



# Health & Wellbeing



## THEME: Emotional Wellbeing – Positive emotional wellbeing

Learning outcome – by the end of this session:

This activity-based session plan will equip participants with the knowledge on emotional wellbeing and factors that can impact this. They will also understand ways to overcome challenges that negatively affect their emotional wellbeing. As a collective group, they will create an initiative for their youth club that can positively impact the emotional wellbeing of their members.

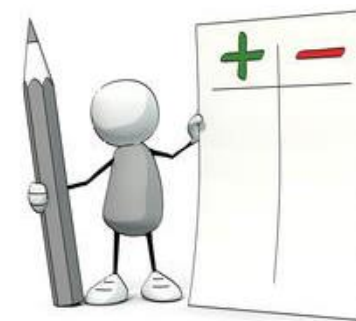
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### LEARNING OBJECTIVES

1. To understand what is meant by emotional health.
2. To explore the factors that can impact emotional wellbeing.
3. To understand the benefits of maintaining your emotional wellbeing.
4. To explore activities and strategies to maintain positive emotional health.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
<b>Introduction to the topic, lesson outcomes and participation in a collective ice breaker.</b>	<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.</p> <p><b>Icebreaker:</b> Clumps- this is useful for promoting teamwork, critically thinking and effective communication. Divide into pairs. Ask each pair to sit on the floor with their partner, backs together, 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>	15 minutes

<p><b>Gauge baseline understanding of what emotional wellbeing is</b></p>	<p>Activity to introduce the topic: split the participants into groups and ask them to create a Mind-Map with emotional wellbeing in the middle. What words or actions are attached to the phrase? After several minutes, ask the groups to feedback collectively</p> <p>Most words will typically be associated with negative aspects. Explain that emotional wellbeing is not always a negative concept, and you can be emotionally healthy.</p> <p>Explain the definition against their responses: Emotional well-being is the ability to produce positive emotions, moods, thoughts, and feelings, and adapt when confronted with adversity and stressful situations.</p> <p>Explain that emotional wellbeing is like physical wellbeing and must be viewed in a similar fashion. For example, if you neglect your physical wellbeing, you will experience illness. Emotional wellbeing is no different. However, there are a range of things you can do to maintain your emotional wellbeing.</p>	<p>15 minutes</p> <p>10 minutes</p>
<p><b>Group Discussion</b></p>	<p>Critical group discussion? Do you think there is a stigma associated with emotional health? Meaning that people are reluctant to discuss their mental health because it's associated with illness and problems?</p>	
<p><b>PowerPoint- HELP</b></p>	<p>Go through the slide focused on factors that influence mental health and emotional wellbeing. Facilitate an action discussion on each.</p>	
<p><b>Group activity to check for understanding. What can have a positive/ negative effect on emotional health</b></p>	<p>We have now examined the core factors that influence emotional wellbeing.</p> <p>In two groups, one group discusses what contributes to positive emotional wellbeing and the other focuses on what creates negative emotional wellbeing.</p>	<p>20 minutes</p>
<p><b>Collective Activity</b></p>	<p>Slide 4- Spilt the room into three sections- positive effect on emotional wellbeing, negative effect on emotional wellbeing, unsure. Tutor calls out statements from the PowerPoint, the young people should decide if they think the statement would have a positive or negative effect on their emotional wellbeing or if they are unsure. Discuss these answers</p> <ol style="list-style-type: none"> <li>1. True.</li> <li>2. False- anyone can be affected.</li> <li>3. True- you can fluctuate across the two.</li> <li>4. True- GP is the gateway to all services.</li> </ol>	<p>10 minutes</p>



<p><b>How to maintain a healthy emotional wellbeing</b></p>	<p>Split young people into groups. They should discuss what effects their emotional wellbeing negatively and what they do to overcome these situations when they arise.</p> <p>Follow up once communication is mentioned. The first thing that needs to be done to maintain positive emotional wellbeing is communicate.</p>	<p>30 minutes</p>
<p><b>Collective game to reinforce the importance of communication for positive emotional wellbeing</b></p>	<p>Two lines facing one another, one ball goes back and forth down the line and back up.</p> <p>After this has been done, introduce another ball, and another until the situation becomes chaotic and the balls are dropped. Participants will typically become frustrated with themselves and others.</p> <p>Now, ask them to repeat only before throwing the ball, wait until the other person is ready and communicate with each other. This will create a much better result than the first several attempts.</p> <p>Explain after this that the activity is a metaphor for life.</p> <p>Things can come at once and it can become overwhelming (the balls).</p> <p>However, when you communicate the issue, explain how you are feeling, and take your time, it becomes easier to handle as those around you can help</p>	<p>30 minutes</p>
<p><b>Introduce the take 5 steps to wellbeing to promote positive emotional wellbeing</b></p>	<p>Go through each step of the 5 steps on the PowerPoint.</p>	<p>20 minutes</p>
<p><b>Group Project</b></p>	<p>Theory to practice- using the take 5 steps to wellbeing as a framework. Create an initiative for their youth club that can positively impact the emotional wellbeing of their members. This task can be used as an alternative method of assessment.</p>	<p>30 minutes</p>

