



Health & Wellbeing



7

THEME: Emotional Well Being – Managing emotions

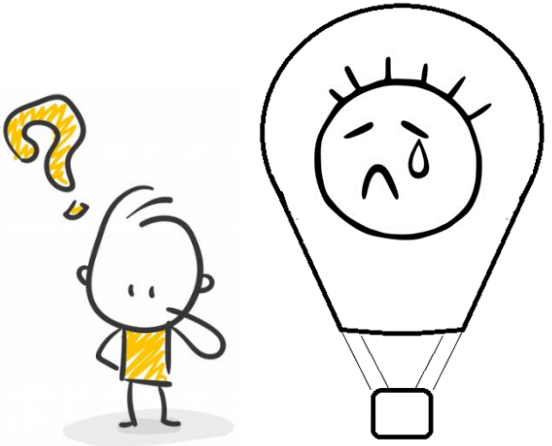
The logical progression from the last session on understanding emotions is learning how to manage these. Due to hormonal imbalances, young people suddenly experience strong surges of emotions that they have never felt before. This can become overwhelming and without the appropriate tools to manage this, it can result in negative behaviours.

The following session uncovers some frameworks, techniques and tools that can be adopted by participants better cope with these emotions and manage them more effectively.

LEARNING OBJECTIVES

1. Identify and understand that feelings can fluctuate quickly.
2. To understand that strong emotions can influence behaviour.
3. Identify and understand appropriate strategies that can be used to manage strong feelings and emotions.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction and recap. Check for Applied Learning	Last week we discussed the emotions that you experience and discussed how to engage in open dialogue to express these emotions. Has anyone practiced this in the past week or had a situation where they had to use what we learned last week? Tutor to provide a situation for reinforcement. Icebreaker: Wink murder This encourages critical thinking, promotes the ability to control emotions and the activity is not resource dependant. Ask the group to sit in a circle. Choose the exact number of playing cards to match the number of young people in your group. There must be an Ace provided within this section. Each young person is allocated a card that they must keep confidential. The player who gets the ace is the murderer and he kills his victims by winking at them. The game begins quietly with players sitting looking at each other. When someone catches the eye of the killer and is winked at, they are killed, and can die in any manner they choose. Some prefer to die quietly with a whimper, some opt for the blood curdling scream technique, while others might fall off their seat and lie prone on the floor. The object is to identify the murderer while trying not to be killed in the process. An incorrect guess results in loss of the game.	10-15minutes 10-15minutes

	<p>Explore existing group knowledge: What big feelings do you experience and how do you deal with them? Write as many on flipchart paper or a whiteboard.</p> <p>Critical reflection: Young people to discuss a scenario where they experienced a strong emotion and dealt with it positively or negatively.</p> <p>Activity around why feelings intensify – graffiti wall using A3 pages (slide 3)</p> <p>Strategies to dealing with emotions: Did anyone use the 7-11 breathing technique in the past week? Or even the positive self-talk? Tutor to provide an example of when they used it as reinforcement and to normalise it.</p> <p>Take 5 Initiative- introduction- what it is and why it is useful. This is a 5-step framework that allows people to maintain and improve their wellbeing. (Slide 4)</p> <p>Go through each of the five areas and provide examples of why each one will positively help your wellbeing. (Slide 5)</p>	<p>10-15minutes</p> <p>20minutes</p> <p>30 minutes</p> <p>10 minutes</p> <p>30minutes</p> <p>30 minutes</p>
Case Study	Complete the take 5 task on slide 6.	45minutes/1 hour
Art Activity – Checking for Understanding	<p>Draw a hot air balloon with an emotion in the middle. Around the balloon, write how you can effectively deal with this. Use what you have learned over the past two weeks and think about applying the take 5 framework along with the 7-11 technique and positive self-talk.</p> <p>Also, be specific with examples.</p> <p>For example, in the take 5 framework, what can you do to take notice?</p> <p>How can you be active?</p> <p>How could you use positive self-talk?</p> <p>This hot air balloon activity can be used as an alternative to the workbook As an alternative method of assessment.</p>	 <p>The illustration shows a simple line drawing of a person with a yellow question mark above their head, indicating they are thinking. To the right is a hot air balloon with a sad face (frowny mouth and a tear) inside it, representing an emotion.</p>

