

ACTIVITY: Introduction to Talents and Interests


Resilience Focus Area: Emotions & Behaviours

Learning Outcomes:

***To understand how Talents and Interests can
Improve our well-being and any barriers affecting this.**

***To feel confident completing a Pay it Forward application**



Time	Activity	Method	Resources
	SIGN IN & CHECK IN	<p>Ask young people to complete Sign In sheet</p> <p>Ask the group to say how they are feeling from 1-10 and if they want to share why</p>	<p>Sign In Sheet</p> <p>Pen</p> <p>PowerPoint</p>  <p>Microsoft PowerPoint Presentat</p>
	WELCOME & LEARNING EXPECTATIONS	<p>Explain to the young people we are working with what the aims and objectives of the session are.</p> <p>To understand what Pay it Forward is, to understand how doing something for others is beneficial for our well-being and to feel confident completing a Pay it Forward application.</p>	<p>Pen</p> <p>Flipchart</p>
	<p>GROUND RULES</p> <p><i>If relevant or set ones for this session if necessary</i></p>	<p>Explain to the group, people need to feel safe in order to share their views and experiences.</p> <p>Examples</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! 	<p>Ground rules pre-prepared and written up on a flipchart</p> <p>pen</p>

Time	Activity	Method	Resources
	DISCUSSION	<p>As a group or in pairs ask the young people to discuss what they believe are talents and interests. Examples might be playing rugby , playing an instrument, photography or filming.</p> <p>Now discuss barriers that may affect a young person pursuing a talent or interest . Examples might be lack of resources , financial restrictions or time restrictions.</p>	<p>Pens Paper</p>
	DISCUSSION	<p>Ask the group what they think are the benefits of taking part in a talent or interest.</p> <p>Examples may include promotes positive well-being, being part of a team, meeting friends an escape from stresses.</p>	<p>PowerPoint</p>

Time	Activity	Method	Resources
	<p>EVALUATION & CLOSE SESSION</p>	<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 scoring themselves between 1 to 10.</p>	<p>Evaluation Forms</p> <p>Pens</p>

