

Activity ideas

Feel good factors

Five activities and discussion ideas, exploring aspects of mental health and wellbeing.

1 My best bits

Aim: to build self-esteem by focusing on positive feelings.

Start an informal discussion with a small group on how they feel about their bodies. You can start with yourself to get the ball rolling, e.g. 'my best bit is' Perhaps you could interview each other with a tape recorder to make it more fun. Remember to emphasise positive things wherever possible.

2 Stress is all around

Aim: to encourage the use of imagination to generate ideas and identify issues.

There is stress in society as well as in our families and our own lives. In groups, design a huge poster advertising a 'perfect youth club/school/etc.'. In this imaginary place, there is enough to occupy the members and it is free of all the main stress factors. Encourage imaginations to run riot - you may learn a lot! Discussion points around stress factors could include: noise levels, decorations, food on sale with additives and colourings, staff who do not get on well together....

3 Secrets

Aim: to bring the group together through sharing.

Go round the circle and tell your name. Go round again and add an adjective with the first letter the same as your name, e.g. 'Crazy Chris'. Go round again and this time add your most secret ambition, e.g. 'Crazy Chris and I want a date with Pete Doherty.'

4 Booze, fags and sweets

Aim: to stimulate discussion on personal experiences.

You will need: some samples of drink, cigarettes and sweets.

Bring in some actual examples to talk about, e.g. a can of lager, a packet of cigarettes, a box of chocolates. Ask group members to work in twos or threes to devise role plays to show how individuals are persuaded to sometimes take more than they need. How does it really feel to be the character you played in your scene? Can you relate it to your own experiences?...talk about: your personal experiences; what you like about booze/fags/sweets; how you felt before and after having them.

5 My wheel of support

Aim: to explore the range of ways we can find support.

You will need: copies of the 'My wheel of support' sheets.

Use the sheet to start a small group discussion on what friendship means and why friends are important.

MY WHEEL OF SUPPORT

Life can be hard at times Think about people who are there for you Fill in their names as spokes in the wheel and share your ideas with a friend or youth worker.



The activities are adapted from material in the *Accreditation Toolkit*, available from the UK Youth storefront. <http://stores.lulu.com/ukyouth>