



Health & Wellbeing



6

THEME: Emotional Well Being – understanding emotions

Activity-based session plan

Young people will understand that they will experience a variety of different emotions. This session will teach them how to recognise and discuss their own emotions and the emotions of others. They may start to consider whom they can go to for help when their emotions are unbalanced and how dealing with their emotions can positively help their wellbeing.

LEARNING OBJECTIVES

1. Young people will identify a variety of good and not so good emotions and build a vocabulary to describe their feelings
2. Begin to recognise and manage the effects of strong feelings such as anger, sadness, or loss
3. Understand what strategies are available when experiencing strong emotions.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction	<p>Icebreaker: Clumps- this is useful for promoting teamwork, critical thinking and effective communication. Divide into pairs. Ask each pair to sit on the floor with their partner, backs together, and arms linked. Their task is to stand up together. Once everyone has done this, two pairs join and the group of four tries to repeat the task. After they succeed, add another two and try again. Keep adding pairs until your whole group is trying to stand together. The more people that are involved, the easier the task becomes. Make the connection to promoting positive emotional wellbeing, i.e., without having someone to lean on, you could not stand up and the more people that are involved to link up, the easier it becomes. This is like when adversity strikes, and you decide to share a problem with a friend or family member.</p> <p>Think – pair – share – method of delivery is guided learning and through the principle of think about the subject and task, pair up in small groups and discuss and share to the group about why it is important to understand our emotions.</p>	30 minutes
Gauge baseline understanding into variety of emotions young people experience.	Introduction -Group to form a circle of resilience, everyone will be tasked with naming two things they are grateful for and naming two emotions they experienced that day.	10 minutes

Activity to tease out understanding	Each young person to run around the hall, attach instructions to each call and base this around emotions. For example, when I call sad, act the emotion, when I call happy, act the emotion. This will provide the tutor with understanding and whether young people understand each emotion. (Slide 5) This activity will normalise the expression of emotion among young people and their peers.	15/20 minutes
Activity to demonstrate emotions	Play a game of musical chairs, at the end of each game ask. How they feel being put out? How did they feel winning? How others felt watching? This provides feedback for understanding.	15/20 minutes
Fun activity- Creative Arts	Put the young people in groups (adjust group size based upon number of participants). Create a dice with six different emotions, one on each face, roll the dice and whichever emotion lands, the group must come up with a situation where that emotion would be prevalent. This will also highlight that everyone will have different emotions to different situations. For example, someone may think an example was sad while others may interpret it differently.	30 minutes
Case study from PowerPoint	Break the young people into smaller groups and discuss different aspects of the situation outlined in the PowerPoint. For example, one group is tasked with discussing what emotions the individual in the case study would experience at different parts and the other group discusses how that person can control their emotions.	30 minutes
Managing Emotions (Slide 9)	In groups- young people to discuss what warrants certain reactions and come up with strategies they can do to overcome these. This will touch on. <ul style="list-style-type: none"> • 7-11 breathing technique • breathing techniques • journals • physical activity – walking (Select one and focus on one of the above as a method of dealing with emotions).	20 minutes
Interventions as a method of dealing with emotions.	Covering what you can do when you're experiencing a strong accumulation of emotions: <ul style="list-style-type: none"> • Starting a conversation • Talk to a friend • Listen Drama situation – how would you start a conversation with an adult to normalise opening and talking about your emotions. (Slide 10) Follow up question- how would you start this with your friend?	