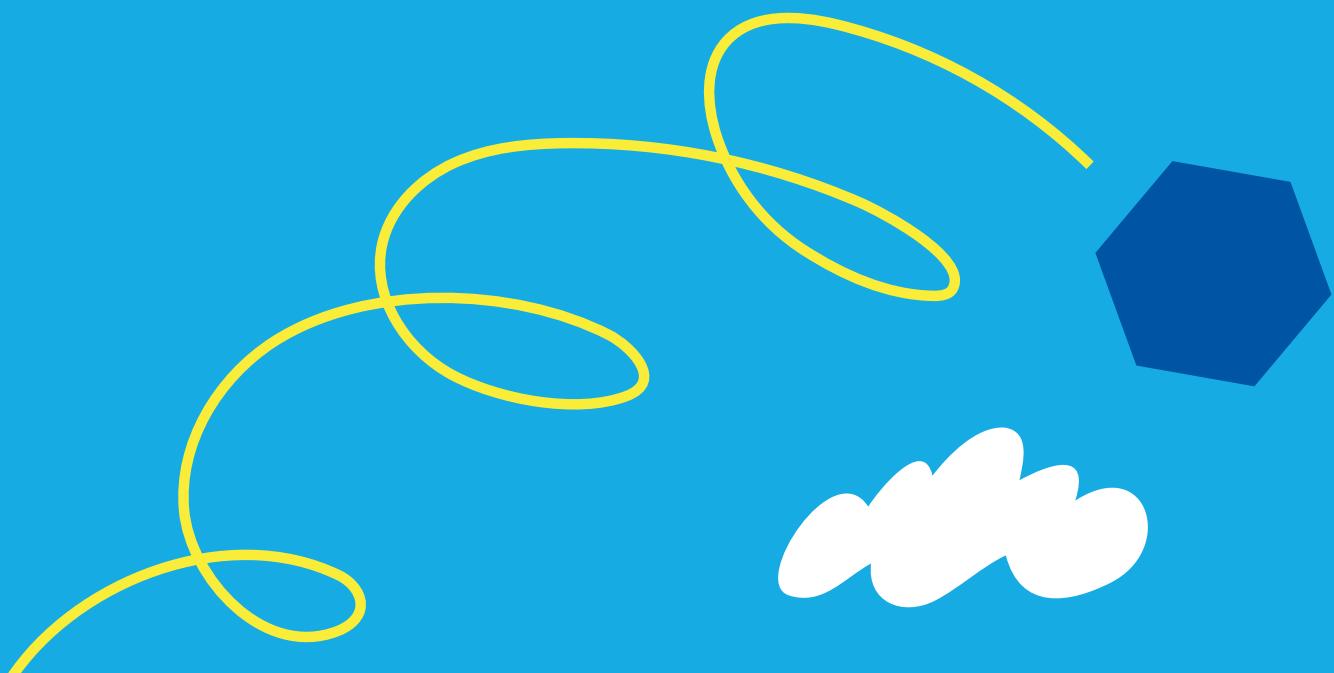


# **WEEK SIX**

## **SESSION PLAN AND WORKSHEETS**



# Week 6 session plan: Feelings



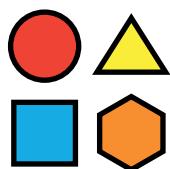
## Aim:

Understanding different feelings we experience, how we express these and promoting positive changes that you would like to see around mental health and wellbeing.



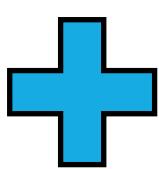
## Time:

1hr 30mins



## Resources needed:

- Treasure Chest
- Group Agreement
- Pens / Paper
- Full Booklet
- Feelings worksheets
- Whiteboard or flipchart
- A3 card



## Add-on resources:

- Parked cars



## What to do:

5 Minutes

**Introduction:** Introduce workshop and explain the learning outcomes and reason for the treasure chest  
– Open Treasure Chest – Hand out Booklets (or worksheets if only doing Feelings)





## What to do (continued):



10 Minutes

**Icebreaker:** Emotion Charades or Emotion Ball Toss

15 Minutes

**Group Conversation – What feelings do you experience?**

**Examples:**

- Happy
- Sad
- Love,
- Anger
- Fear
- Worried
- Anxious
- Jealous
- Frustrated

**How can we manage these feelings?**

**Examples:**

- Name the emotion
- Have honest and open conversations about how you are feeling
- Positive self-talk
- Talking to trusted people
- Practicing coping skills while calm



## What to do (continued):

30 Minutes

**Worksheet – Campaign for change:** Ask the group to think about what they have learned over the course of the workshops. Ask them to work in a group on a 'Campaign for Change' poster. Use worksheets for ideas and supply a A3 piece of card for the group poster.

### Conversation topics:

- Are there things that they would like to see changed in school regarding Mental health and Wellbeing?
- Are there things that they think would work well?
- What would make their time at school better?

10 Minutes

**Poster share:** Allow Groups to come up and share their campaign with the rest of the class.

10 Minutes

### Game

10 Minutes

### End of session:

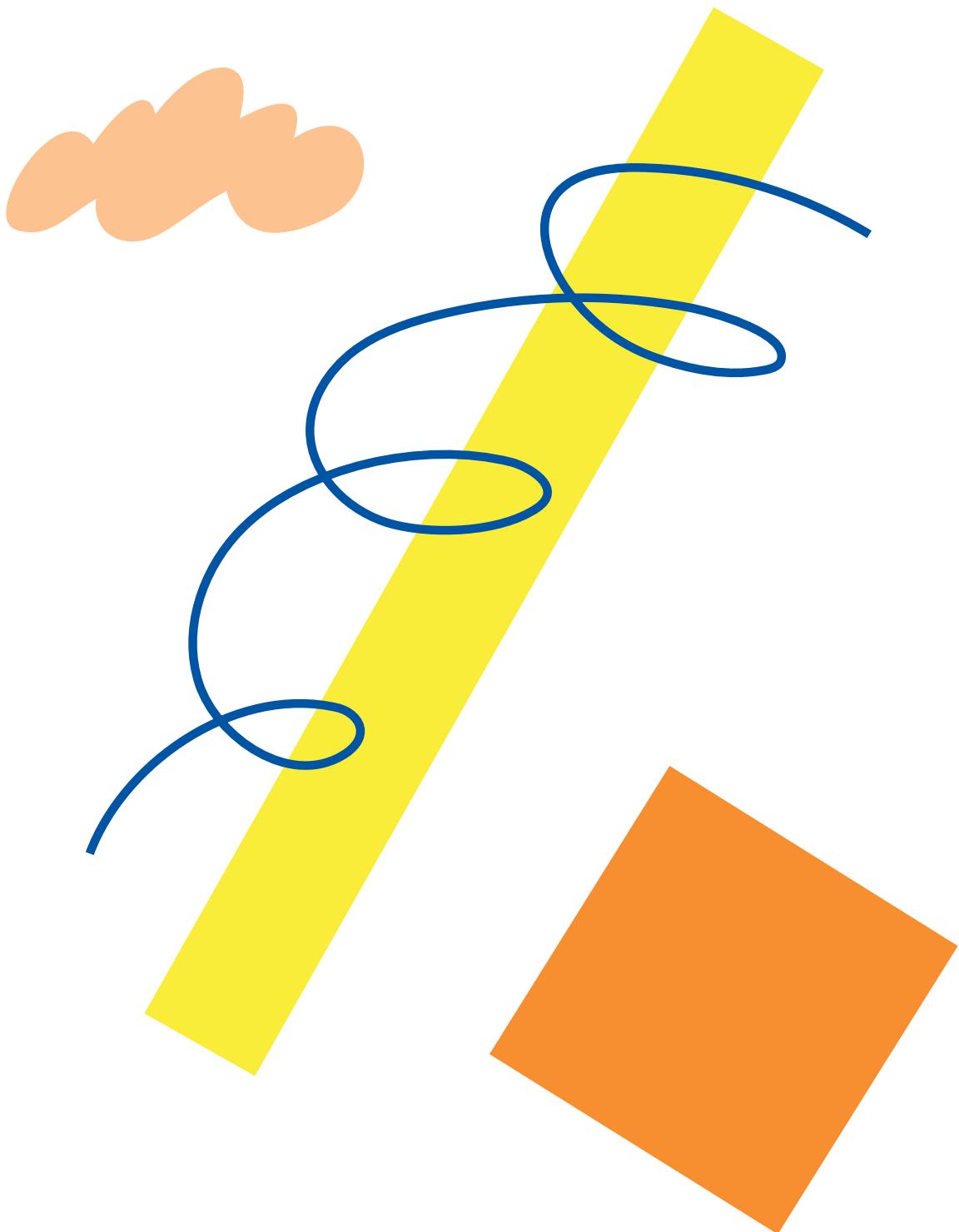
- Collect Feedback faces if needed
- Close treasure chest
- Reminder to take home weekly learning information slip
- Reminder of next week's topic





## Learning points

- To better understand different feelings and emotions
- Think about what changes they would make in school if they could to promote positive mental health and wellbeing



# Feelings faces



Happy



Frustrated



Silly



Afraid



Excited



Angry



Worried



Relaxed



Hyper



Thankful



Jealous



Proud



Loved



Disappointed



Shy



Sad



Forgiving



Confused



Peaceful



Bored

# Campaign for change

**Name of group:**

**Description:**

**Points:**

.....  
.....  
.....  
.....  
.....

**Picture:**

**What changes they want to see in school:**