



# SILVER SALTIES

## History and Horizons

**Objective** To promote wellbeing by connecting with a Surf Life Saving representative and others learning about local history, practising positive psychology, and looking out to the horizon!

### Duration

45min – 1hr

### Frequency

Weekly

### Program

10 weeks (or ongoing)

### Place



Chairs/bench in the park looking out towards the horizon (or inside the SLS Club clubhouse if bad weather)

### Intensity



Light. Suitable for all participants, regardless of mobility or fitness. While most of the session could be sitting down, participants are welcome to move as needed e.g. stand up, stretch, walk around.

## A Typical Session

- Welcome, group check in and introductions led by SLS Club Leader – 5min
- Learn about a local history topic by reading information, listening to a guest speaker, and/or discussing prior knowledge. Led by the SLS Club Leader or guest speaker – 10/15min
- Practice a positive psychology strategy listed on the next page. Led by the SLS Club Leader – 10/15min
- Look out to the horizon and discuss a question posed by the SLS Club Leader – 10/15min
- Enjoy an informal social activity. Participants can choose to stay and enjoy a coffee/tea with other Silver Salties at the park, clubhouse or local café – 10min+.

## Did You Know?

Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments (think mountains, waterfalls, and beaches). Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy.

Source: <https://www.webmd.com/balance/features/negative-ions-create-positive-vibes#1>, viewed 13/08/19.

Positive Psychology is a relatively new branch of psychology that shifts the focus from what is clinically wrong, to the promotion of wellbeing

and the creation of a satisfying life filled with meaning, pleasure, engagement, positive relationships and accomplishment.

Source: <https://www.blackdoginstitute.org.au/docs/default-source/factsheets/positivepsychology.pdf?sfvrsn=2>, viewed 13/08/19

People watching can be good for you including opportunities to be inspired by other people, de-stress and live in the moment, and self-reflect on personal behaviours.

Source: <https://insideouterbeauty.com/3-ways-people-watching-can-be-good-for-you/> viewed 13/08/19.

## Learning About Local History

The SLS Club Leader or special guest will share information about local history and invite contributions from participants.



### *Surf Life Saving Australia and SLS Club History*

Ideally the SLS Club historian could help share information.

- When did SLSA begin and why?
- What were some of the early fashions and equipment used in SLSA?
- Who generally became lifesavers?
- What did women do for SLSA during war time?
- What are significant milestones in SLSA and the local SLS Club's history?

### *Indigenous History*

Ideally a local elder could be invited to speak to the group about local indigenous history.

- Name of indigenous group which inhabited the local area for thousands of years.
- Cultural aspects of the local indigenous group e.g. food, land management, tokens, sacred sites, tools and weapons, shelter, education (through song, dance, art, stories), rituals etc.
- What was the impact of colonisation?
- Famous indigenous people from the local area.

### *Town History*

Ideally a local community historian could share some stories and photos about the local town history.

## Practising Positive Psychology Strategies

The SLS Club Leader will share a positive psychology strategy for participants to practice in each session e.g.

- Gratitude exercises
- Mindfulness activity
- Identifying and using personal strengths
- Random acts of kindness
- Reflecting on key components in life
- Activating the senses in the present moment
- Celebrating a personal achievement.



## Looking Out To The Horizon

The SLS Club Leader will ask a question to the group:

- How far away is the horizon? How do you know?
- How can you use the horizon to tell the time?
- Which 'horizon' quotes/affirmations resonate with you?
- What have been some of your memorable 'horizon' moments in Australia and/or overseas?
- How many boats, ships, other craft can you see?
- Why do people feel good when they look at the horizon?
- Can you draw/sketch the view to the horizon?