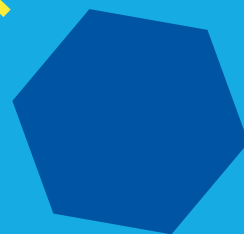
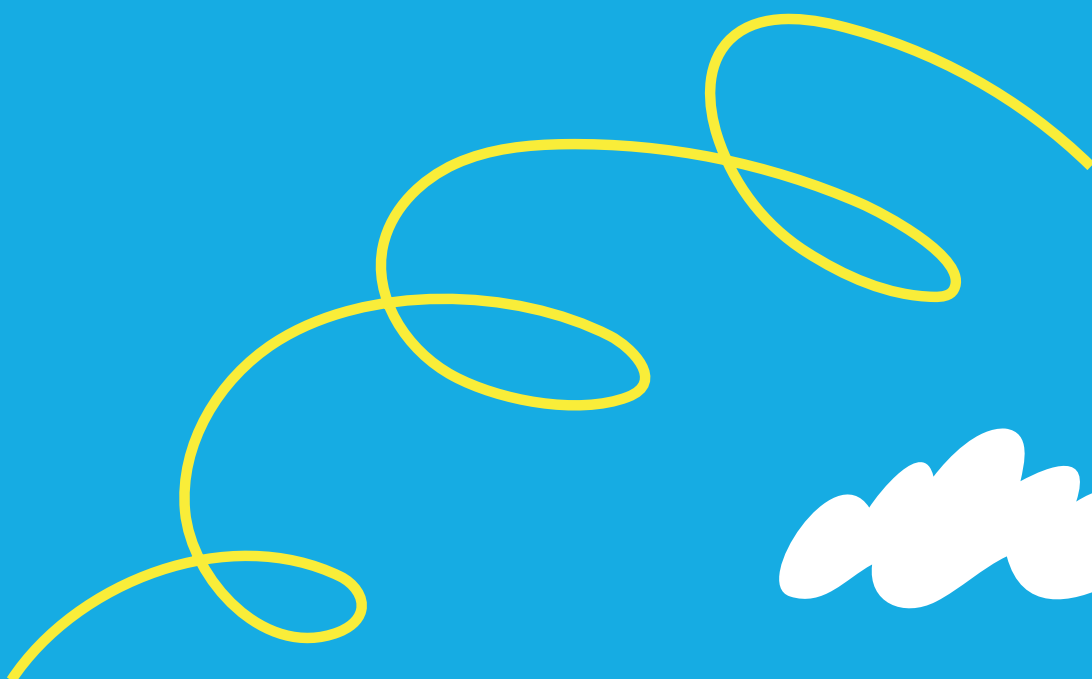




WEEK SIX

SESSION PLAN AND WORKSHEETS



Week 6 session plan:

Feelings



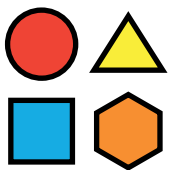
Aim:

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

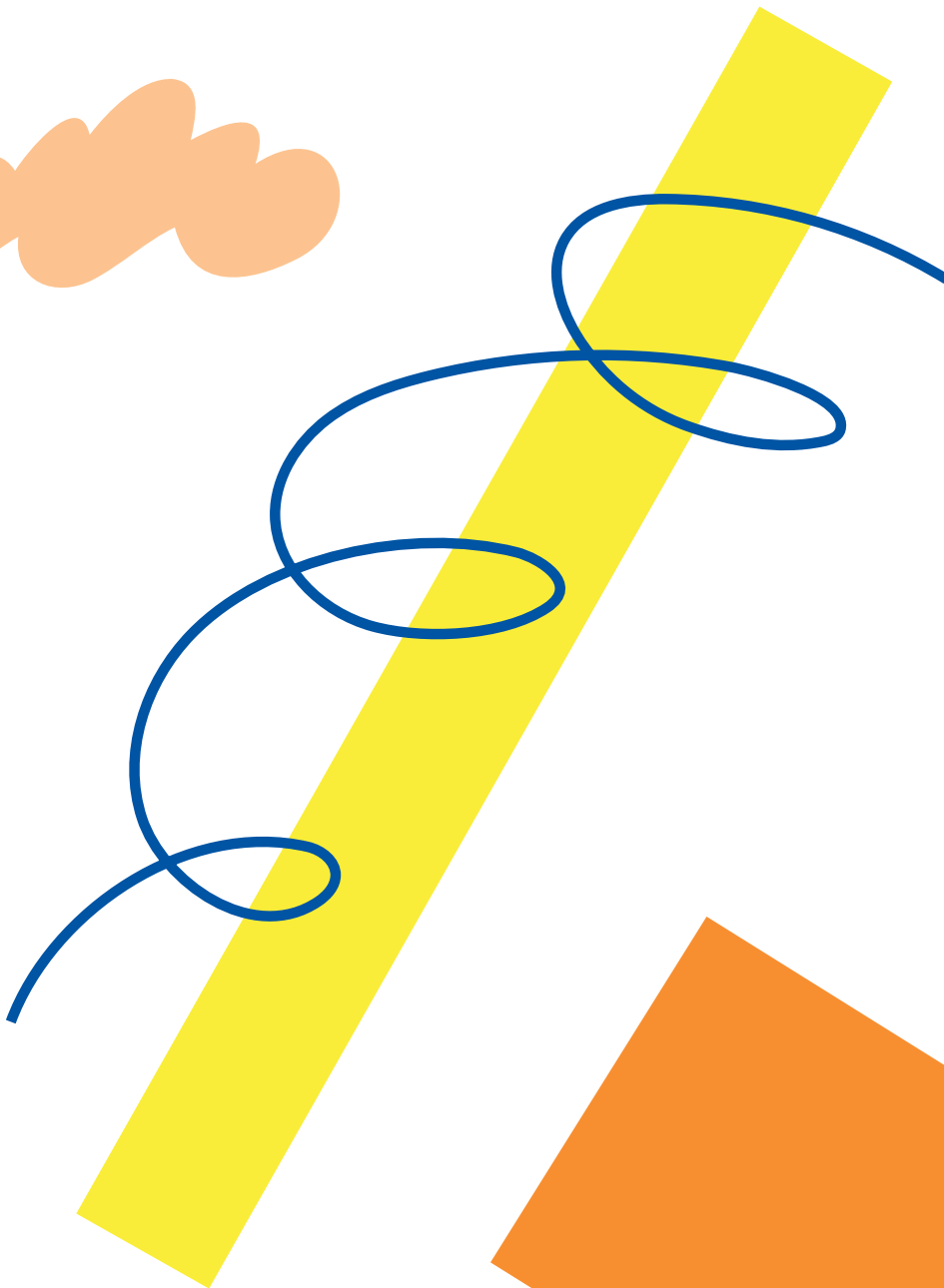
End of session:

- 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: