



Living in Safety and Stability






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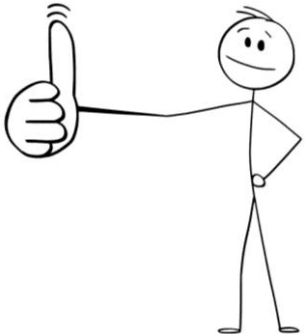
Purpose: To provide participants with an opportunity to explore their sense of self and the skills and knowledge required to increase their self-confidence, sense of self-worth and ultimately motivation levels.


Participant learning objectives:

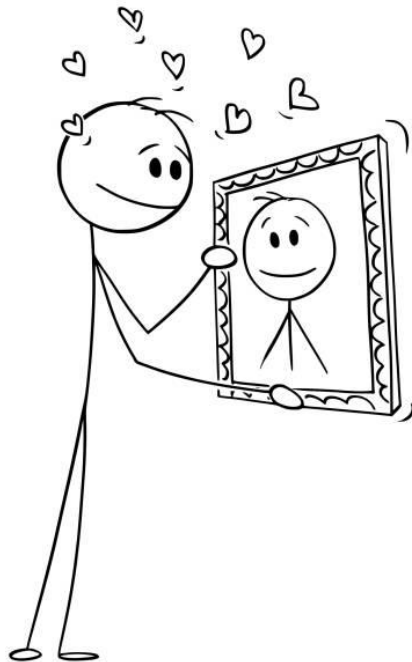
1. Increase participants awareness of their own sense of self; focusing on personal qualities and strengths
2. Increase understanding of self-confidence and how we can help ourselves become more confident
3. Explore simple techniques to manage and increase our self-care

CONTENT	METHODS/ RESOURCES <i>Slides 111-121 can assist with this session.</i>	APPROX. TIME
<p>Pledge Check-In</p>	<p>Resources: Completed pledge post-it's from week four.</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 small groups. Did they achieve it? How did it make them feel? Will they continue it?</p> <p>Did they practice any of the coping strategies at home? If so, how did they get on? Inform participants of what we will learn today, the importance of self-care, will also help us cope better with stressful events or situations.</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 etc.</p>	<p>20 minutes</p> 

<p>Who am I? – Letter to a Stranger</p> 	<p>Resources: Pens Paper</p> <p>This exercise will give participants an opportunity to explore themselves and 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>Start by asking participants how many people in the world there are (the answer is over 7 billion people). Emphasize that there are no two people in the world the same, which means every individual in the room is unique.</p> <p>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.</p> <p>Once participants have finished, they are free to share some of the things they have written down.</p> <p>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!</p>	<p>30 minutes</p>
<p>Feeling Confident</p>	<p>Resources: Power poses</p> <p>This is a simple exercise which should leave everyone in the room feeling instantly more confident!</p> <p>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 or weak? Confident or shy?</p> <p>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.</p>	<p>10 minutes</p> 

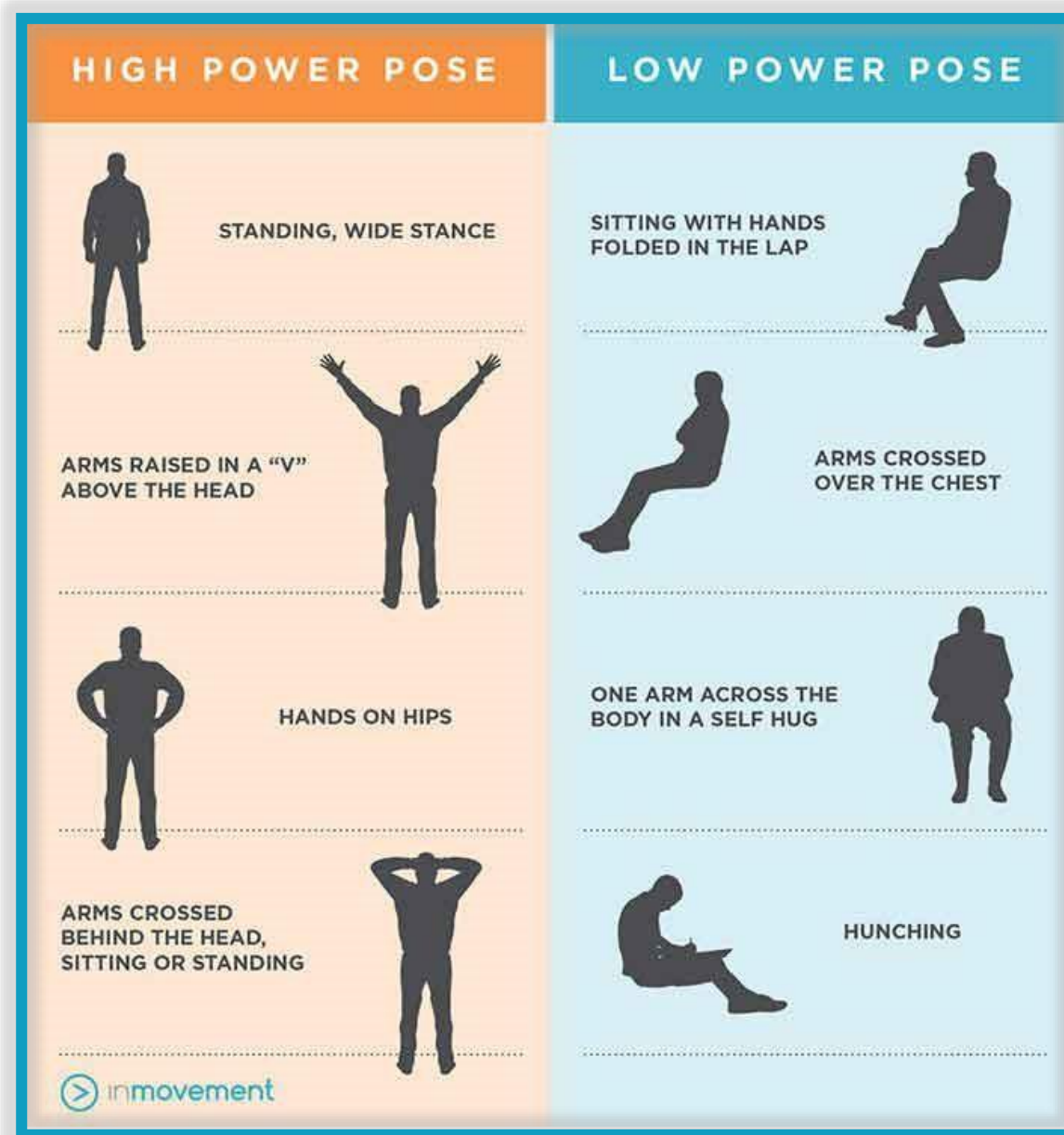
	<p>Ask participants how they now feel. Remind them of the importance of strong and confident body language and how it relates to our emotional wellbeing. To help us we can imagine a string coming down from the ceiling, attached to our head which encourages us to sit up straight, tall and confident. It 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!</p>	
Motivation	<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 a flipchart. On the reverse 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 large 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? Inform participants that the more we focus and really think about what we want to achieve/ our end goals (e.g., getting good exam grades, scoring a goal in the next football match etc.), 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>	20 minutes
Self-Care Bingo!	<p>Resources: Self-Care Bingo Sheets Pens & A Prize (optional)</p> <p>Provide each participant with a self-care bingo sheet. Ask participants to give themselves a point for every item on the list they have completed within the last 24 hours. Ask participants to tally up all their points.</p> <p>Tip: Provide the participant with the least points a prize – this can be something which will contribute to their self-care e.g., face mask, hot chocolate sachet etc. Re-iterate the importance of looking after yourself. We can only look out for other people when we are well-looked after ourselves!</p>	<p>15 minutes</p> 

<p>Gratitude Journal</p>	<p>Resources: Gratitude list 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 positive in themselves too.</p> <p>Simply ask participants to write something they are thankful for in each feather. These can be things that made them smile, things they enjoyed or basic amenities they are thankful for. 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> 
<p>Check-Out/ Evaluation</p>	<p>Resources: Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	<p>10 minutes</p>



LoOkin after ME!

Power Poses!



Self-Care Bingo

Read	Took a nap	Watched favourite TV show
Did absolutely nothing	Played a sport	Did something creative
Said NO	Spent time with family	Drunk water
Did something kind	Ate a healthy breakfast	Cooked
Planned your day	Hugged someone	Went for a walk
Said thank you	Took a bubble bath	Cried
Smiled	Gave yourself a compliment	Asked for help
Brushed your teeth	Spent time outdoors	Tried something new
Stretched	Listened to music	Laughed until your belly hurt!

Gratitude Worksheet

Write something you're
thankful for in each feather.

