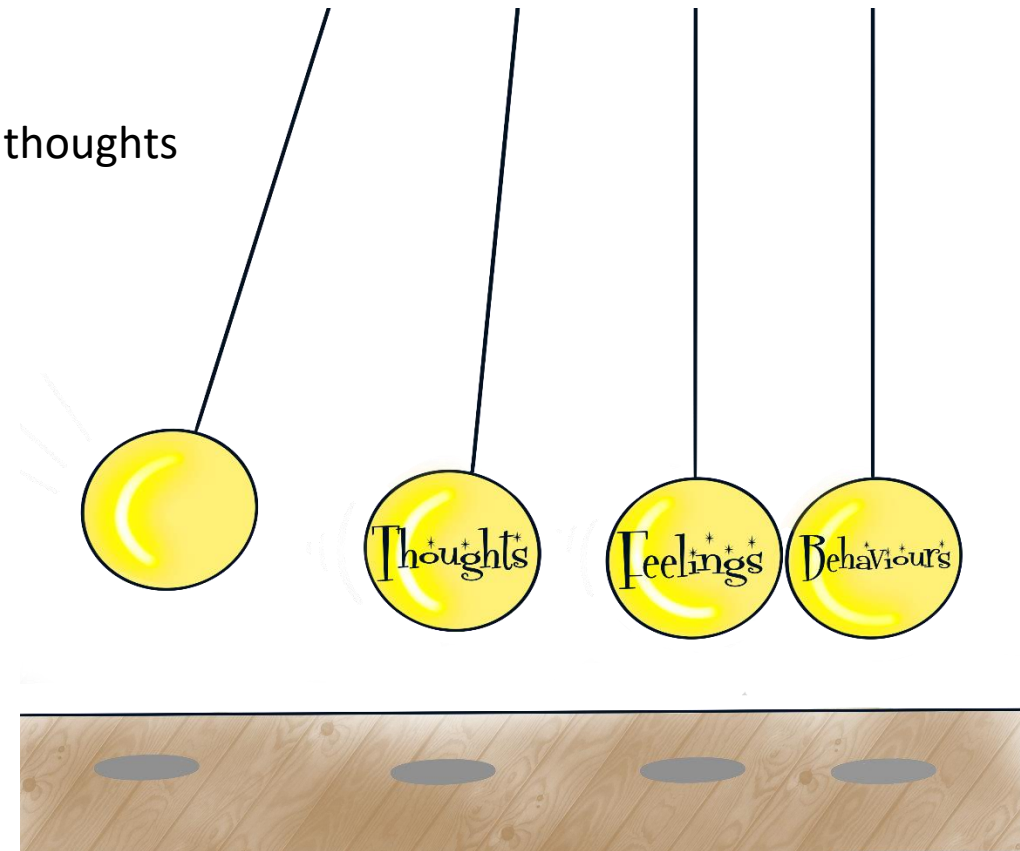# How does social media affect our mood???

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 understand how social media can impact on thoughts and mood
- To create a 'true selfie' image

Time	Activity	Method	Resources
5 mins	**SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN**	Ask young people to complete Sign In sheet. When the group are settled ask them to introduce themselves and tell us something about themselves. Go through the learning expectations of the session. 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.	Sign In Sheet Pen
2.5 mins	**RECAP GROUND RULES** *If relevant or set ones for this session if necessary*	Explain to the group, people need to feel safe to share their views and experiences. Remind them of the rules we agreed previously: • 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 preprepared Flip chart Pens

10 mins	**ICEBREAKER – WHAT WOULD YOU GIVE UP YOUR DEVICES FOR?**	Show, or read aloud the below options and then ask young people to raise their hands or stand up to indicate whether they would give up their devices in exchange for this thing: • Bar of Chocolate • A happy meal • Cinema ticket with popcorn and drinks • New shirt and shoes • Trip to a fun fair where all the rides are free • 3 day trip to Italy • Newest PlayStation or Xbox Ask would anybody **not ever** give up their devices for a week – ask them to explain why? Ask is there anything else the young people would give up their devices for?	
15-30 mins	**SOCIAL MEDIA AND MOOD**	Ask one young person to pull a selfie up on their phone and ask them to place it on the table in front of everyone and imagine that they had just posted this on IG. Each person in the group gets designated a role: 1. Person putting the selfie on IG	Comments for each person, cut out Instagram

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		2. Negative comments person 3. Positive comments person 4. An observer who the person posting the selfie is friends with but makes no comments 5. Person posting emoji's Give each member of the group their comments that are cut out on pieces of paper (below). As each person puts comments on the selfie they must rate their mood using the graph below. Once all comments have been made have an **open discussion with the young people about how their mood changed throughout the activity and why.** What is it about social media that can affect our mood? **Is it healthy for your mood to fluctuate so much?** Would your moods be different if you used social media less?	print out Emoji's cut out Mood Graph print outs Pens
10 mins	**MY TRUE SELFIE**	Explain that you're now going to create a 'My True Selfie'. Students should stick their piece of paper on the wall and ask another student to draw around their head and shoulders to create an outline. Then they will spend 6-7 minutes using different coloured pens writing words and drawing pictures which reflect	Plain paper Pens True selfie example

| | | their personality around the outline Explain that for the first couple of minutes they should focus on their:
-Hobbies
-Interests
-Favourite things
For the second half they should focus on:
-Things they enjoy doing
-Things they're good at
-Positive things friends say about them
They can swap the colour of pen they're using halfway through.
Once they have drawn their Selfie they can then stand back in the outline and take a selfie which includes all of the words and images around their head and shoulders.
Demonstrate your My True Selfie which you have prepared in advance before starting or the example opposite. After 6-7 minutes, ask some students to show the rest of the class what they've written. | |

Comments (to be cut out):

Looking good

So over your selfies, get a life.

You really need to put some make up on

Miss you xxooooxxx

Have you put on weight? Stop eating the cakes lol xx
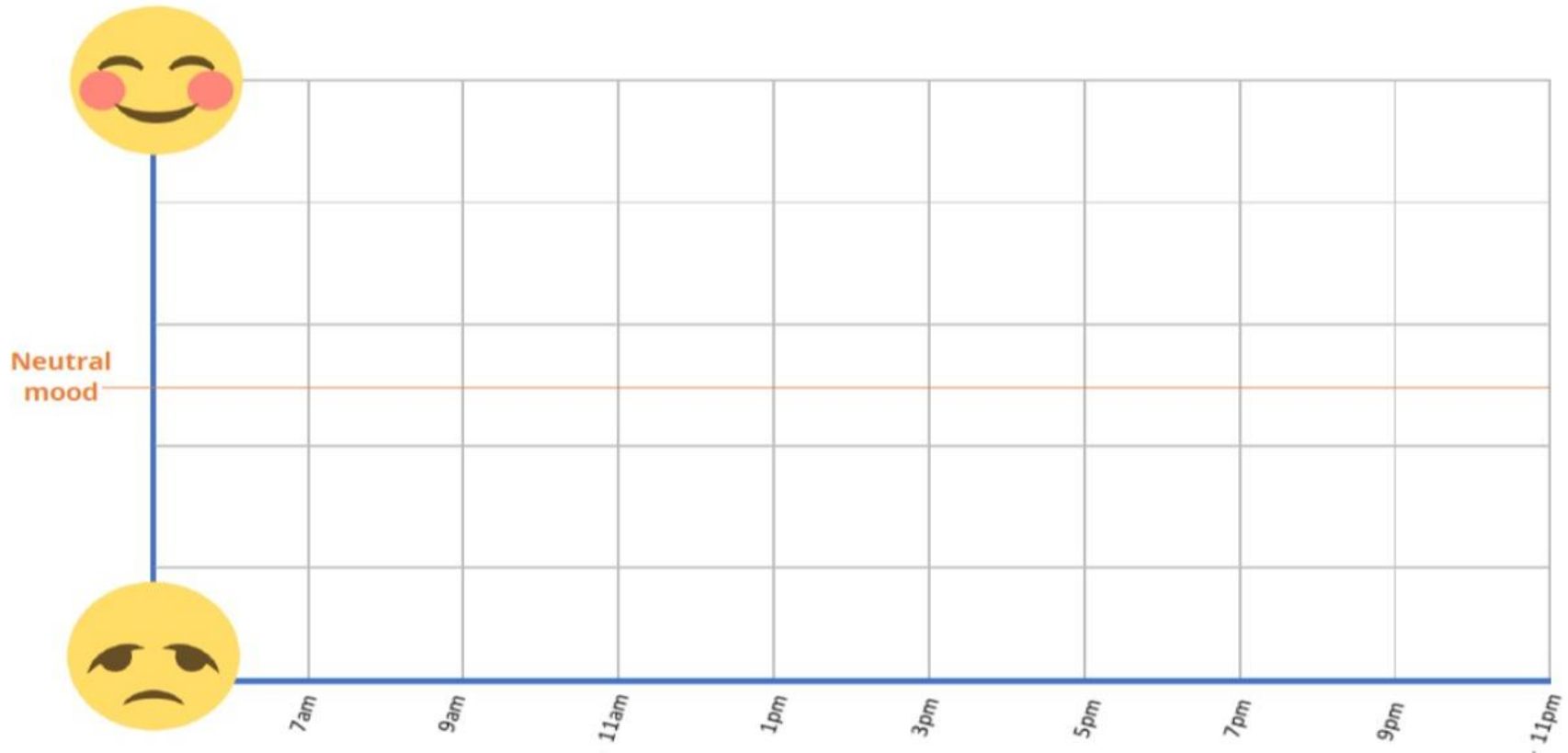
You are so pretty xxxx

Emojis (to be cut out):

Mood Graph:

Activity B_ Timeline of Your Day

Example Mood Graph:

True Selfie Example:

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										EXCELLENT
0	1	2	3	4	5	6	7	8	9	10

Do you think you learnt anything today?

DREADFUL										EXCELLENT
0	1	2	3	4	5	6	7	8	9	10

Do you think you will do anything differently following this session?

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

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?

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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.