

**Activity: BACK TO SCHOOL ACTIVITY**

Resilience Focus Area: **Friendships**

**Learning Outcomes**

- To introduce new Year 7s to each other
- To get groups of young people to know a little about each other
- To give the group a space and time to talk about any worries or concerns



| Time      | Activity   | Method  | Resources                                       |
|-----------|--|---|---|
| 5 mins    | <b>SIGN IN &amp; CHECK IN</b>                            | Ask young people to complete Sign In sheet<br><br>Ask the group to say how they are feeling from 1-10 and if they want to share why   | Sign In Sheet<br><br>Pens                       |
| 2.5 mins  | <b>WELCOME &amp; LEARNING EXPECTATIONS</b>               | Explain to the young people we are working with what the aims and objectives of the session are.  | Pen<br><br>Flipchart                            |
| 12.5 mins | <b>ICEBREAKER</b><br><b>WELLBEING BAG ACTIVITY</b>       | Explain to the group, there are items in the bag with a label attached. They should reach in the bag and pull out an item without looking and then read the question on label and answer it.<br><br>Dependent on time, you could ask the group to state their answers too before moving on to the next person | Wellbeing Bag (see resources for contents list) |
| 5 mins    | <b>DISCUSSION</b><br><b>WHAT MAKES A GOOD FRIEND?</b>    | Ask the group to think about makes a good friend. Make a list of all the things that are important.<br><br>Discuss each attribute and find common theme, for example, having things in common, shared experiences, etc  | Flipchart<br><br>Pens                           |
| 20 mins   | <b>ACTIVITY</b><br><b>GETTING TO KNOW YOU INTERVIEWS</b> | Explain to the group, this activity allows them to find out information about each other to then share with the group.  | Back to School interview worksheets<br><br>Pens |

| Time    | Activity   | Method   | Resources                            |
|---------|--|--|--------------------------------------|
|         | ACTIVITY continued...                                    | You could embellish the session by asking the young people to pretend they are investigative reporters for a big newspaper and have been sent to interview a VIP. Go around the room pairing people up and handing out the worksheet and pens. Ask them to take some time to go through the questions and to answer them in turn. Once completed ask them to fact check. When the group has finished, ask the pairs to take it in turns to select a few facts and to introduce their partner to the group. |                                      |
| 10 mins | <b>DISCUSSION</b><br><b>FEEDBACK ON ACTIVITY</b>         | Using the completed worksheets and introductions we have just heard, ask the group to identify the common themes, for example, how many people have the same favourite colour, etc?<br><br>Represent this information pictorially to highlight connections.  | Flipchart<br>Pens                    |
|         | <b>EXTENSION ACTIVITY</b><br><b>WELLBEING WORDSEARCH</b> | Handout the word search activity on the themes of wellbeing. Go through the words with the young people to gain their views on different wellbeing activities. Ask them to work together or individually to complete the word search.  | Wellbeing word search sheets<br>Pens |
| 5 mins  | <b>EVALUATION &amp; CLOSE SESSION</b>                    | Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms.<br><br>And finally, check out with everyone as before  | Evaluation Forms<br>Pens             |



To access more resources, information and advice visit

[www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk)

[www.moodspark.org.uk](http://www.moodspark.org.uk)



# WELLBEING BAG

**This is a fun way to start a new group and support them to connect and find things they have in common.**

## Things you will need:

- A brightly coloured tote bag
- Parcel tags
- List of items (see attached as suggestions to get you started)
- Pen
- Sellotape
- List of questions associated to the items you have chosen e.g. what is your favourite....?

## How to put together the Wellbeing Bag:

On each of the parcel tags, write a question and stick it onto the selected item, e.g. What is your favourite chocolate bar? Could be attached to the mini Mars Bar. Repeat for each of the items you have chosen. Once completed, put all the items in the bag and you are ready to go.

## How to use the Wellbeing Bag with a group:

In your group decide who is going to take the first turn.

The first person introduces themselves and pulls out an object from the bag. They read the question and answer it about themselves.

Then put the item to one-side rather than back in the bag.

You can then ask them to nominate someone else in the group to share their answer too or if there is time, move around the rest of the group and get everyone to share their answers. It's then good to highlight all the commonalities amongst the group.

Repeat this until everyone in the group has had a go or until all the items in the bag have been picked out and the questions answered.

It is usually a popular game, so perhaps save some items for another time to play the game. You could also ask the group to add to the bag by coming up with their own suggestions about what items could be included and questions to be asked!

# WELLBEING BAG CONTENTS LIST

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|                            |                      |
|----------------------------|----------------------|
| Drink?                     | Can of Apple Tango   |
| Food?                      | Paper plate          |
| Photograph?                | Photograph           |
| Biscuit?                   | Shortbread           |
| Sport?                     | Tennis ball          |
| Piece of advice?           | Penny                |
|                            |                      |
| Gift?                      | Gift box             |
| Book to read?              | Book                 |
| Game to play?              | Pack of cards        |
| Person to make you laugh?  | Chattering teeth     |
| Weather?                   | Bottle of sun cream  |
| Season?                    | Leaf                 |
| Toy?                       | Piece of Lego        |
| Person to talk with?       | Old mobile phone     |
| Power pose?                | Plastic Wonder Woman |
| Person to spend time with? | Old watch            |
| Instrument to play?        | Harmonica            |
| Genre of music?            | Music sheet          |

| Question                         | Suggested Item              |
|----------------------------------|-----------------------------|
| <b>WHAT is your favourite...</b> |                             |
| Film?                            | DVD box                     |
| Song?                            | CD box                      |
| TV show?                         | Radio Times                 |
| Place to go on holiday to?       | Euro                        |
| Chocolate bar?                   | Mars Bar                    |
| Colour?                          | Coloured piece of paper     |
| Childhood TV show?               | Blue Peter badge            |
| Ice cream flavour?               | Ben & Jerry's ice cream tub |
| Crisp flavour?                   | Packet of crisps            |
| Youtuber?                        | Image of the YouTube logo   |
| Party game?                      | Party hat                   |
| Lesson in school?                | Textbook                    |
| Place to go?                     | Map                         |
| Spend your money on?             | £ Pound coin                |
| Sweets?                          | Packet of Starburst         |
| Board game?                      | Monopoly icon               |
| Fruit?                           | Plastic lemon               |
| Animal?                          | Toy animal                  |
| Car?                             | Toy car                     |
| Item of clothing?                | T-Shirt                     |
| Pizza topping?                   | Take away pizza menu        |

## WELLBEING BAG CONTENTS LIST

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| <i>WHO would you...</i>                        |                 |
|--|-----------------|
| Most like to invite to go out for dinner with? | Plastic fork    |
| Do on your ideal day?                          | Calendar        |
| <i>WHAT is your best...</i>                    |                 |
| Achievement?                                   | Medal           |
| Memory?  | Thinking emoji  |
| <i>WHAT is your most...</i>                    |                 |
| Embarrassing moment?                           | Red faced emoji |
| Prized possession?                             | Key             |

| <i>WHO is your favourite...</i> |                        |
|---------------------------------|------------------------|
| Actor/actress?                  | Oscar                  |
| Superhero?                      | Batman                 |
| Artist?                         | Art book               |
| Disney character?               | Mickey Mouse character |
| Cartoon character?              | Loony Tunes logo       |

# Wellbeing Activities Word search – co-produced by young people from Thanet

WRITE A DIARY  
 WATCH THE SUNRISE  
 DRAW  
 PAINT  
 COOK A MEAL  
 VISIT A FRIEND  
 READ A BOOK  
 TAKE PHOTOGRAPHS  
 DO YOGA  
 GO FOR A WALK  
 MEDITATE  
 MINDFULNESS  
 GO TO THE BEACH  
 PLAY A SPORT  
 CALL SOMEONE  
 KNIT  
 ORIGAMI  
 WATCH A FILM  
 SING A SONG  
 PLAY A BOARDGAME  
 GO TO THE PARK  
 WRITE A LETTER  
 MAKE A CAKE  
 INSTRUMENT

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | W | X | W | L | Q | E | H | H | G | X | Q | B | Q | R | N | C | D | G | X |
| M | A | A | L | W | I | N | A | P | M | L | I | F | A | H | C | T | A | W | E |
| K | T | R | J | R | A | E | D | A | O | B | E | X | D | C | A | H | F | Z | R |
| R | C | E | X | I | R | N | Y | C | A | L | L | S | O | M | E | O | N | E | T |
| A | H | A | D | T | S | I | N | G | A | S | O | N | G | Q | M | G | B | T | N |
| P | T | D | N | E | I | R | F | A | T | I | S | I | V | A | Q | G | E | N | I |
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| T | S | O | P | E | Y | R | A | I | D | A | E | T | I | R | W | E | I | U | H |
| O | U | O | L | T | N | O | Z | L | S | Y | I | Q | W | A | R | D | F | R | Y |
| T | N | K | A | T | N | Q | E | T | A | T | I | D | E | M | L | J | S | T | A |
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| G | I | A | T | R | O | P | S | A | Y | A | L | P | R | H | S | W | V | N | X |
| T | S | G | O | T | O | T | H | E | B | E | A | C | H | Z | X | X | N | I | L |
| Y | E | O | G | R | E | E | M | A | G | D | R | A | O | B | A | Y | A | L | P |
| W | V | Y | I | A | R | Q | M | X | O | W | V | D | K | T | S | Q | F | A | Z |
| A | I | O | V | T | I | N | K | Q | N | G | V | H | W | R | K | A | M | P | B |
| M | Z | D | J | X | C | G | O | F | O | R | A | W | A | L | K | C | V | R | P |
| V | H | X | T | A | K | E | P | H | O | T | O | G | R | A | P | H | S | J | P |
| X | X | B | S | S | E | N | L | U | F | D | N | I | M | P | D | D | Y | X | Q |

# Wellbeing Wordsearch

co-produced by young people from Thanet

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WATCH THE SUNRISE  
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GO FOR A WALK  
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GO TO THE BEACH  
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|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | W | X | W | L | Q | E | H | H | G | X | Q | B | Q | R | N | C | D | G | X |
| M | A | A | L | W | I | N | A | P | M | L | I | F | A | H | C | T | A | W | E |
| K | T | R | J | R | A | E | D | A | O | B | E | X | D | C | A | H | F | Z | R |
| R | C | E | X | I | R | N | Y | C | A | L | S | O | M | E | O | N | E | T | N |
| A | H | A | D | T | S | I | N | G | A | S | L | O | N | G | Q | M | G | B | T |
| P | T | A | D | N | E | I | R | F | A | T | I | S | I | V | A | Q | O | G | E |
| E | H | A | O | A | C | B | B | L | A | C | A | E | K | O | O | C | Q | E | I |
| H | E | B | I | L | S | Z | B | E | K | A | C | A | E | K | O | A | M | T | O |
| T | S | O | P | E | Y | R | A | I | D | A | E | T | I | R | A | R | W | E | I |
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| V | H | X | T | A | K | E | N | P | H | O | N | G | R | A | P | H | S | J | P |
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