

# Making Connections With Others

**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 think about who we have in our circle and how we make connections with others

To think about the skills and qualities we have

To get the group working together

To give the group a space and time to talk about any worries or concerns



Time	Activity	Method	Resources
5 mins	<b>SIGN IN, WELCOME, INTRODUCTIONS &amp; CHECK IN</b>	<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>Sign In Sheet</p> <p>Pen</p>
2.5 mins	<b>RECAP GROUND RULES</b> <i>If relevant or set ones for this session if necessary</i>	<p>Explain to the group, people need to feel safe to share their views and experiences. Remind them of the rules we agreed previously:</p> <ul style="list-style-type: none"> <li>• Respect other people</li> <li>• Listen to what other people are saying</li> <li>• What people say, stays in the group (unless they or anyone else is at risk)</li> <li>• The more you put in, the more you take out!</li> </ul>	<p>Ground rules prepared</p> <p>Flip chart</p> <p>Pens</p>

2.5 mins	<b>ICEBREAKER – One Minute Master Piece</b>	<p>Ask the group to pair up and sit facing each other. Handout paper and pens. Ask the group to look at their partner and study their features as they have just 60 seconds to draw them WITHOUT looking at the paper.</p> <p>After the time is up, ask them to share what they have drawn. Ask the group why they thought they were asked to do this activity. Simply to laugh!</p>	<p>Paper</p> <p>Pens</p> <p>Stopwatch/Timer</p>
10 mins	<b>HOW DO WE CONNECT WITH OTHERS?</b>	<p>Ask the group to think about who they have in their circle/network and how they made those connections and why.</p> <p>Look at common themes and highlight the importance of finding things in common as a starting point.</p> <p>Discuss how they much they know about others in the group and how they can find out more.</p>	<p>Flipchart</p> <p>Pens</p>

20 mins	<b>FIND SOMETHING SPECIAL IN OTHERS</b>	<p>Handout the worksheet to young people and ask them to talk to others in the room to see if they can match them to any of the statements.</p> <p>If so, they write their name in the box. The idea is to complete the whole sheet using the same person no more than three times and not adding in your own name either.</p> <p>Go through the answers on the worksheet and see who has the skills. Make connections between things they didn't know and shared interests etc.</p> <p>Award prize for who completed the worksheet first.</p>	<p>Find Something Special Worksheets</p> <p>Pens</p> <p>Prize</p>
10 mins	<b>SKILLS, QUALITIES, TALENTS &amp; INTERESTS</b>	<p>Ask the group to think of all their skills, qualities, experiences, talents &amp; interests. All the factors that make them who they are.</p> <p>Handout the 'body shape' worksheet to the young people and ask them to draw or write down all of these attributes they have. Ask others in the group to help with suggestions.</p>	<p>Body Outline worksheet</p> <p>Pens</p>

		<p>Ask the group to share some of the skills, qualities, talents, and interest they have drawn or written.</p> <p>Ask where that matches with others in the group e.g. I am learning to play the guitar too, etc.</p> <p>Ask others in the group if there are additional things to add in.</p>	
	<b>EXTENSION ACTIVITY: FIVE THINGS I LIKE ABOUT ME</b>	<p>Handout the templates and ask the group to draw a self-portrait.</p> <p>Ask them to identify 5 things they like about themselves and write them down. If happy to, ask them to share with the group.</p>	<p>Self portrait template sheet</p> <p>Pens</p>
10 mins	<b>CLOSE</b>	<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>As 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 sheets</p> <p>Pens</p>

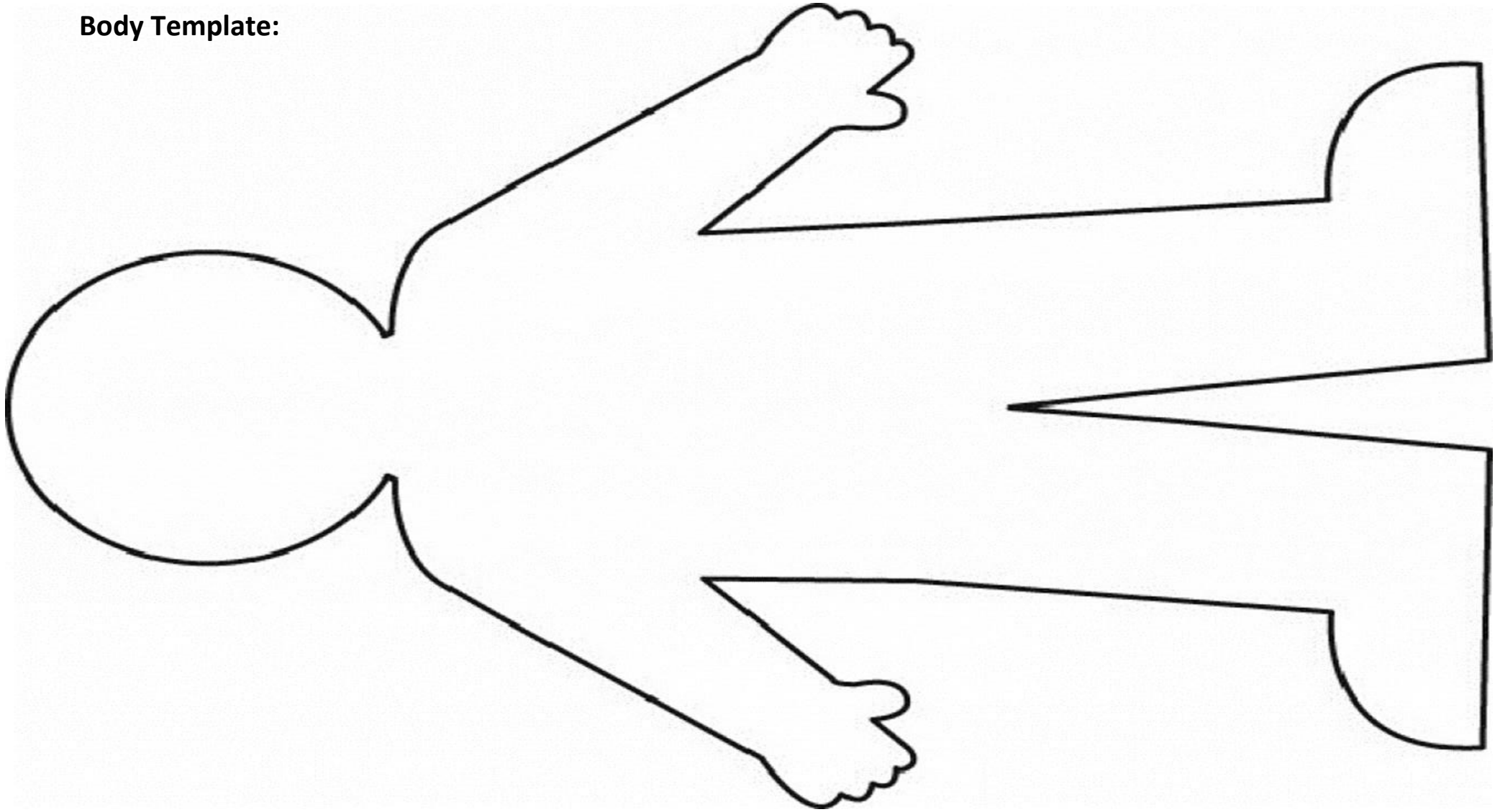


# FIND SOMEONE WHO

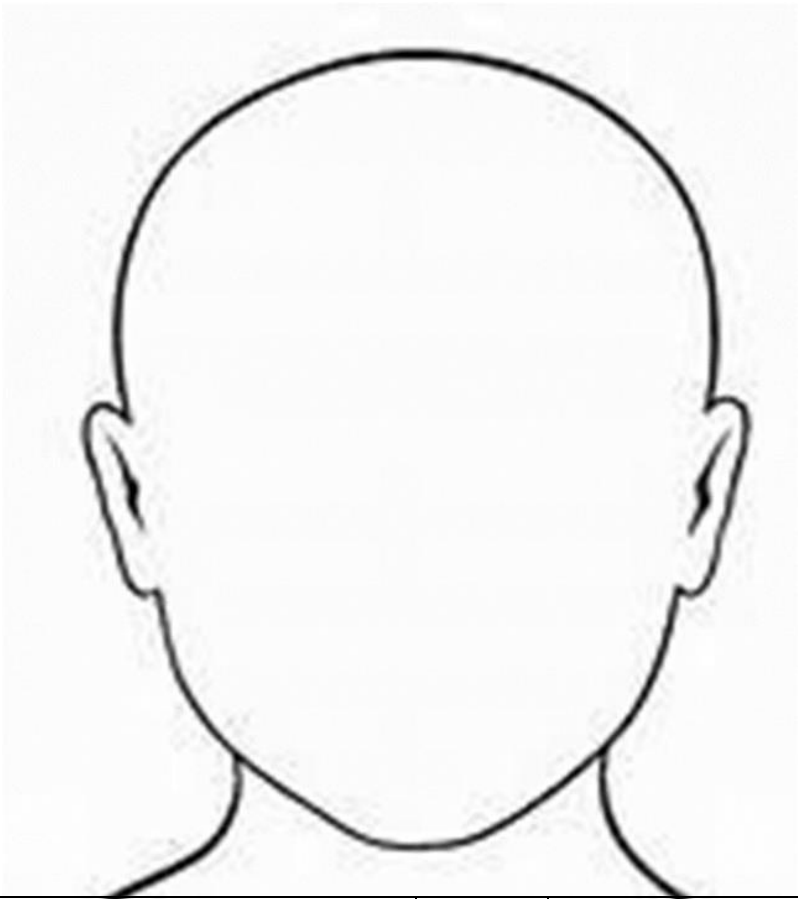
FIND A DIFFERENT PERSON FOR EACH BOX.  
CAN YOU GET A BINGO OR A BLACKOUT?

Has had a broken bone.	Has been out of the country.	Went to a National Park this summer.	Has a little sister.	Has a pet that is not a dog or cat.
Can play a music instrument.	Wears the same shoe size as you.	Can speak two languages.	Favorite food is pizza.	Is left handed.
Was born the same month as you.	Went camping last summer.	Wearing mismatched socks.	Can whistle.	Has read all of Harry Potter.
Plays a sport.	Has a big brother.	Has pierced ears.	Favorite color is red.	Likes to eat sushi.
Has dyed their hair.	Has been on a rollercoaster.	Has been in a parade.	Can curl their tongue.	Can do a cartwheel.

Body Template:



5 Things I Like About Me



1		4	
2		5	
3			



## Feedback form

Please answer the following questions to help us make sure you have got everything you need from the session and to make it even better.

How good do you think this session was?

DREADFUL	0	1	2	3	4	5	6	7	8	9	10	EXCELLENT
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Do you think you learnt anything today?

DREADFUL	0	1	2	3	4	5	6	7	8	9	10	EXCELLENT
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Do you think you will do anything differently following this session?

NOT AT ALL LIKELY	0	1	2	3	4	5	6	7	8	9	10	EXTREMELY LIKELY
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What went well?

What did you learn?

What could have been better?

Do we need to change anything for the next time we deliver this session?

Is there anything you will do moving forward following this session?

**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.

