

ACTIVITY—POSTIVE AFFIRMATIONS

Resilience Focus Area: **Emotions and Behaviour**

Learning Outcomes

- To think about powerful affirmations, we like and why
- To create a canvas or tote bag with our affirmation
- To get the group talking together



Time	Activity	Method	Resources
	SIGN IN & CHECK IN	Ask young people to complete Sign In sheet Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet Pen
	WELCOME & LEARNING EXPECTATIONS	Explain to the young people we are working with what the aims and objectives of the session are.	Pen Flipchart
	ICEBREAKER NAME IT GAME	Ask the group to work in pairs. Explain how the Name it Game works— questions asked, fastest to buzz answers and first team up to 15 wins, etc.	Name It Game
	DISCUSSION What are positive affirmations? Why can they help? What affirmations help you and why?	Share with the group some positive affirmation examples. Ask them to read through and note ones they like. Alternatively, they may have one of their own they like, ask them to share the ones that help them. Make a list on flipchart. What are the groups top ten?	Positive affirmation examples Flipchart Pens
	ACTIVITY POSITIVE AFFIRMATION ARTWORK	Hand out the canvasses and/or Tote bags, various pens (including fabric if using the Tote Bags) and small pots of paint, glitter, etc. Ask the group to create their own work of art with a positive affirmations. They can make these for themselves to keep, or create them for someone special.	Positive affirmation examples Tote Bags and / or Canvasses Pens & Pencils Pots of paint Stickers Glitter

Time	Activity	Method	Resources
	DISCUSSION MY POSITIVE AFFIRMATION ARTWORK & WHY IT'S IMPORTANT TO ME	<p>Ask the group to show their artwork and say a few words to celebrate their affirmations.</p> <p>Take photographs of artwork and use it to illustrate the Top Ten affirmations the group chose.</p> <p>Finish off the session with a round of applause!</p>	
	EXTENSION ACTIVITIES: HEADSTART WORDSEARCH MINDFULNESS—SQUARE BREATHING	<p>Handout the wordsearch activity on the themes of HSK's universal offer</p> <p>Go through the words the young people need to find to check knowledge</p> <p>Ask the young people to try and find all of the words shown</p> <p>Perhaps award HSK merchandise to all those that complete the activity (they may wish to go away and finish in their own time too)</p> <p>Remind the group of some of the mindfulness techniques you have talked about previously.</p> <p>Handout the Square Breathing activity and practice together.</p> <p>Discuss when this might help them and what they could use</p>	<p>HSK wordsearch sheets</p> <p>Pens</p> <p>HSK merchandise - colouring books, tangles, stress balls, pens, colouring pencils, etc</p> <p>HSK Square Breathing handout</p>
	EVALUATION & CLOSE SESSION	<p>Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms.</p> <p>And finally, check out with everyone as before</p>	<p>Evaluation Forms</p> <p>Pens</p>



To access more resources, information and advice visit

www.KentResilienceHub.org.uk

www.MoodSpark.org.uk



Positive Affirmations/ I can hard things

- There is no one better to be than myself
- I am enough
- I get better every single day
- I am an amazing person
- Today I am a leader
- I forgive myself for my mistakes
- My challenges help me grow
- I choose my own attitude
- I'm choosing to have an amazing day
- I can do hard things
- I choose to be happy
- I stand for what is right
- I believe in me
- I am loved
- I am blessed
- I am truthful
- I am thankful
- I am special
- I stay calm
- I am a good friend
- I am courageous
- I am respectful
- I do my best in my work and tasks
- I love my life
- I enjoy new adventures
- I work hard
- I am strong
- I am helpful
- I am a good sport
- I am kind to others
- I am a good listener
- I do the best I can
- I focus on the positive
- I am a good influence on others
- I have talents
- I learn from my challenges
- I do the right thing even when no one is looking
- I am becoming better everyday

Wellbeing Word search

co-produced by young people from Thanet

Answer Sheet

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

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
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

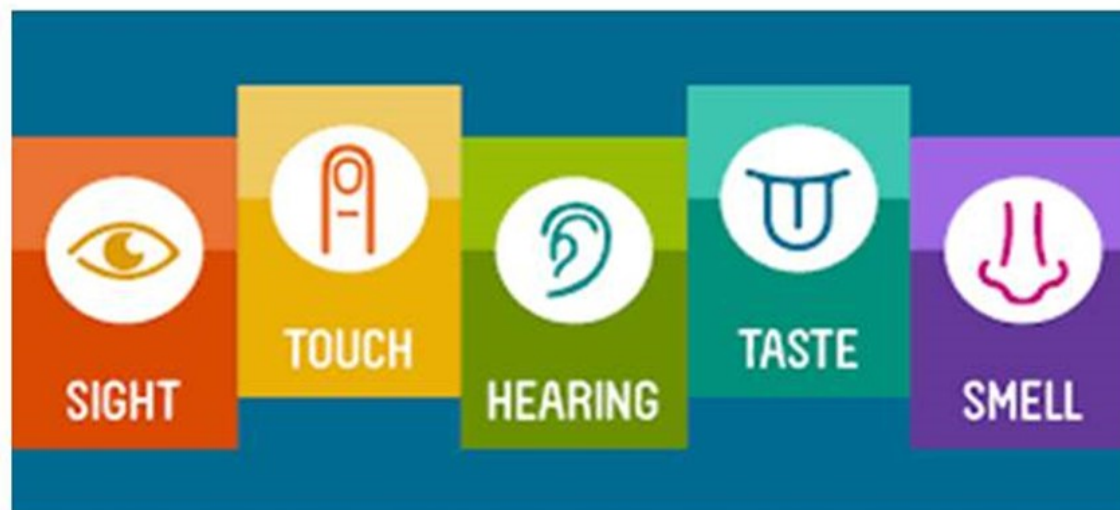
Practising Mindfulness

5.4.3.2.1 Technique:

A simple way to practise being mindful of our senses and what is going on around us is the 5.4.3.2.1 technique. This activity can also work as a means of distracting us if our thoughts are becoming unhelpful. You can either list the things or say them out loud if doing the activity.

At this moment in time, name...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste.

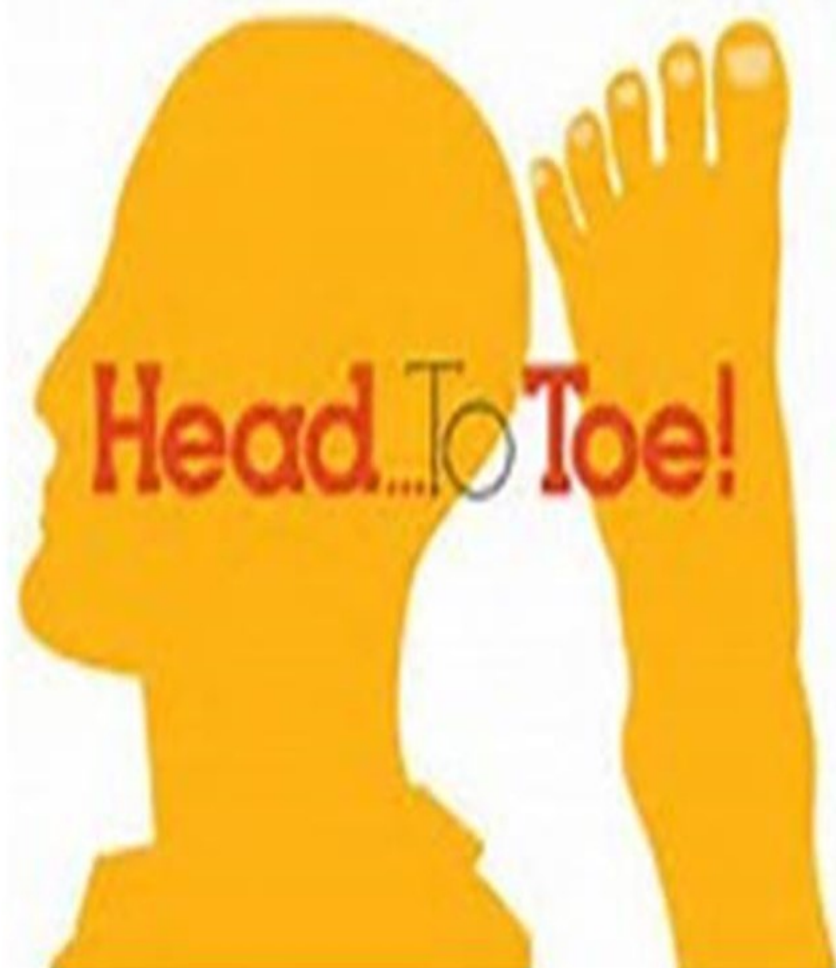


@HeadStartKent

#headstartmatters



Body Scan Technique



Start at the top of your body

Focus on each different part of your body and your muscles to make yourself aware of them. If they feel tight or uncomfortable try to consciously relax them.

Face – are you frowning? is your jaw locked?

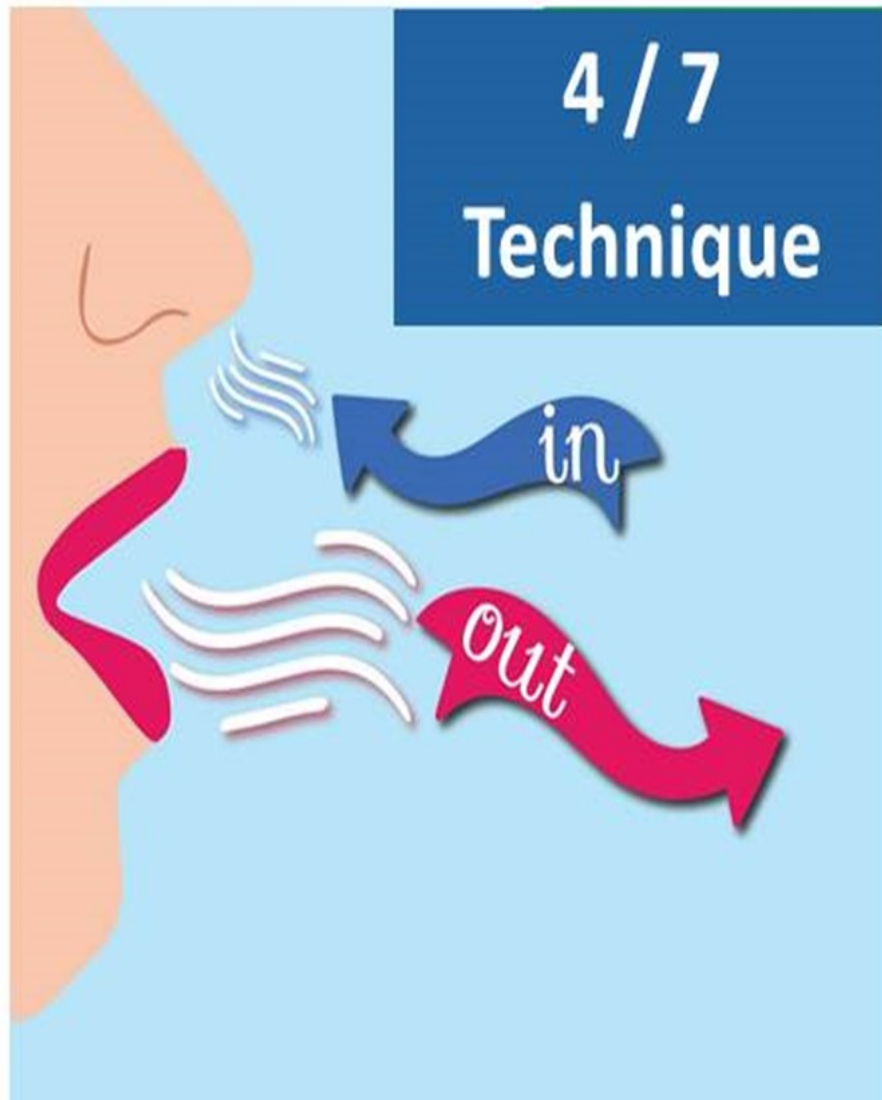
Shoulders and back – are they tight or tense?

Arms- Are they crossed or locked?

Hands – Are they open or closed?

Continue doing this down your body to your feet then go back the other direction from your feet to your head to check everything is still as relaxed as possible.

Breathing exercises: 4-7 Technique



Breath in
through your
nose for 4
counts

Breath out
through your
mouth for 7
counts