

Building ability exercise

A volunteer stands at the front of the group. Other participants are asked to think about (for example) something that they love in their life that they couldn't live without. They are then encouraged to come up and take a ball and lay it on the volunteers outstretched or folded arms and shout out one of their *can't live without* things. Over time the volunteers start to drop the balls as the burden to hold them becomes too much. This opens the discussion to talk about how one ball is okay but that when they add up things become more difficult. Can be used for various topics. Aims to empower children to deal with situations/issues etc.

Feelings exercise

Uses a picture of a sad face, happy face etc. to discuss feelings (good with younger children).

Emoji exercise

A volunteer stands facing the group with the facilitator standing behind them and places emoji cards behind their head for the group to see. They then need to tell the volunteer how they would feel to describe the emoji. The volunteer has to try and guess – they are given three guesses.

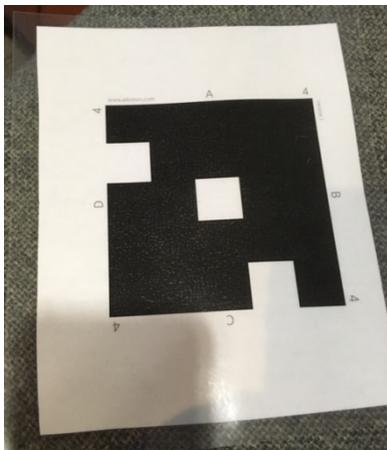
iPad activities suggested for teenagers include:

Kahoot

Mentimeter

Q

Pickers (downloadable activity)



Each child is given a picker (as above) card with A, B, C, D. On the large screen they are given questions with A, B, C, or D answers i.e. How often do you make time for your own mental health and wellbeing? This question was posed to adults in the workshop but in reality they would be more child friendly. The child holds their finger on the relevant answer:

A Daily

B Weekly

C Maybe once a month

D Hardly ever

The facilitator images their answer and the app collates the responses. Discussion can then be had on how people have answered.

Other strategies discussed included mindfulness, breathing techniques, listening games, self compassion and self care activities.