



Living in Safety and Stability




8

Purpose: To provide participants with an opportunity to explore common techniques used to handle stressful or difficult situations.

Participant learning objectives:

1. Participants recognise 'bad times' can be normal and that everyone experiences them
2. Participants learn and practice at least one effective technique to handle stressful or difficult situations
3. Participants understand more about what makes them happy

CONTENT	METHODS/ RESOURCES <i>Slides 88 - 90 can assist with this session.</i>	APPROX. TIME
<p>Intro to Coping Strategies</p>	<p>Resources: Flipchart Markers</p> <p>Inform participants of the purpose of today's session – to provide participants with an opportunity to explore and try out some techniques they can use to handle stressful or difficult situations.</p> <p>Brainstorm as a group techniques or tools that participants use to help them through difficult times / situations.</p> <p>You can record the answers on a flipchart.</p>	<p>10 minutes</p> 

Tools and Techniques

Suggested resources:

Wi-Fi
Laptop
Projector/ TV
Art materials
Physical activity equipment
Large hall/ space

You should make this session as relevant and applicable to your group as possible. Below are listed some suggested strategies that young people may use:

Laughter Yoga - a useful step-by-step guide can be found here

<https://www.wikihow.com/Do-Laughter-Yoga> or alternatively here is a guided video

<https://www.youtube.com/watch?v=SVkG3L79sL4>

This may require some high energy and enthusiasm from the facilitator to get the group going!

Guided Meditation - an example can be found here

<https://www.youtube.com/watch?v=X7iBnp8T6nY>

Body Scan (an example can be found here

<https://www.youtube.com/watch?v=z8zX-QbXIT4>).

Breathing Techniques - useful follow along videos can

be found here: <https://kidshealth.org/en/teens/relax-breathing.html>

Art – Mindfulness art can be a useful tool for some people to help them relax. Mindfulness colouring in sheets can be downloaded for free from many sites.

Here is a link to Twinkl's free resources:

<https://www.twinkl.co.uk/resource/us-t-c-1551-mindfulness-coloring-pages-bumper-activity-pack>

Creation of a Music Playlist – Ask participants to create their own 'feel-good' music playlist.

This can be done there and then, or they can simply make a note of their playlist during the session. Ask participants to stick on their feel-good playlist whenever they are feeling a bit down. Never underestimate the power of music on our mood.

Dependent on activity/
Number of activities



	<p>Physical Activity - The levels of chemicals in the brain, such as serotonin, stress hormones and endorphins, change when you exercise. Examples of physical activity include football, dodgeball, dancing, walking etc.</p> <p>Fun Game/Activity – This can incorporate some of the above (laughing, feel good music, physical activity etc.).</p> <p>Reiterate that the key ingredient that underlines each of these activities is happiness; doing things that make you happy. You can end this section checking in with participants which tools/ techniques they are going to carry forward.</p>	
Check-Out/ Evaluation	<p>Resources: Informal evaluation ideas Choose an activity from the list provided.</p>	10 minutes

