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	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	Pen Microsoft PowerPoint VerPoint Presentat
	WELCOME & LEARNING EXPECTATIONS	Explain to the young people we are working with what the aims and objectives of the session are. 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.	Pen Flipchart
	GROUND RULES If relevant or set ones for this session if necessary	Explain to the group, people need to feel safe in order to share their views and experiences. Examples 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!	Ground rules pre-prepared and written up on a flipchart pen

Time	Activity	Method	Resources
	ICEBREAKER WOULD YOU RATHER	Ask the group to answer a number of question by standing on one side of the room. For example would you rather eat broccoli (stand to my left) or carrots (stand to my right).	Would you rather questions Microsoft Word Document
	DISCUSSION & ACTIVITY WHAT IS WELLBEING?	Ask the group what they think WELLBEING is? In 2 groups, ask them to write their ideas on the handout. Ask them to feedback to the group and write what they say up on a flipchart.	Flipchart Pens
		Discuss what young people have suggested. Read out to the group WELLBEING is:	
		" a good condition of existence Characterised by health, happiness, prosperity and welfare"	
		OR in simple terms: "the state of being comfortable, healthy and happy".	
	INTRODUCE HEADSTART KENT	Discuss with the group their thoughts on this. Play video introducing HeadStart Kent. HeadStart Kent is part of Kent County Council's Integrated Children's Services and aims to help young people cope better when faced with difficult circumstances in their lives, preventing them from experiencing common mental health problems. The programme is funded by The National Lottery Community Fund to provide the resources to develop approaches that support young people to develop their own resilience to cope with the everyday pressures they may face throughout their lives.	https:// kentresiliencehub.org.uk/the- story-so-far/

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	DISCUSSION	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.	Pens Paper
		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.	
	DISCUSSION	Ask the group what they think are the benefits of taking part in a talent or interest. Examples may include promotes positive well-being, being part of a team, meeting friends an escape from stresses.	PowerPoint

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	YOUTUBE VIDEO	Show the group video on how to find a hobby and discuss if the young people have an interest they would possibly like to pursue in the future and any thoughts on the benefits of this.	https://www.youtube.com/ watch?v=qjdmIY04soc
	EXAMPLES OF PREVIOUS TALENTS AND	Music lessons	
	INTEREST APPLICATIONS AND HOW TO APPLY	Membership to sports club	
		Sports equipment	
		Horse riding lessons	
		Photography equipment	
		Dance equipment	
		Art equipment	
		The scheme is designed to support young people identified	
		by their schools and communities. A trusted adult from the	www.kent.gov.uk/leisure-
		school and/or communities can apply for a grant on the young person's behalf in order to access hobbies such as	and-community/community- grants-and-funding/talents-
		sports, the arts or music. You can bid for £50 to £500 per	and-interests-grant-scheme
		grant. It will be a requirement of the grant to provide an	
		evaluation 2 months after the activity has started.	

Time	Activity	Method	Resources
	EVALUATION & CLOSE SESSION	Ask the group if they have any feedback or questions. Ask the	Evaluation Forms
		group to complete the session evaluation forms.	Pens
		And finally, check out with everyone scoring themselves between	
		1 to 10.	



