



Living in Safety and Stability




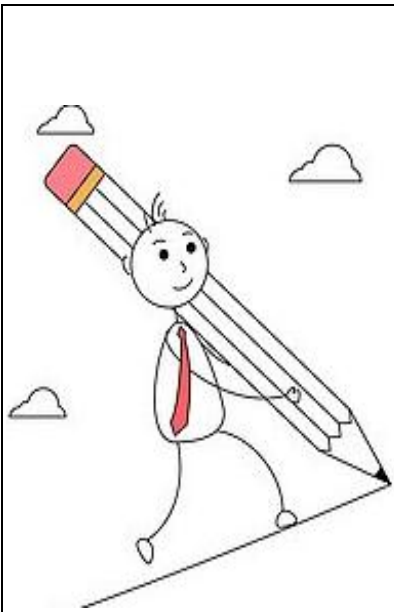
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Purpose: To provide participants with an opportunity to explore their sense of self and the skills and knowledge required to increase their self-confidence, sense of self-worth and their levels of motivation.

Participant learning objectives:

1. Increase participants awareness of their own sense of self, focusing on personal qualities and strengths
2. Increase understanding of self-confidence and how we can help ourselves become more confident
3. Understand factors which influence and drive motivation

CONTENT	METHODS/ RESOURCES <i>Slides 62 - 72 can assist with this session.</i>	APPROX. TIME
Pledge Check-In	<p>Resources: Completed pledge post-it's from week five.</p> <p>Check-in with participants how they got on with their pledge throughout the week. This can be done as a whole circle discussion or in smaller groups. Did they achieve it? How did it make them feel? Will they continue it?</p> <p>Encourage participants to set themselves a pledge every week, however big or small. Remind them of the power of habit – the more you do something positive the more likely it is to form part of your normal routine, e.g. going to bed 30 minutes earlier, going for a walk after school, getting up 10 minutes earlier to make yourself a healthy breakfast.</p>	<p>20 minutes</p> 
Who am I? – Letter to a Stranger	<p>Resources: Pens Paper</p> <p>This exercise will give participants an opportunity to explore for themselves all the qualities and personal traits that make them who they are. Having an increased understanding of your sense of self is a vital starting point to increasing acceptance of self and self-confidence.</p>	<p>30 minutes</p>



Start by asking participants how many people in the world there are (the answer is over 7 billion people). Emphasize that there is no two people in the world the same, which means every individual in the room is unique.

Now ask participants to find a space in the room. They are going to write a letter to a stranger who does not know anything about them. The participant must describe themselves and include things such as – personal qualities and skills, what they are good at, what they enjoy doing etc.). Ask participants to avoid writing anything down about their appearance.

Once participants have finished, they are free to share some of the things they have written down.

Debrief: Was this exercise hard or easy? Is it easier to say negative or positive things about yourself? Do we sometimes hide certain things about ourselves? Why? Tell participants that the more positive things they say about themselves, the less room there is in their brain to think about all the negative thoughts. Tell participants to be proud of who they are and the brilliance of being unique!

Feeling Confident

Resources:

[Power poses examples](#)

This is a simple exercise which should leave everyone in the room feeling instantly more confident!

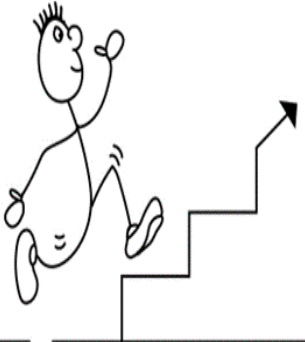

Provide each participant with either a picture of a high-power pose or a low power pose. Ask participants to model the pose they are given. Ask them how does that pose make them feel? Does it make them feel powerful/ weak? Confident/ Shy?

Now ask all participants to take on a power pose (they can be as creative as they like!). Now ask participants to turn around to the person next to them and say one positive thing about themselves. For example, I am a kind person, I am good at football, I am a good friend etc.

Ask participants how they now feel. Remind them of the importance of strong and confident body language and how it relates to our emotional wellbeing. To help us we can imagine a string coming down from the ceiling, attached to our head which encourages us to sit up straight, tall and confident. It is also a useful tool that anytime they are feeling low about themselves, hold a power pose for two minutes and say three things positive about themselves in the mirror – they will feel instantly more empowered and confident!



10 minutes

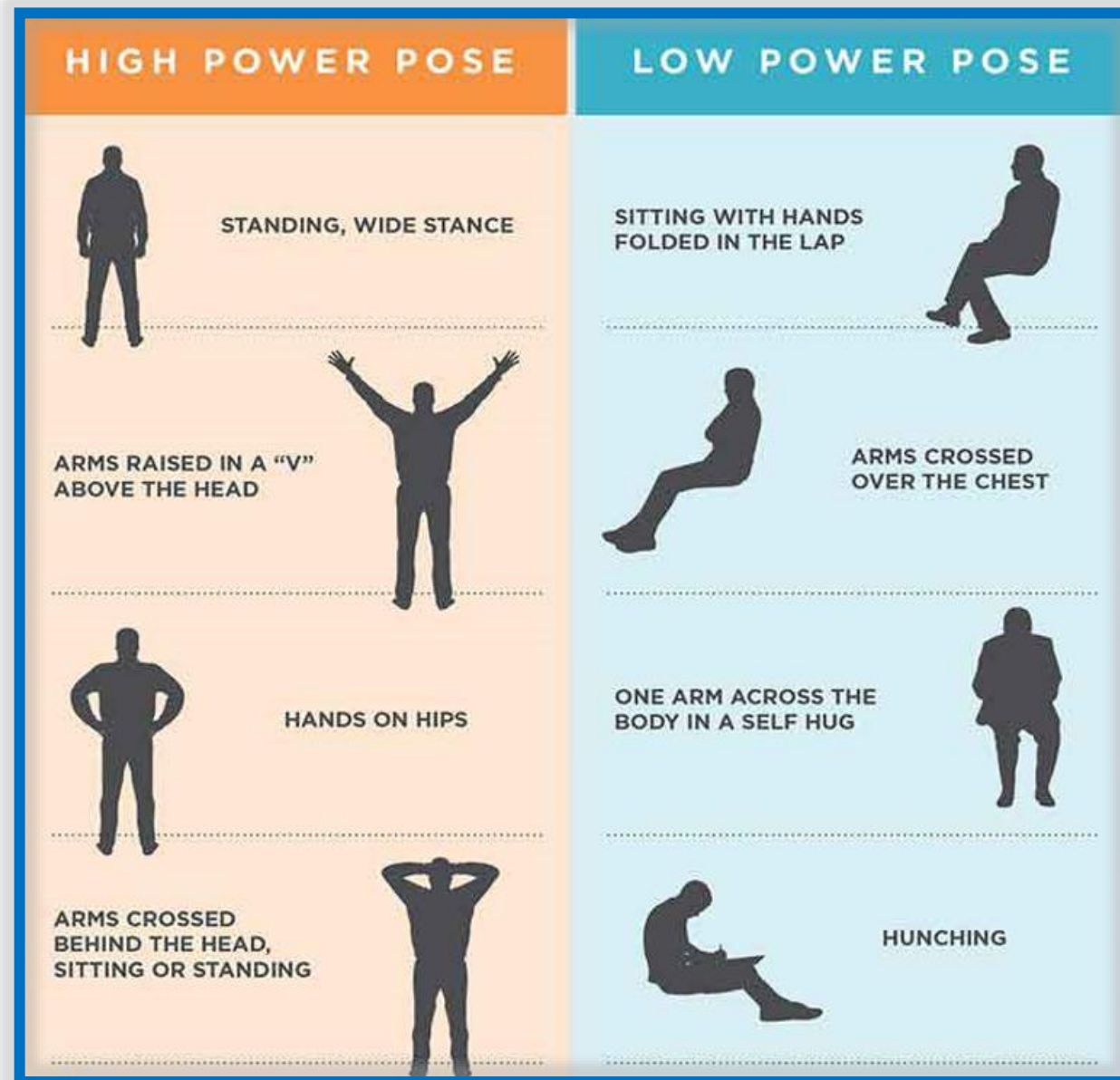
<p>Motivation</p> 	<p>Resources: Flipchart & Markers</p> <p>Spilt participants into small groups and ask them to think about what motivates them. Ask them to record their answers on flipchart.</p> <p>On the reverse side ask them to think about what de-motivates them/what they do not like doing.</p> <p>Ask participants to feed back their suggestions into the larger group. Remember, what is motivating for someone may not be motivating for someone else.</p> <p>Debrief: Which side of the flipchart do we focus on the most; the things that motivate us or the things that de-motivate us? What might happen if we start to visualise what we can achieve if we are motivated?</p> <p>Inform participants that the more we focus and really think about our end goals (and how great our life would look it was achieved!) the more likely we are to be motivated. This can be related back to the pledge and the task of setting ourselves small goals/ achievements each week.</p>	<p>20 minutes</p>
<p>Gratitude Jars</p>	<p>Resources: Gratitude jar template</p> <p>Research shows people who practice gratitude tend to have higher self-esteem. Intentionally noticing the positive in others and in the world helps young people notice the positives in themselves too.</p> <p>Simply ask participants to fill their jar with things they are grateful for that day. These can be things that made them smile, things they enjoyed or basic amenities they are thankful for.</p> <p>This is very personal to the individual and thus gratitude sheets do not need to be shared. However, participants can call out something from their list if they feel comfortable doing so.</p> <p>Encourage participants to practice gratitude every day and re-iterate the power of habit.</p>	<p>10 minutes</p> 

Positive Affirmations	Resources: A4 white paper Markers/ Colouring pencils Pencils Ask participants to draw around their hand and write their name on the palm. Ask them to pass their handprint to the person on their left. As they receive each person's handprint ask them to write one positive comment/word about that person. Debrief: How do the positive messages on your page make you feel? How did it feel saying nice things about others?	20 minutes
Check-Out/ Evaluation	Resources: Informal evaluation ideas Choose an activity from the list provided.	10 minutes

Positive Vibes Only!



Power Poses



Gratitude Jar



Fill this jar with everything you are grateful for!