

Managing Our Stress for Teenagers

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

- Consider young people's thoughts, feelings and behaviours around stress, and negative self-talk cycle
- Be aware of young people's comfort/stretch/panic zones
- Have some 'top tips' and coping strategies for how young people can improve their resilience and wellbeing



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	STRESS TRIGGERS	Give stress triggers hand out to young people. Ask them to consider what causes them stress in their lives and fill in the sheet.	‘What are your stress triggers?’ handout Pens
2 mins	DON'T KEEP IT BOTTLED IN - demonstration	Present to the group a bottle of fizzy drink which is then shaken up and passed to the young people. Each person shakes the bottle causing the bottle to fizz. <u>The bottle is not to be opened!</u> Ask what will happen if the bottle is opened after being shaken by all of the group. Link this to our own feelings and what happens when we let these build up. Young people will hopefully identify that the drink will	Bottle of fizzy drink

		<p>spray everywhere and leave a mess if opened. This can relate to our own behaviours when keeping things built up within ourselves.</p> <p>Ask the group how once the bottle is shaken up, we can let some of the fizz (negative behaviours) out. Show once the bottle is fizzed up by slowly releasing some of the pressure this results in limited or no explosion once opened.</p> <p>Discuss with the group how this release in pressure can be related to our own thoughts and feelings. Also ask the group to identify who it is we affect when our own pressure builds up and explodes.</p>	
15 mins	CBT CYCLE	<p>Our thoughts, feelings and behaviours are all interlinked. Our actions are a result of how we feel, how we feel is based on our thoughts. But if we can redress the balance and enable ourselves to think the opposite of what our distorted thoughts are telling us, over time, we may be able to train our brains to understand the difference between reality and our negative self-talk. This will then impact on our feelings and behaviours.</p>	<p>Triggers template</p> <p>Pens</p> <p>CBT cycle handout</p> <p>Playdoh/Lego</p>

		<p>Ask young people to think of a stressful scenario or give them a specific scenario and consider- What are their thoughts? What are their feelings? What are their behaviours?</p> <p>Use either the CBT cycle sheet, playdoh, or Lego to create this 'train' of thoughts, feelings and behaviours. This can be individual or as a pair/small group.</p>	
10 mins	BEHAVIOURS AND PHYSICAL FEELINGS	<p>Sometimes it can be hard to identify our behaviours and physical feelings. Give young people 'what happens in the body' sheet.</p> <p>Ask them to try and identify the physical sensations and behaviours in the body of a person who experiences anger, sadness, excitement, stress, shame.</p>	<p>'What happens in the body?' Handout</p> <p>Pens</p>
5 mins	EMOTIONAL THERMOMETER	<p>Hand out 'Emotional Thermometer' sheets.</p> <p>Explain it can be hard to identify how we feel each day. But it is important to pay attention to how we feel. This sheet can be coloured in and referred to each day to pay attention to how we feel daily, and how it can change.</p>	<p>Emotional Thermometer handout</p> <p>Pens</p>

10 mins	STRESS BUCKET VIDEO/ACTIVITY	<p>Watch the stress bucket video from YouTube to explain what our stress buckets are. https://www.youtube.com/watch?v=1KYC5SsJjx8</p> <p>Hand out stress bucket worksheet and ask young people to complete their own.</p>	<p>Stress bucket handout</p> <p>Pens</p> <p>Laptop/speakers/check link works</p>
3 mins	COMFORT, STRETCH, PANIC ZONES	<p>Using image/explanation to explain areas to young people and how we can grow our comfort zone by experiencing more new things.</p>	<p>Comfort, stretch, panic zones image and explanation</p>
10 mins	ALTERNATIVES/ TOOLBOX	<p>Give out 'Alternatives' handout, as well as 'Something to...' handouts, and cut up poster distraction squares.</p> <p>Ask young people to look through the lists, pick out, glue/write down some ideas of alternatives they could use on the 'Something to...' handout, as well as coming up with their own.</p> <p>Show young people the example toolbox. Explain that they can create their own toolbox using the ideas they came up with in the 'Something to...' activity.</p>	<p>'Alternatives' handout</p> <p>'Something to...' handout</p> <p>Self-harm, Depression, Anxiety Distraction ideas poster, thought distractions</p> <p>Blank paper, glue, example toolbox</p>

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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Write down in the bubbles some things that cause you stress, anxiety, anger etc...

WHAT ARE YOUR TRIGGERS?



thoughts



What are your thoughts when you feel low?



emotions



What are your emotions when you feel low?



physical



What do you experience in your body when you feel low?



actions



How do you act when you feel low?



It is difficult to try and change our emotions and physical feelings, because they are the response to our thoughts and actions.

But by challenging our thoughts and trying to act differently, we may notice a difference in our feelings, both emotional and physical.

Take some time to complete this cycle of your thoughts, feelings and behaviours when you feel low.



Adapted from Padesky's 5 aspects model 1986

thoughts



What are your thoughts when you feel low?



emotions



What are your emotions when you feel low?



physical



What do you experience in your body when you feel low?



actions



How do you act when you feel low?



Here is a completed example for you to see how you could complete this.

Once you have completed your thoughts, feelings and behaviour cycle, try using some of the other pages below to make notes of things you try and how your feelings may have changed by challenging your thoughts and behaviours.



Adapted from Padesky's 5 aspects model 1986

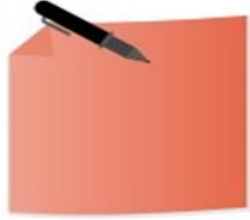
thoughts emotions physical actions



What are your thoughts when you feel GOOD?



What are your emotions when you feel GOOD?



How do you act when you feel GOOD?



What about the positives? This resource can also be used to highlight and build on the positive aspects of your life, and you can use this to help when things are tough.

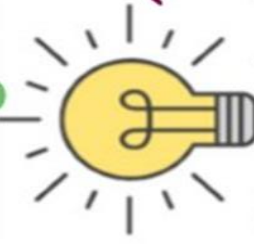
For some ideas on positive activities you could try, check out the 'Feelings Alternatives' resource at

<https://moodspark.org.uk/>



Adapted from Padesky's 5 aspects model 1986

thoughts



What are your thoughts when you feel low?



emotions



What are your emotions when you feel low?



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What do you experience in your body when you feel low?



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How do you act when you feel low?



It is difficult to try and change our emotions and physical feelings, because they are the response to our thoughts and actions.

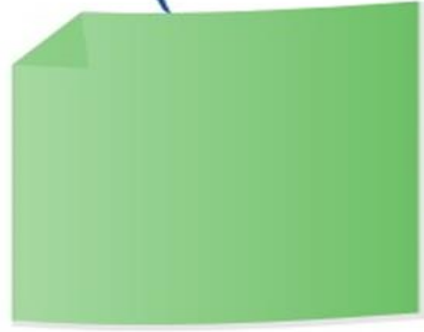
But by challenging our thoughts and trying to act differently, we may notice a difference in our feelings, both emotional and physical.

Take some time over the next week to try to challenge your thoughts and change your actions, making notes of things you try. Then ask yourself, how has this cycle changed as a result?

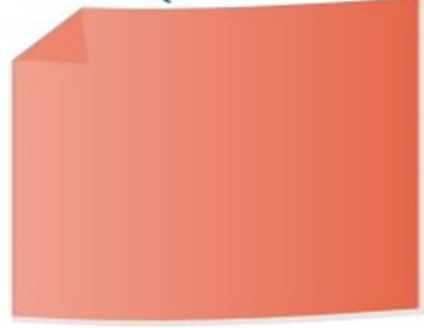


Adapted from Padesky's 5 aspects model 1986

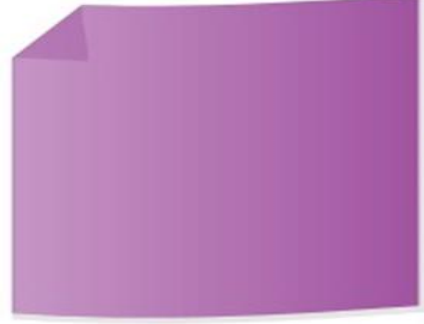
today



in a week



in a month



in the future



Use these pages to make notes of things you try and how you feel by challenging your thoughts and trying to act differently, to see if you notice a difference in your feelings.



Try to start with just today, and then in a week's time, and then in a month's time, and possibly further into the future to see how your thoughts and feelings might have changed over time.



Adapted from Padesky's 5 aspects model 1986

Cognitive Behavioural Therapy (CBT) is a “talking therapy”.

The approach aims to help you understand how your problems started and what keeps them going. It works by helping you to link:

- the way you think (your thoughts, beliefs and assumptions), with
- how you feel (your emotions) and
- what you do (your actions and behaviour)



CBT is not just about thinking more positively as our thoughts are not facts.

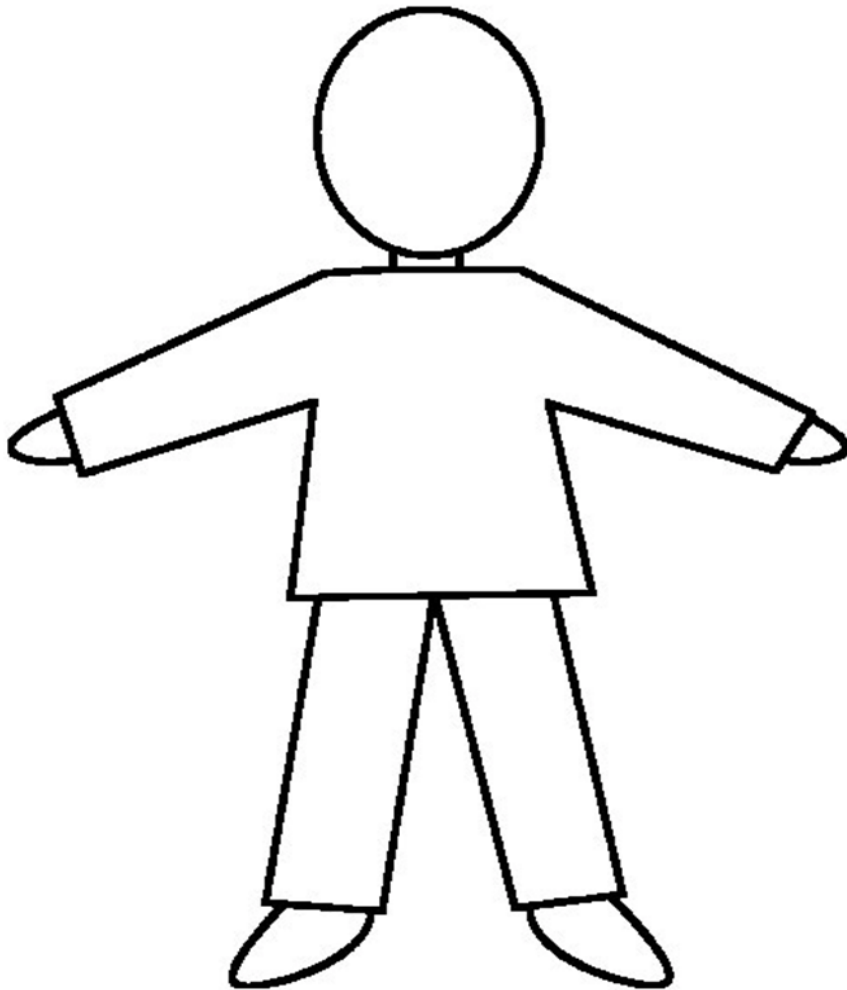
CBT helps you to improve the way you feel by challenging what you think and what you do. By being able to approach situations in a more objective way, you will hopefully be more successful at solving your problems and feel more able to manage different aspects of your life.



Adapted from Royal College of Psychiatrists (2020), 'Cognitive Behavioural Therapy (CBT): for Parents and young people' <https://www.rcpsych.ac.uk/>



What Happens in the Body?



When someone is feeling happy?

When someone is feeling proud?

When someone feels angry?

When someone feels sad?

When someone is excited?

When someone feels loved?

When someone becomes stressed or anxious?

Colour in the areas of the body where people experience these feelings. Think about how you might experience these emotions.

EMOTIONS THERMOMETER

Emotions flow on a continuous scale, and can move from low level to intense and back again. This can often happen several times a day!

Before we can learn to manage our response to all sorts of emotions, first we must be able to identify these feelings and measure their intensity. Just as a thermometer measures rising temperatures, an emotional thermometer measures rising levels of emotion.

*Consider what it means for you to be at 0, and work up to 100.

*Try to label these emotions by writing them on the thermometer.

*It may then be useful to use this scale to measure how you feel each day.



STOP!

Calm
down

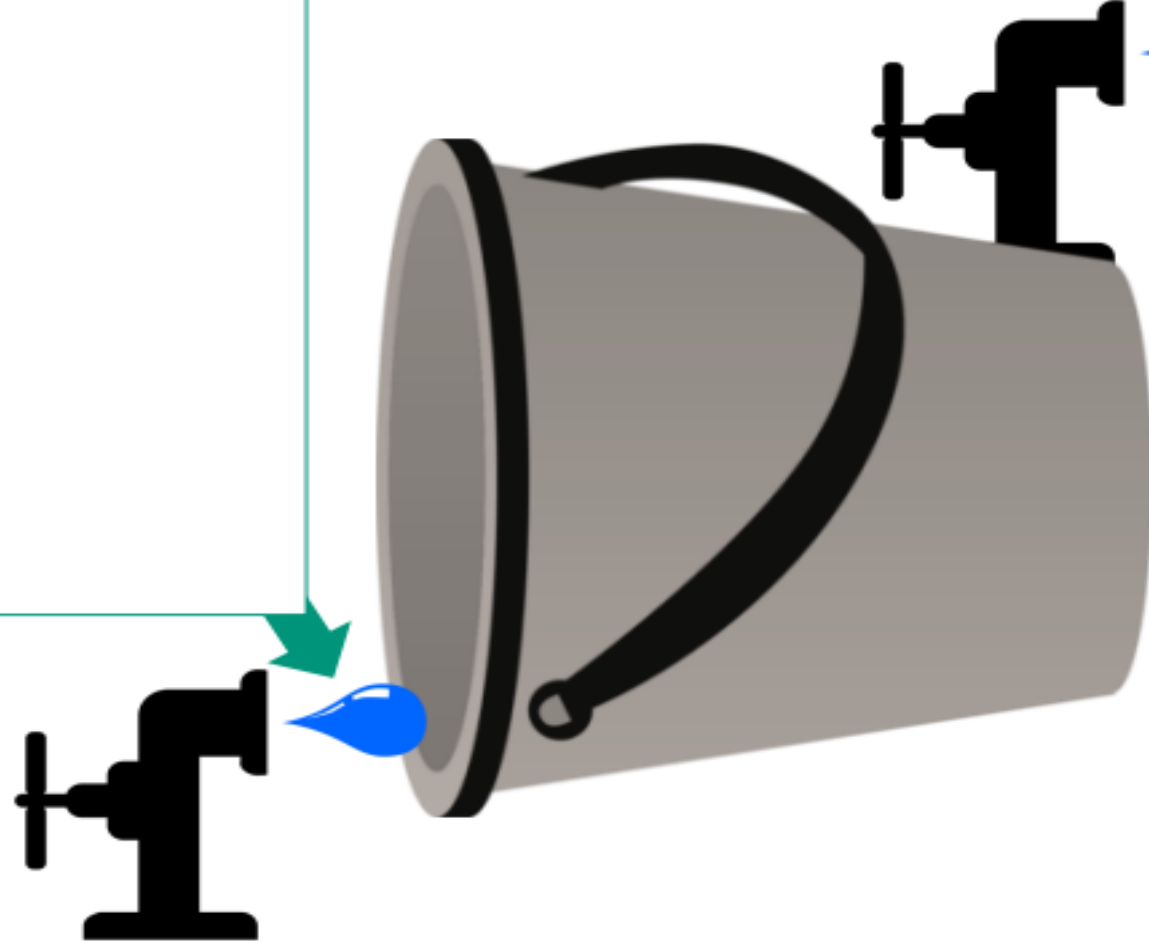
Relax

Think of
something
happy!

**How are you feeling right
now?**

My Stressful Feelings Bucket

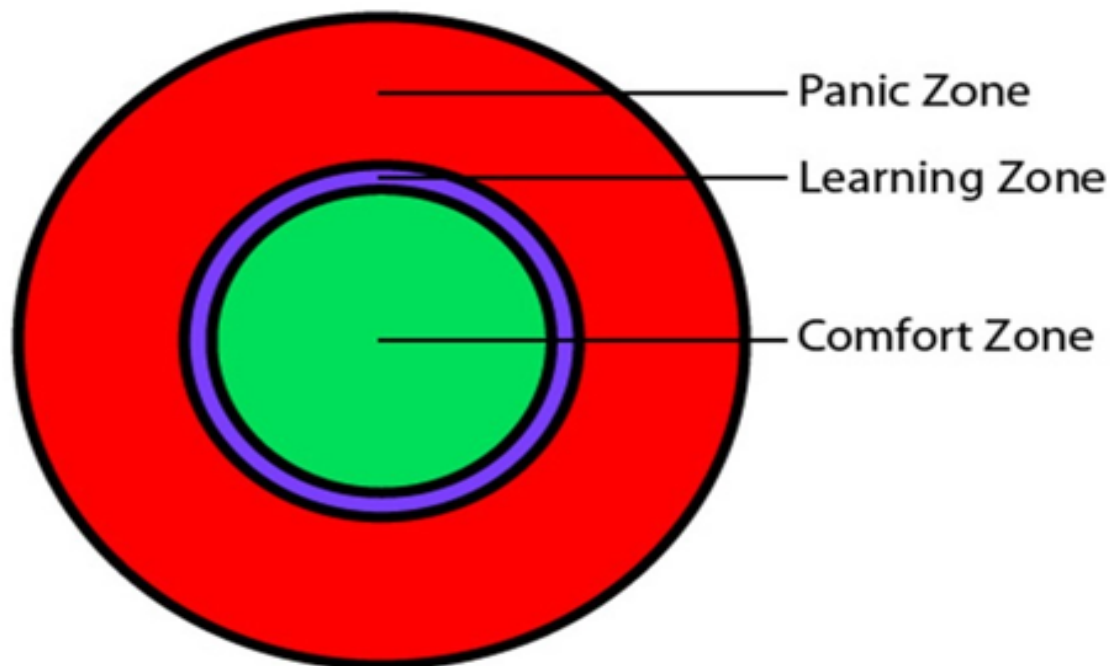
The things that make me feel stressed are...



Some ways to help my stresses go away are...



Comfort – Stretch Panic Model



Comfort zone:

Your comfort zone is just that – comfortable.

Everything you're familiar with is within your comfort zone.

Stretch zone:

Your stretch zone can also be referred to as your learning zone. Your stretch zone is the place where you dare to try new things - the things that you do but are not comfortable with - things you're either awkward with or are somewhat apprehensive of.

Panic zone:

Your panic zone is the place where you do not want to go. The things you believe you could not possibly do.

Moving into this area simply causes severe fear and can put you off stretching for long periods.

Our comfort zone grows as we experience more and learn more over time. We can help make our comfort zone bigger by creating 'stepped plans' and breaking the things down that panic us into smaller more manageable goals. This means each step should be easier to achieve, and we can track our progress and acknowledge that we are making progress as we go.

alternative thoughts...

SOMETHING TO
ENCOURAGE...

SOMETHING TO
RELEASE STRESS...

SOMETHING TO
COMFORT...

SOMETHING TO
DISTRACT...

WHAT COULD YOU DO DIFFERENTLY?

WE ALL GO THROUGH TOUGH TIMES AND HAVE DIFFICULT THOUGHTS AND FEELINGS. BUT HERE ARE SOME ALTERNATIVE THINGS TO TRY WHEN YOU FEEL LIKE THIS. USE THE NEXT PAGE FULL OF IDEAS TO FILL IN EACH LEAF WITH SOME ALTERNATIVE ACTIVITIES YOU COULD TRY.

anger and frustration.

- do some exercise
- punch pillows
- shout
- play with a tangle toy
- jump up and down
- squeeze a stress-ball
- rip up paper
- practice deep breaths
- listen to music
- cook or bake something
- stroke a pet/soft toy
- do some angry art
- squeeze ice cubes
- throw stones in the sea or a pond

shame or self-hatred.

- read something good someone has written about you
- do something that someone else will appreciate
- talk to someone that cares about you - a loved one or friend
- do some exercise
- think of a safe place where you are happy, picture yourself there
- look through old photos of happy memories
- do something to help someone
- listen to music

stressed or not in control.

- keep a thoughts journal
- write a list of things that make you happy and then do one of them
- take something apart and put it back together
- do some breathing exercises
- pop bubble wrap
- lose yourself in an inspiring film
- draw, colour or paint
- read a book or magazine
- play with Play-Doh or clay
- learn a new skill

sadness and fear.

- wrap yourself in a blanket
- have a warm bath/shower
- allow yourself to cry then watch an upbeat, positive film
- go for a walk
- listen to calming music
- talk to someone face-to-face or on the phone
- write a list of things you are thankful for
- start a journal/scrapbook
- watch funny videos online
- curl up and go to sleep
- play with a pet

WHEN YOU ARE FEELING LOW...

Something to **distract...**

Something to **comfort...**

Something to **release stress...**

Something to **encourage...**

ANXIETY DISTRACTION IDEAS

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. When you're feeling anxious, try one of these anxiety distraction ideas to help you to stay calm and in control...

1 <i>think</i> ...of your safe place	2 express your feelings with <i>paint</i>	3 DO SOME <i>breathing</i> EXERCISES	4 drink a cold glass of <i>water</i>
5 go to bed <i>EARLY</i>	6 GO FOR A <i>walk</i>	7 • make a <i>to do</i> list	8 SAY NICE THINGS ABOUT YOURSELF <i>out loud!</i>
9 <i>talk</i> TO A FRIEND	10 use a <i>fidget cube</i>	11 <i>wiggle</i> YOUR TOES AND TAP YOUR FEET	12 <i>do some</i> MATHS... $34 - 29 = ?$ $52 + 41 = ?$
13 S O L V E <i>puzzles</i>	14 do some <i>colouring</i>	15 <i>cuddle</i> a pet	16 BLOW SOME <i>bubbles</i>
17 listen to <i>calming</i> music	18 <i>fold</i> paper	19 <i>count...</i> 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste	20 START A <i>journal</i>

DEPRESSION DISTRACTION IDEAS

Depression drains your energy, hope, and drive, making it difficult to do what you need to feel better. If you're struggling with depression, check out these depression distraction ideas to help you to feel more positive...

1 SAY NICE THINGS ABOUT YOURSELF <i>out loud!</i>	2 <i>smile</i> at yourself in the mirror	3 WATCH A FILM THAT <i>inspires</i> YOU	4 <i>talk</i> TO A FRIEND
5 <i>cuddle</i> a pet	6 read <i>positive</i> quotes	7 <i>sing</i> a song that makes you happy	8 fly a kite and <i>imagine</i> you are the kite
9 GO FOR A <i>walk</i>	10 START A <i>journal</i>	11 go to bed <i>EARLY</i>	12 <i>treat</i> YOURSELF
13 TALK BACK TO THE VOICE IN YOUR HEAD AS IF YOU WERE <i>standing up</i> TO A BULLY	14 • make a <i>to do</i> list	15 break down BIG tasks <i>into small ones</i>	16 MAKE A JAR FULL OF <i>memories</i> AND READ SOME OUT WHEN YOU FEEL DOWN
17 STOP trying to be <i>perfect</i>	18 avoid saying <i>"should"</i> to yourself	19 REPLACE SAYING "I AM SAD" WITH <i>"i feel sad"</i>	20 express your feelings with <i>paint</i>

SELF-HARM DISTRACTION IDEAS

Self-harm is a way of dealing with feelings and difficult situations. If you're struggling with self-harm, these are a list of alternatives you could try next time you feel the urge to harm...

1 PUNCH <i>pillows</i>	2 <i>squeeze</i> ICE CUBES	3 POP <i>bubble wrap</i>	4  listen to <i>calming</i> music
5 DO SOME <i>breathing</i> EXERCISES	6 <i>talk</i> TO A FRIEND	7 do some <i>baking</i>	8  TEAR <i>up paper</i>
9 WATCH <i>funny</i> VIDEOS ONLINE <i>Ha ha</i>	10 MAKE A <i>mess</i> THEN TIDY IT	11 START A <i>journal</i>	12 <i>squeeze</i> A STRESS BALL
13 READ A <i>book</i>	14  <i>listen to</i> LOUD <i>music</i>	15  express your feelings with <i>paint</i>	16  GO FOR A <i>walk</i>
17  LEARN A NEW <i>skill</i>	18 WATCH A FILM THAT <i>inspires</i> YOU	19 <i>jump</i> UP AND DOWN 	20 do something <i>nice</i> for someone else 

The **BIG** Coping Skills LIST



- | | | |
|------------------------------|-------------------------------|--------------------------------------|
| Use positive self-talk | Eat a healthy meal | Host a dinner party |
| Do deep breathing | Watch your favorite TV show | Do your homework |
| Watch your favorite movie | Do a word search | Think of your strengths |
| Take a shower | Write a short story | Talk in a funny voice |
| Go for a walk | Play your favorite sport | Volunteer your time |
| Talk to a counselor | Take a nap if you need it | Have a picnic |
| Laugh | Do a crossword puzzle | Rearrange your room |
| Paint or draw | Play a game outside | Call a relative |
| Exercise | Cook or bake with a parent | Meet someone new |
| Play with your pet | Ask for a hug | Create an action plan |
| Go for a jog | Set a goal | Draw a comic |
| Talk to a friend | Think of your favorite memory | Talk to your pet |
| Play a video game | Dance | Read a positive quote |
| Hang out with friends | Go for a bike ride | Write your feelings in a journal |
| Listen to your favorite song | Go to the park | Pick out an outfit for tomorrow |
| Take a time out | Stretch or do yoga | Try to make your sibling laugh |
| Think of something funny | Clean your room | Try to make your parents laugh |
| Play with your favorite toy | Do something kind | Walk the dog |
| Use an I-Feel message | Smile until you feel better | Create jewelry |
| Count to 10 | Think of the consequences | Write your own song |
| Spend time with family | Learn a new skill | Play a board or card game |
| Go for a hike | Listen to calming music | Play on your phone |
| Flip through a magazine | | Answer a "Would You Rather" question |
| Visit somewhere new | | Sing |
| Face your problem | | Read this whole list! |

40 Thought Distractions

1. **Bend over and touch your toes**, inverting the body has a restorative effect on the autonomic nervous system, which controls the body's response to stress.
2. **Visualise a quiet happy place** – imagine the smells, sight, feel of the place and spend a few moments there in your head
3. **Drink water**. Rehydration has been can improve mental performance
4. **Sing out loud** and rock out to your favourite tune - the physical act of singing out loud has been shown to release endorphins, the “feel good” chemical in the brain.
5. **Paint/draw it out**. Painting/drawing gives the brain something to focus on other than stress or worry and participating in visual arts has been linked to resilience to stress in general.
6. **Clap your hands 3 times**. It snaps you out of a thought pattern, then continue the distraction by focusing on the tingling in your hands.
7. **Blow bubbles**. Blowing bubbles can help you gain control of your breathing and thus, your mental state. If this works for you, make sure you have some in the house for those moments.
8. **Take a hot bath**. After a long day of thinking and socialising, there is nothing more relaxing than laying in a bathtub of hot water with the lights turned down and no interruptions. Use bath time as a chance to unwind from the activities of the day.
9. **Take a cold shower**. Cold showers have a restorative effect on the body. Not only do cold or even cool showers reduce inflammation in the muscles, it improves heart flow back to the heart, and leads to a boost in mood.
10. **Have a cosy drink**. Drinking a warm drink makes your body feel warm, almost like a hug from the inside. Have a hot chocolate or warmed milk with a splash of vanilla maybe.
11. **Watch fish**. Watching fish swim in an aquarium reduces blood pressure and heart rate. Better yet, the larger the fish tank, the greater the effect. Find a place near you for a little fish-watching therapy – Chinese restaurants often have them!
12. **Count backwards from 100**. Not only does counting give you a chance to focus on something other than what is bothering you, counting backwards offers an added concentration challenge without overwhelming your brain.



13. **Repeat a mantra.** Create a mantra that you can use to help calm you down. “I am calm” or “I am relaxed” work well, but feel free to get creative and make it something personal to you.
14. **Breathe into your tummy.** Most of us breathe incorrectly, especially when we are in a stressful situation. Think about your tummy like it is a balloon. Breathe in deep to fill the balloon and breathe out to deflate it. Repeat this simple process 5 times and notice the effects.
15. **Shake a glitter jar.** Next time you go on holiday or a relative goes, ask them to bring you back a glitter jar – it might be a snow scene or a starry night in Paris for example. Shake the jar and use it as a focal point for 3-5 minutes allowing your brain and body to calm themselves. These jars can be made simply from filling lidded glass jars with coloured water and glitter glue.
16. **Go for a run.** Going for a 10-minute jog can not only affect your mood immediately, its effects on your ability to cope with stress can last for several hours afterward.
17. **Count to 5.** Just when it seems like you've had enough, close your eyes and count to five. This form of 5-second meditation offers the brain a chance to reset itself and be able to look at a situation from a different perspective. It also gives you a chance to think and respond to a volatile situation rather than reacting in a flight, fight or freeze mode.
18. **Talk it out.** Talk about what is bothering you with a trusted person who will listen to you and not try to “fix” the problem.
19. **Write a letter in the voice of your BFF.** We would never talk to our best friend in the same critical way we talk to ourselves. Be kind to yourself and ask them what they would tell a best friend to do in their situation.
20. **Create a vision/mood board.** Cut out words and pictures from magazines that speak to your interests, desires, and dreams. Glue these pictures and words onto a poster board to display in your room. Or do the same on a virtual online mood board such as Pinterest. Not only does the process of creation allow you to think about what you want from life, displaying things you love gives you an opportunity to focus on what is really important when you are upset.
21. **Give or get a bear hug.** Hugging allows your body to produce oxytocin, a naturally occurring hormone in your body necessary for immune system function. A 20 second hug reduce blood pressure, increase feelings of well-being, and reduces the physical effects of stress.
22. **Walk in nature.** Walking in nature has been proven to improve cognition and reduce stress. A 15-minute walk in nature works and can be just what you need.



23. **Envision your best self.** This is a great way to motivate you to work toward a goal. Write down in your Mindful Me goals where you would like to see themselves in a week, a month, or a year, with this specific goal in mind.
24. **Blow on a dandelion clock.** Blowing focuses more on controlled exhalation rather than deep inhalation
25. **Squish some putty/ Playdoh.** When you play with putty, the brain's electrical impulses begin firing away from the areas associated with stress.
26. **Write it out.** Using the Mindful Me journal, write your feelings down; it can have a profound effect on your mood, especially if you can do so without the fear of having it read.
27. **Gratitude, gratitude, gratitude.** Gratitude expression has been linked to better performance in the classroom as well as a reduction of stress outside of learning environments. Build up your bank of gratitude gems and be thankful for all the good, positive things you have and experience in life.
28. **Push against a wall.** This trick is perfect for allowing the body to get rid of stress hormones without having to go outside or even leave the room. Try to push the wall over for 10 seconds, 3 times. This process allows the muscles to contract in a futile attempt to bring the wall down, then relax, releasing feel-good hormones into the body.
29. **Pop bubble wrap.** Anyone who has received a package in the mail knows the joy of popping row after row of bubble wrap. Next time a parcel arrives, save the bubble wrap and pop away!
30. **Roll a tennis ball under your feet.** Rolling a tennis ball under your feet can not only improve circulation, but there are pressure points on the bottom of the feet that relieve stress and relax the muscles of the feet and legs. Roll over the entire sole of your foot using various pressures for maximum benefit.
31. **Play music.** Music has a profound effect on mood, sleep, stress, and anxiety. Use a variety of musical styles to set the tone in your home, car, or your child's room.
32. **Have a dance party.** Adding a physical component to your musical enjoyment gets you moving and is a fun way to be active. Crank up the tunes and have a dance party in your living room when you are in a bad mood and feel your mood transform. Get friends and family involved too.



33. **Do a primal yell.** Sometimes all of your emotions are simply too much to contain in your body. Stand with your feet shoulder width apart and imagine your feelings boiling up from your toes, through your legs and body, and out of your mouth. You don't have to yell words just whatever comes out that feels good. Remember to do it somewhere that doesn't bother other people.
34. **Change the scenery.** How many times have we thought to ourselves, "Just walk away," when confronted by a big emotion? You may simply need a change of scenery in order to calm down. If you are inside, head out. If you are outside, find a quiet space indoors. Either way, change the scenery and you will likely change the mood.
35. **Go for a walk.** There's a real reason people go for walks to clear their heads. Not only is the fresh air and exercise restorative, but the natural rhythm walking creates has a self-soothing quality.
36. **Make a bracelet/model aircraft.** Crafting in general can facilitate a state of "flow" or a state characterised by complete absorption in an activity. The same concept can be extended to knitting, crochet, folding laundry, or any activity where you forget your external worries
37. **Get on a bike.** With the introduction of bicycle lanes and paved trails in urban areas, bicycling is safer than ever and can be a powerful form of self-soothing. Not only is it easy on the joints, it promotes balance, exercise, and can be done with the whole family.
38. **Take a colouring break.** Colouring gives you something to focus on and can be a great mindfulness activity that reduces anxiety. There are some great colouring books around in local supermarkets and book shops.
39. **Read a book.** Getting involved in a great storyline takes your mind away from worry and stress and if you read it in a quiet space, like a library or your bedroom, it gives you the environmental peace you need too.
40. **Stroke an animal.** Just stroking your dog and enjoying making your dog feel calm and happy, will rub off on you too. Dogs, cats, rabbits or even tortoises can be very therapeutic.



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.

