

WEEK 6 RESOURCES

1 ARTS & CRAFTS INCLUDING PENS & PAPER

2 WORRY BOX

3 A3 OR A4 PLAIN PAPER

PILLOW AND BLANKET

5 MAGAZINES

6 GLUE

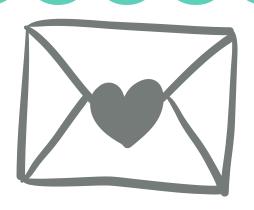
7 CRAFT EMBELLISHMENTS

8 JAM JAR



WRITE A LETTER TO YOUR FUTURE SELF

FOR THIS ACTIVITY YOU WILL NEED SOME PAPER AND PENS



WRITE AN ENCOURAGING LETTER TO YOUR FUTURE SELF

Give yourself words of encouragement, tips on how to deal with stress and remind yourself how far you have come.

Make sure you put the date at the top of your letter and give it to your parent at the end of the session.



CONNECT TEAMS

YOU WILL BE PUT INTO YOUR CONNECT TEAM



CREATE YOUR OWN GRATITUDE JAR

Create a gratitude jar out of a jam jar, pens, glitter etc. They should each day write down something they are grateful for and place it in their gratitude jar. At the end of each month they should look at all the things they felt grateful for.

MY MAIN GOALS

YOU WILL BE PUT INTO YOUR CONNECT TEAM

WHAT IS MY MAIN GOAL?
HOW WILL I KNOW WHEN I'VE REACHED MY GOAL?

MY GOAL IS IMPORTANT TO ME BECAUSE ...

MY KEY STRENGTHS
THAT WILL HELP ME
ACHIEVE THIS GOAL ARE....

OBSTACLES THAT MIGHT ARISE...

HOW I WILL DEAL WITH THOSE OBSTACLES



MAKE A VISION BOARD

FOR THIS ACTIVITY YOU WILL NEED MAGAZINES, PAPER, PENS, GLUE AND ANY CRAFT EMBELLISHMENTS



MAKE A VISION BOARD WITH EVERYTHING YOU WOULD LIKE TO ACHIEVE

Using A3 or A4 plain paper create a vision board using pictures from magazines or newspapers or draw what you would like!

You can create and decorate your vision board in any way you like.



GUIDED VISUALISATION

FOR THIS ACTIVITY YOU WILL NEED ACCESS TO SOMEWHERE COMFORTABLE, A PILLOW AND A BLANKET



YOU WILL BE TAKEN ON A CREATIVE VISUALISATION JOURNEY

Find somewhere comfortable you can lye down with a pillow and a blanket and just listen to the facilitators guided visualisation journey!

This is your time to relax.



REMARKABLE ME CIRCLE

TIME TO SHARE WHAT YOU FEEL WORRIED ABOUT AND WHAT YOU ARE GRATEFUL FOR WITH THE GROUP

HANNA YOU

THINK ABOUT SOMEONE IN THE GROUP WHO YOU WANT TO APPRECIATE

Put your hand up & wait to be chosen. Say someones name in the group and say why you want to thank them.