

Activity: Positive Wellness for Teenagers (10-16yrs) - Small group or class-room—60min session

Resilience Focus Area: Emotions & Behaviours

Learning Outcomes:

- * To appreciate the positives and joy in young people’s lives
- * To be able to think of some positive actions young people can take to improve their wellbeing
- * To consider what gratitude is, and what young people can be grateful for



Time	Activity	Method	Resources needed
10mins	FIND SOMETHING SPECIAL IN OTHERS	Often receiving a compliment from someone else is an easy way to build our resilience. Handout the worksheet to young people and ask them to talk to others in the room to see if they can match them to any of the statements. If so, they write their name in the box. The idea is to complete the whole sheet using the same person no more than three times and not adding in your own name either. At the end, go around and feedback.	Find Something Special work-sheets Pens/Pencils
10mins	FIVE THINGS I LIKE ABOUT ME – SELF PORTRAITS	Handout the templates and ask the group to draw a self-portrait. Ask them to identify 5 things they like about themselves and write them down. If happy to, ask them to share with the group.	Self Portrait template sheets Pens/Pencils
15mins	POSITIVITY JOY JARS	Give each young person a jar, and decorations to use to create a ‘positivity joy jar’. Then ask them to write notes of things they and others can do spread positivity, joy and happiness in their daily lives. Write as many as they can to fill their jars and others too.	Glass jars and decorations Post-it notes/paper Pens/pencils
5mins	GRATITUDE JOURNAL	Give each young person Being Kind and Grateful sheets. Ask them to fill this in for today, then take home and fill in everyday for a week—see how they feel after doing this.	Being Kind and Grateful handout
5mins	TEN TIPS FOR HAPPINESS	Give out tips for happiness sheet. Ask young people to think of some other ways they could encourage happiness,	10 tips for happiness sheet
5mins	MINDFULNESS BREATHING	Breathing is a really simple way to calm us down when we feel anxious. It can also help to ground us and improve our wellbeing. Explain and complete Square Breathing/4-7 breathing exercise	Mindfulness square breathing handout

Resources Page

This page is for you to place printable resources on—handouts etc.



www.kentresiliencehub.org.uk
www.moodspark.org.uk



Kindness and Gratitude Journal

Being **Kind** to yourself is having self-compassion; self-compassion entails being nice to yourself when encountering difficult times, rather than ignoring them and causing pain to yourself through self-criticism, self-doubt, and believing you are a failure.

Being **Grateful** is being thankful; being ready to recognise and show appreciation for the good things in our lives. Regularly writing things down about ourselves that are kind as well as things we are grateful for can help us feel more positive and focus on the things in our lives that are good. Try doing this now, and then continue this practice for a week to see how you feel.

Write down three kind things that you like about yourself today:

-
-
-

Now, write down three things that you are grateful for:

-
-
-

Try to do this every day for at least a week...

	<u>KIND</u>	<u>GRATEFUL</u>
<u>Monday</u>		
<u>Tuesday</u>		
<u>Wednesday</u>		
<u>Thursday</u>		
<u>Friday</u>		
<u>Saturday</u>		
<u>Sunday</u>		

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?

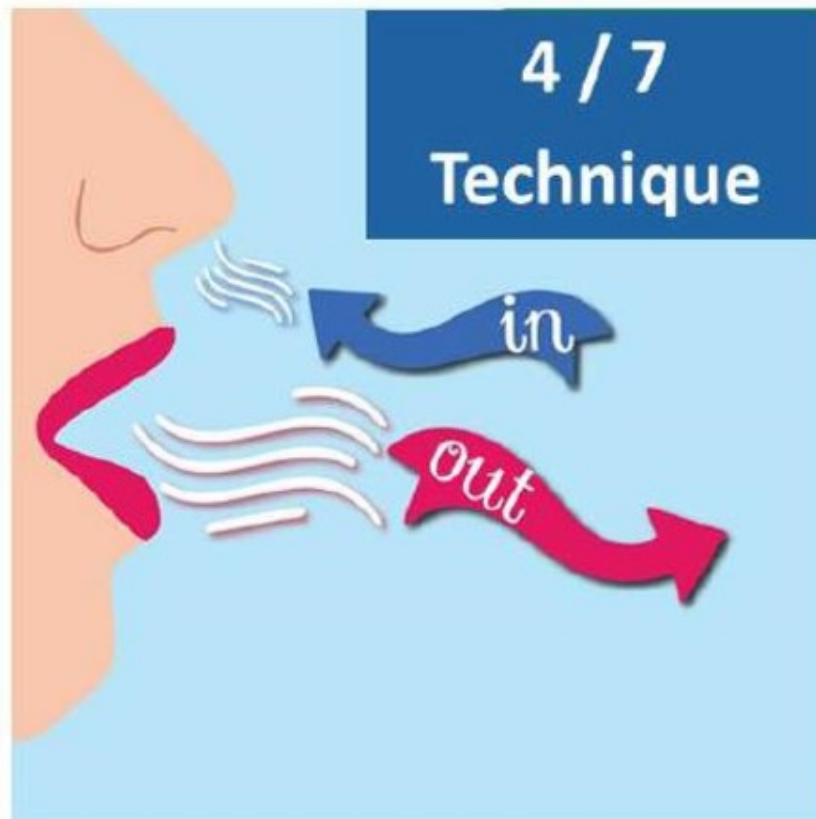
Shoulders and back – are they tight or tense?

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.

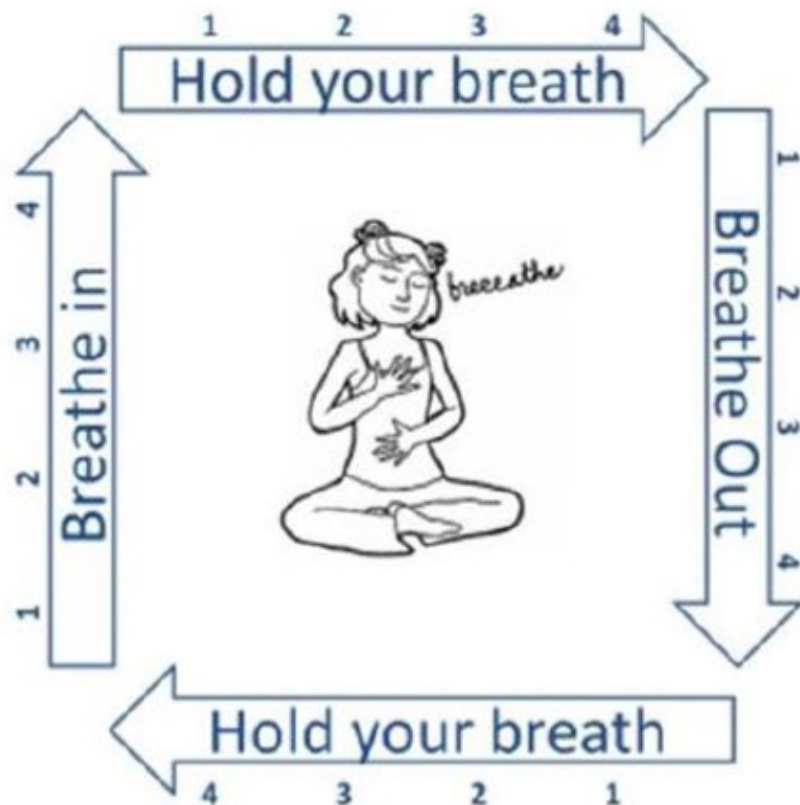
Breathing exercises: 4-7 Technique



Breath in
through your
nose for 4
counts

Breath out
through your
mouth for 7
counts

Square Breathing



- Find an object around you that is square (rectangular shapes work too).
- Look at the top left corner of the object, and as your eyes travel along the top edge to the top right of the object breathe in for 4 counts.
- Follow the right side of the square with your eyes, breathing out for 4 counts.
- Follow the bottom of the square with your eyes, holding your breath for 4 counts.
- Follow the left side of square with your eyes, breath in for 4 counts.

Making Jars of Joy or Positivity Pots

YOU WILL NEED: a jar, pot or box with a lid, stickers, glitter, coloured pens/paints, small bits of plain paper a pen

One way of helping us think more positively is to practice positive thinking. We can do this by having a physical place that we put reminders of happy thoughts or memories.

Decorate an empty jar, pot or small cardboard box with stickers, coloured pencils or pens. Once decorated and personalised, the idea is you add any thoughts, positive comments you've received, things you've felt good about, photo's, tickets of things you've done and want to remember.

If you are having a really bad day, need reminding that you do not always feel as low as you are currently feeling, you can refer to your positivity pot or jar of joy.



Practising Mindfulness

5.4.3.2.1 Technique:

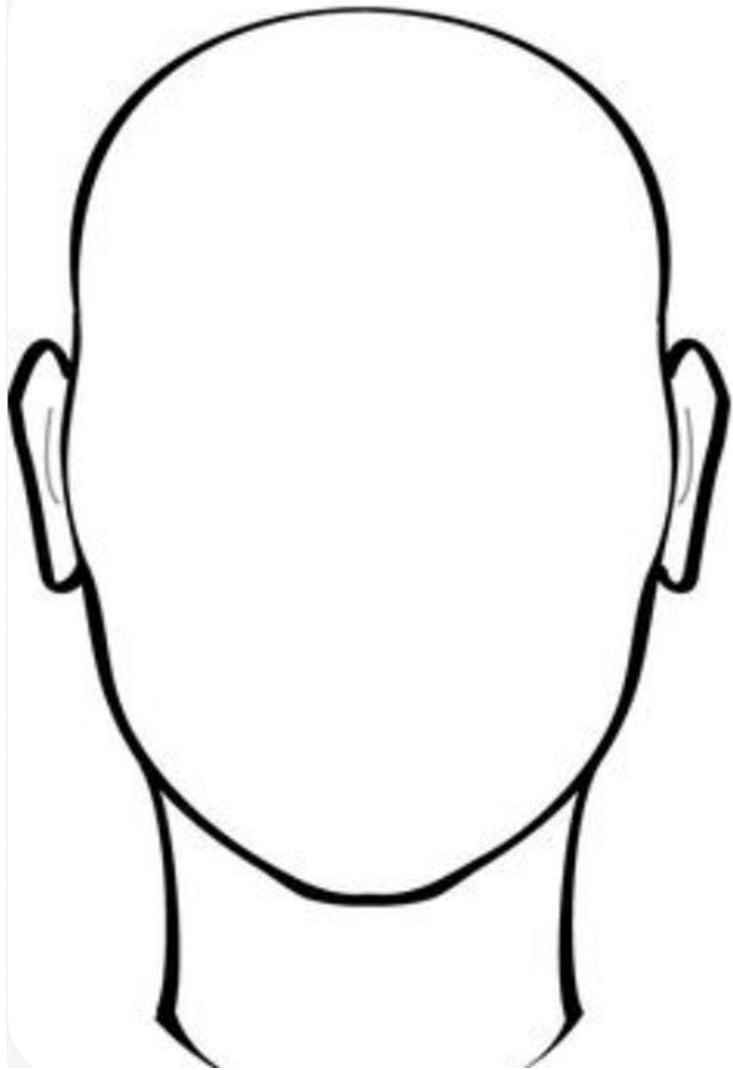
A simple way to practise being mindful of our senses and what is going on around us is the 5.4.3.2.1 technique. This activity can also work as a means of distracting us if our thoughts are becoming unhelpful. You can either list the things or say them out loud if doing the activity.

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.



5 things I like about me



1	
2	
3	
4	
5	

Find SOMETHING SPECIAL in Others!

Get to know your friends, classmates, and family!
Write the person's name inside each square.

MY NAME _____

someone with a nice smile

someone who has a great handshake

someone who loves to help others

someone who loves dancing

someone who loves snow

someone who loves to read

someone born in another country

someone who plays piano

someone who loves dogs

someone who recently learned a new skill

someone who loves to travel

someone who loves to draw

someone who makes funny jokes

someone who loves to cook

someone who has a sibling

FRIENDSHIP FORTUNE TELLER

6 BLUE	7 RED
5 If you could have a superpower, what would it be and why?	8 If you could learn any skill what would it be?
4 What is your favorite game?	1 Name an interesting place you'd like to visit.
3 GREEN	2 YELLOW
What's something challenging that you've recently done?	What made you happy today?
If you knew you couldn't fall, what would you do or try?	If you could do anything over summer break, what would you do?



color + cut out fortune teller



flip over so colored side is down



fold in half



unfold



fold in half the other way



unfold



fold in all 4 corners



should look like this



flip it over



now fold in the corners like you did before



should look like this



fold in half again



open, place thumb and pointer fingers underlaps, play!

7 WAYS TO HELP KIDS COPE WITH BIG LIFE CHANGES

Big Life Journal

1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them time to process and begin to accept the change.



2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them work through the emotions that they're feeling. If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to help kids cope with major life changes. Check out the Top 88 Growth Mindset Books for Children and Adults in our Growth Mindset Postcard at biglifejournal.com



4. KEEP ROUTINES THE SAME

Give your child as much consistency and stability as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a sense of safety.



5. PROVIDE CONNECTION AND PLAY

Remain consistent in your child's connection with you. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Offer some sense of agency by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



7. TALK ABOUT OTHER CHANGES

Talk about things they successfully coped with in the past. They might include:

- Starting school
- Joining the soccer team
- Getting a new pet
- Going to first grade



Ten tips for Happiness

Try to limit your screen time



SMILE, and say hello to a stranger



Have an hour long chat with a friend or loved one weekly



Have a proper belly laugh at least once a day!



Arrange a meet up with your friend/s



Write a gratitude journal- 3 things everyday



Pay it Forward- do something nice for someone else



Have a treat every day... and enjoy it!



Grow a plant, and nurture it



Do some exercise, three times a week!

