


ACTIVITY: INTRODUCTION TO HEADSTART


Learning Outcomes

*To gain an insight into the HSK offer


*To explore 'top tips' to improve wellbeing



Time	Activity	Method	Resources
2.5 mins	SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN	<p>Ask young people to complete Sign In sheet. When the group are settled ask them to introduce themselves and tell us something about themselves.</p> <p>Go through the learning expectations of the session.</p> <p>Explain how we always use a check in at the start of each workshop and how it works. Ask the group to say how they are feeling from 1-10 and if they want to share why</p>	<p>PowerPoint</p>  <p>Microsoft PowerPoint Presentat</p> <p>Sign In Sheet</p> <p>Pen</p>
2.5 mins	RECAP GROUND RULES <i>If relevant or set ones for this session if necessary</i>	<p>Explain to the group, people need to feel safe in order to share their views and experiences. Remind them of the rules we agreed last week:</p> <ul style="list-style-type: none"> • Respect other people • Listen to what other people are saying • What people say, stays in the group (unless they or anyone else is at risk) • The more you put in, the more you take out! • Plus any additions from previous sessions if applicable 	<p>PowerPoint</p> <p>Ground rules pre-prepared and written up on a flipchart</p> <p>Pen</p>

Time	Activity	Method	Resources
5 mins	ICEBREAKER KEY FACTS ABOUT YOU / www.wheelofnames.com	Ask the group to answer the questions one by one. Note any connections. OR Access wheelofnames.com and set up a template of questions for the group to answer. In the session, spin the wheel and ask the group to say their name and share something interesting about themselves according to the wheel.	PowerPoint www.wheelofnames.com
5 mins	ACTIVITY INRODUCTION TO HEADSTART FILM	Share the HSK film footage and discuss with the group. headstart kent - YouTube	PowerPoint Link to HSK film
15 mins	ACTIVITY LINGO BINGO—ALL ABOUT HEAD-START (You could combine) WHAT IS HEADSTART TO ME?	Handout the Lingo Bingo cards to the group. Explain how to play Bingo. Talk through HeadStart offer including using web-site links and highlight all relevant aspects of the offer so participants can mark them off. Listen out for the Bingo when they have completed a line and continue until they have a full house. Alternatively, discuss aspects of the HSK offer by using the PPT slide.	PowerPoint Lingo Bingo Cards  Microsoft Word Document Microsoft Word Document Pens Prizes—HSK merchandise Kooth cards Links to KRH / Moodspark websites to navigate Parent page - Kent Resilience Hub Front Page - Moodspark

Time	Activity	Method	Resources
5 mins	DISCUSSION WHAT IS A WELLBEING GROUP?	Explain to the group what a wellbeing group is and the importance of looking after your wellbeing.	PowerPoint
5 mins	ACTIVITY WELLBEING QUIZ	Go through the wellbeing quiz questions and answers with the group. Discuss what their answers were and why. Highlight the answer to question 10 and who they have as someone they can talk to if they are worried. Stress the importance of having a trusted adult.	PowerPoint Pens Paper
10 mins	ACTIVITY INSPIRATIONAL QUOTES / AFFIRMATIONS	Ask the group to share their inspiring quotes. Give an example and discuss how this can be powerful. Ask the group to write them down and share to create a display.	PowerPoint Pens Paper / Post-it notes
5 mins	DISCUSSION	Highlight the other aspects of HeadStart offer and support open to the group including: <ul style="list-style-type: none"> • KYV / KYCC • Local Speak Out • Talk About MH group 	PowerPoint

Time	Activity	Method	Resources
2.5 mins	RECAP and Q&A	Ask the group to feedback on what they will take away from the session on how they will work to improve their wellbeing.	PowerPoint
2.5 mins	EVALUATION & CLOSE SESSION	Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms. And finally, check out with everyone as before	Evaluation Forms Pens
	EXTENSION ACTIVITIES HEADSTART WORDSEARCH	Handout the wordsearch and ask the participants to find as many HSK related words as possible.	HeadStart Wordsearch  Microsoft Word Document

To access more resources, information
and advice visit

www.kentresiliencehub.org.uk

www.moodspark.org.uk

