

Infographics for Wellbeing

A collection of short activities that can be delivered individually or as a whole session to explore the resilience focus area of Emotions and Behaviours.

Learning Outcomes

- To review social media posts about resilience & wellbeing
- To explore 'top tips' to improve resilience & wellbeing
- For young people to develop a creative way to share their own ideas



Time	Activity	Method	Resources
15 mins	SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN	<p>Welcome the group and ask them to introduce themselves. If it is a new group, play a couple of name games to get to know each other.</p> <p>Set some basic ground rules for everyone to agree to whilst in the group. Ask everyone to sign those that have been agreed. Add in any that might have been missed.</p> <p>And housekeeping too e.g. if virtual delivery expected etiquette.</p> <p>Ask the group to say how they are feeling from 1-10 and if they want to, share why.</p> <p>Run through the expected outcomes of the training session.</p>	<p>Sign In Sheet</p> <p>Pens</p>

5 mins	REVIEW AND RECAP	<p>Ask the group what they think RESILIENCE is? Ask the group what they think WELLBEING is?</p> <p>Discuss what young people have suggested.</p> <p>Remind the group: WELLBEING is the state of being comfortable, healthy and happy” RESILIENCE is the ability to bounce back from difficult situations and to see problems as opportunities for learning and growth.</p>	<p>Flip Chart</p> <p>Pens</p> <p>Paper</p>
10 mins	SOCIAL MEDIA INFOGRAPHS	<p>Share with the group the images from social media that show ways to improve resilience & wellbeing. Ask them to discuss in a group and share their thoughts on each image focusing on why they are drawn to any specific images.</p> <p>Ask the group to feedback their thoughts, focusing on what makes a good image. Capture their thoughts on flipchart.</p>	<p>Handout of selected social media posts</p> <p>Flipchart</p> <p>Pens</p>

20 mins	DESIGNING OUR OWN INFOGRAPHIC	Ask the group to think about all of the good things they have identified from the images they have just reviewed. Challenge them to think about the things they do that help them with their resilience & wellbeing. Ask them to design an infographic for a social media post that might inspire others.	Range of art supplies
15 mins	THE GROUPS INFOGRAPHIC	Ask the group to present their designs . Discuss all the strategies they have identified to support their resilience & wellbeing. Discuss how this might inspire or help others. Take a photograph of each of the designs and with permission, post on the HeadStart twitter feed and share for possible use on Moodspark	Camera

15 mins	CLOSE	<p>Ask the group if they have any questions and answer as best you can, agreeing to go away and get any answers you don't know at this point.</p> <p>Ask the group to rate themselves between 1-10 as to how they are feeling now as they did at the start of the session.</p> <p>Ask for feedback from the group about how the session went.</p>	<p>Evaluation Forms</p> <p>Pens</p>
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INFOGRAPH EXAMPLES:



MIND – Ideas for Self-care



Positively Present



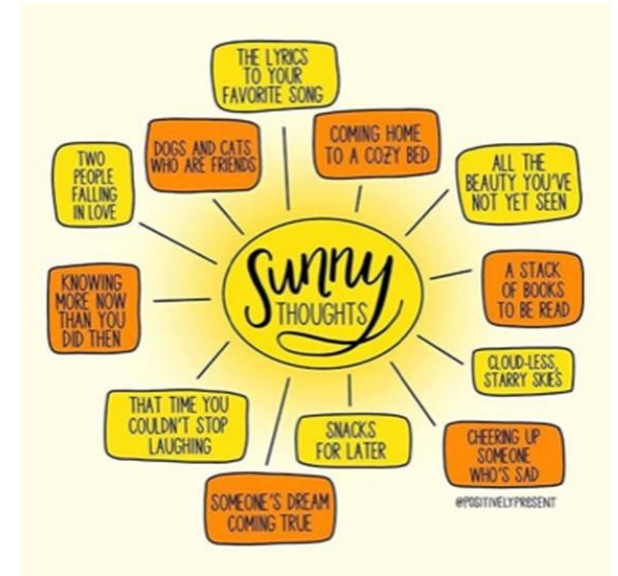
Blessings Manifest



Children With Autism



Action For Happiness



Positively Present

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you're stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can't be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Thank three people you're grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

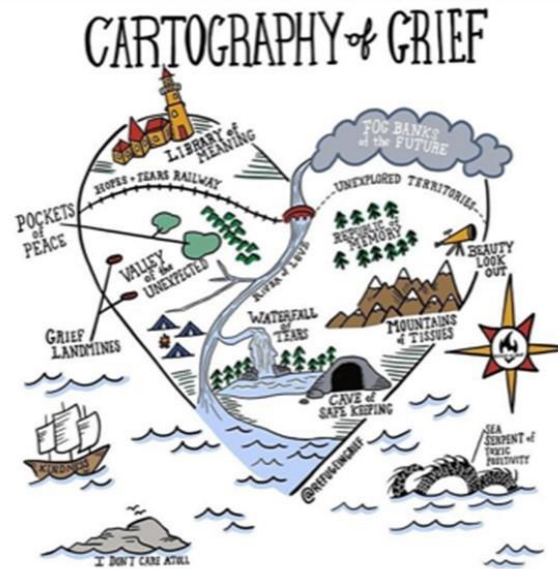
“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more from: www.actionforhappiness.org/10-keys

From Action for Happiness



From Young Minds

10 Steps to Happiness

1. Hate less, love more
2. Worry less, dance more
3. Take less, give more
4. Consume less, create more
5. Frown less, smile more
6. Talk less, listen more
7. Fear less, try more
8. Judge less, accept more
9. Watch less, do more
10. Complain less, appreciate more

@sylvia.duckworth

when you feel ANXIOUS

POSITIVELY PRESENT

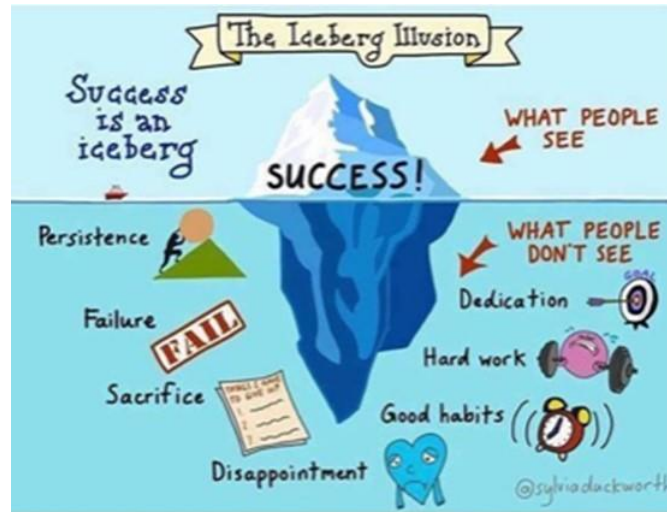
- GO OUTSIDE
- ASK FOR HELP
- CREATE SOMETHING
- DRINK WATER
- WRITE ABOUT HOW YOU FEEL
- TAKE A DEEP BREATH
- LISTEN TO SOOTHING SONGS
- STAY PRESENT
- FIND A POSITIVE DISTRACTION

IF FEELING ANXIOUS CAN YOU HELP ME?

From Positively Present



1. I matter
2. I can make mistakes
3. I am unique
4. I am beautiful
5. I am enough
6. I accept myself as I am
7. I am capable of great things
8. I am allowed to express myself
9. I am not a burden.



From Sylvia Duckworth

12 steps for self care

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "No".
8. Don't be afraid to say "Yes".
9. Be KIND to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. LOVE.

From Lovethispic.com

From Young Minds



OVERWHELMED? A HELPFUL CHECK LIST

- RELAX SHOULDERS
- TAKE A BREAK
- THREE BREATHS
- GO FOR A WALK
- RECONNECT TO WHY
- ADJUST SCHEDULE
- LIST TOP 3 PRIORITIES
- ASK FOR HELP

& REMEMBER YOU CAN HANDLE THIS!

xo @heyamberrac

This session plan provides an outline to deliver activities focussed around areas of young peoples lives that have been proven to support in improving resilience and emotional wellbeing.

Within this there are suggestions of a range of activities and formats that you can use to deliver these, such as power points and online resources as well as timings for activities.

These can be delivered in whichever way suits your organisation and group of young people best.

Whilst a range of videos, icebreaker activities and games have been suggested throughout please feel free to adapt and change these to suit your setting and your young people.

For further resources, activities, ideas and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manage their own wellbeing at [MoodSpark](#). Click on the different segments below to find resources, activities and sessions that meet that resilience area.

