resilience and social skills) while minimising risk factors (such as isolation) that impact their mental health and wellbeing.

Programme outcomes

Seasons for Growth supports children and young people to:

- **learn** that life changes like the seasons
- **understand** it is normal to experience a range of feelings and other reactions
- **explore** different strategies for managing these reactions
- **strengthen** communication, decision making and problem solving skills
- **participate** in a supportive network of peers and adults
- **apply** their new learning within and beyond the group.

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I am able to get on with my work faster because worries are no longer inside me and I'm happier.

Child,
Seasons for Growth



How is it delivered?

- The programme is run over 8 sessions with groups of 4-7 participants and is facilitated by trained adults called "Companions."
- Working and community professionals are endorsed by their organisation to undertake a two-day training workshop to implement the programme and to qualify to become a Companion.
- There is also a range of optional continuing professional learning modules for trained Companions to deepen knowledge and practice (such as, in implementing groups, trauma-informed practice, reflective practice and understanding neurodiversity).

Evidence and evaluation

Over the past 25 years numerous reviews and evaluations have attested that Seasons for Growth offers an overwhelmingly positive experience and beneficial outcomes across a wide range of settings. Reflecting the objectives of the programme, the most recent evaluations concluded that Seasons for Growth:

- **builds** understanding and skills in managing change, loss and grief
- **improves** participants' emotional wellbeing
- **enables** participants to express their views, thoughts and feelings
- **strengthens** participants' social and support networks.

Contact us

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Te Oati: A Bicultural Dimension of Seasons for Growth in Aotearoa

Te Oati is a bicultural dimension developed specifically to support Iwi/Māori participating in the Seasons for Growth Children and Young People's Programme in Aotearoa. It is designed to foster deeper connection and cultural resonance by embedding principles from Te Ao Māori into the programme's framework.

Central to Te Oati is the recognition of Te Kore, Te Pō, and Te Ao Mārama - a profound conceptual journey that reflects the emotional transformation through grief and loss. This worldview offers a powerful framework for understanding the cycles of darkness, chaos, and the eventual emergence of light and renewal.

The narrative of Tāne-nui-a-Rangi, who courageously separated his parents Ranginui (Sky Father) and Papatūānuku (Earth Mother), further enriches this journey. This story embodies resilience and the potential for growth that arises from disruption. It teaches that from profound loss can come clarity, strength, and the birth of new possibilities.

Through these deeply rooted cultural narratives, Te Oati offers a pathway of hope, healing, and empowerment for tamariki and rangatahi navigating life's challenges.

