

Activity: How does Social Media use effect our mood?

Resilience Focus Area: **Emotions & Behaviours**

Learning Outcomes

- Young people to understand how social media effects their mood
- Young people to create a 'true selfie' image




Time	Activity	Method	Resources needed
5 mins	Icebreaker	<p>Each member rates their mood and tells us about their week.</p> <p>This week we are going to talk about social media and how it affects our mental health</p> <p>Game Students have to decide whether they would give up ALL electronic devices for a week in exchange for that thing. (This includes phones, computer, tablet, games console, TV...)</p> <ul style="list-style-type: none"> <input type="radio"/> Bar of chocolate <input type="radio"/> A happy meal <input type="radio"/> Cinema ticket with popcorn and drinks <input type="radio"/> New shirt and shoes <input type="radio"/> Trip to a fun fair. All rides free <input type="radio"/> 3 day trip to Italy <input type="radio"/> Newest PlayStation or Xbox <p>Would anybody not ever give up their devices for a week? Explain why</p> <p>Ask: is there anything else you would give up your devices for a week</p>	

Time	Activity	Method	Resources needed
15-30 mins	Social media and mood	<p>Ask one young person to pull a selfie up on their phone and ask them to place it on the table in front of everyone and imagine that they had just posted this on IG.</p> <p>Each person in the group gets designated a role.</p> <ol style="list-style-type: none"> 1. Person putting the selfie on IG 2. Negative comments person 3. Positive comments person. 4. An observer who the person posting the selfie is friends with but makes no comments. 5. Person posting emoji's <p>Give each member of the group their comments that are cut out on pieces of paper (below)</p> <p>As each person puts comments on the selfie they must rate their mood using the graph below</p> <p>Once all comments have been made have an open discussion with the young people about how their mood changed throughout the activity and why. What is it about social media that can affect our mood?</p> <p>Is it healthy for your mood to fluctuate so much? Would your moods be different if you used social media less?</p>	<p>Comments for each person, cut out</p> <p>Instagram print out</p> <p>Emoji's cut out</p> <p>Mood Graph print outs</p> <p>Pens</p>



To access more resources, information and advice visit www.HeadStartKent.org.uk



Time	Activity	Method	Resources needed
10 mins	My True Selfie	<p>Explain that you're now going to create a 'My True Selfie' Students should stick their piece of paper on the wall and ask another student to draw around their head and shoulders to create an outline</p> <p>Then they will spend 6-7 minutes using different coloured pens writing words and drawing pictures which reflect their personality around the outline</p> <p>Explain that for the first couple of minutes they should focus on their:</p> <ul style="list-style-type: none"> <input type="radio"/> Hobbies <input type="radio"/> Interests <input type="radio"/> Favourite things <p>For the second half they should focus on:</p> <ul style="list-style-type: none"> <input type="radio"/> Things they enjoy doing <input type="radio"/> Things they're good at <input type="radio"/> Positive things friends say about them <input type="radio"/> They can swap the colour of pen they're using halfway through <p>Once they have drawn their Selfie they can then stand back in the outline and take a selfie which includes all of the words and images around their head and shoulders</p> <p>Demonstrate your My True Selfie which you have prepared in advance before starting or the example opposite.</p> <p>After 6-7 minutes, ask some students to show the rest of the class what they've written</p>	<p>Plain paper Felt tip pens Example true selfie (below)</p> 





So over your selfies, get a life.

Looking good

You really need to put some make up on

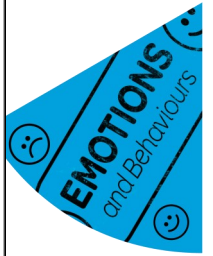
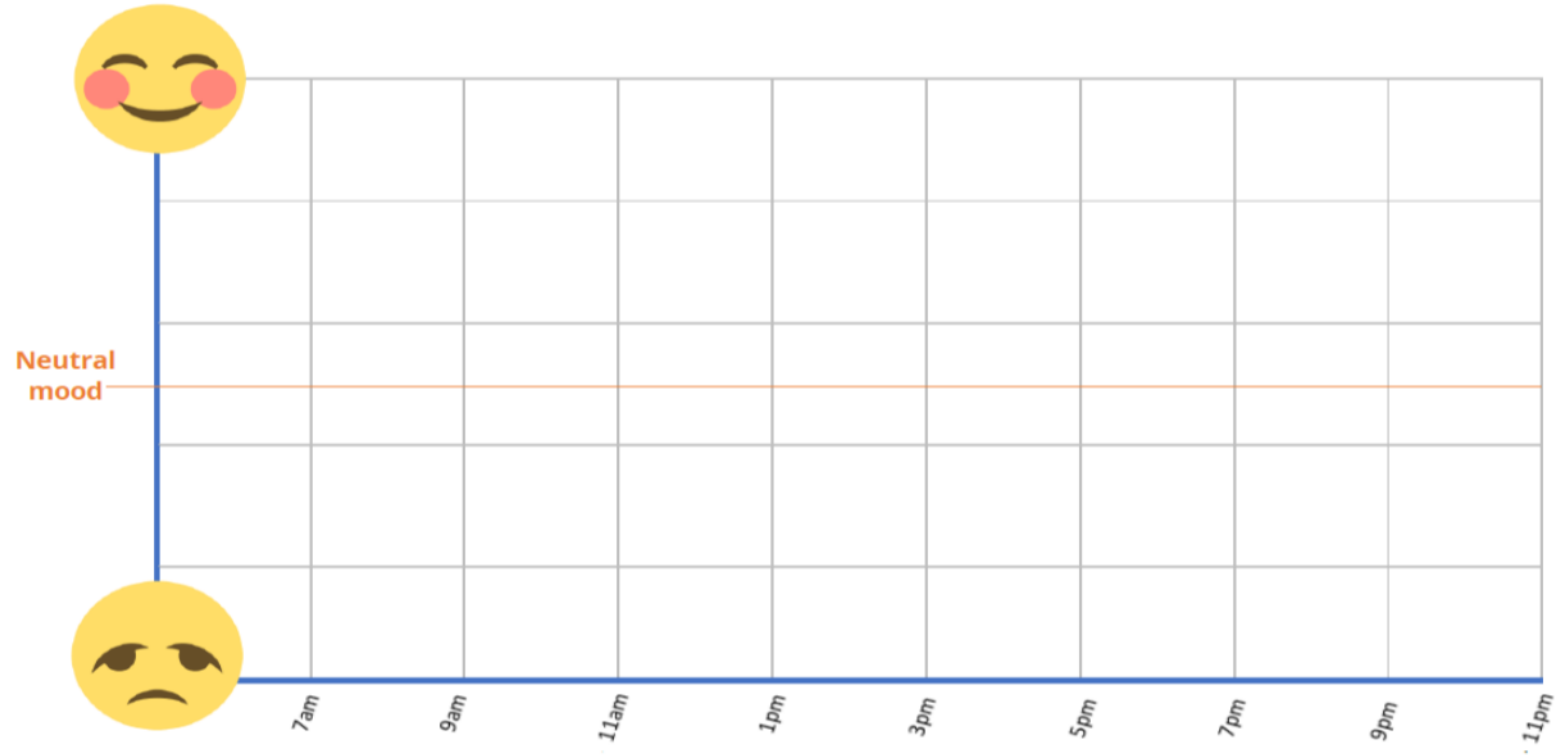
Miss you xxooooxxx

Have you put on weight? Stop eating the cakes lol xx

You are so pretty xxxx



Activity B_ Timeline of Your Day



This is an example mood chart a YP completed during this session

