

Activity ideas

Feel good factors II

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

1 Young people in adverts

Aim: to explore how young people are portrayed in adverts.

You will need: a collection of magazines and papers, especially ones that are aimed at young people. Large sheets of paper, magazines plus scissors, glue, felt tips and/or paint and brushes.

Bring in a pile of magazines and papers. Ask small groups to create a collage on 'Young People in Advertising'. Display the finished articles and discuss the points the groups have made through their collages.

2 Stress chart

Aim: to explore ways of managing the stress in our lives.

You will need: pens and paper for everyone.

Begin with a short group discussion on stress in people's lives and how we deal with it in ways that help us to manage it. Then ask group members – on their own or in pairs – to make a stress chart that relates to their life, looking at all the things they do in their lives that are stressful and what they can do to manage the stress. They could use bar or pie charts or make their own 'stress-ometer' dials that show levels of stress in different aspects of their lives. Encourage everyone to share with others in small groups.

3 Desert Island Discs

Aim: to use musical interests to explore attitudes and feelings around relationships.

You will need: to ask the group to bring in their favourite music tracks.

Choose a selection of group members' favourite tracks. After you have played each track, ask members to talk about the kind of relationship described in the by the singers. For example, is it a positive relationship for those involved? How does each group member feel about the relationship?

4 What do I do?

Aim: to explore how our behaviour can affect others.

You'll need: Large sheets of paper/flipchart Felt-tip/marker pens Photocopies of 'Things we do'

Introduce the session by explaining to the group that they will be looking at how they can make other people feel good or bad about themselves. Split the participants up into groups of four and give each group a large sheet of paper and some felt tip/marker pens. Ask them to write a list of actions that they think might raise or lower someone's self esteem. You might want to give them some of the words from the 'Things we do' sheet to get them started. Allow approximately 15 minutes for this and then bring them back to the larger group. Invite the participants to read out their list of actions and write these on the large sheets of paper/flipchart. In discussion, talk through how our self-esteem can be affected by how others treat us. Encourage group members to talk about how others have affected their self-esteem – and how they may have affected someone else's self-esteem through words or actions.

Things we do

Some of the ways we can affect other people's self-esteem

- Complimenting your mates or family
- Gossiping about people
- Ignoring others
- Supporting a friend who needs help
- Listening when your mate needs you to
- Name-calling of someone who is different
- Ganging up against someone
- Laughing at other people
- Spreading rumours about others
- Making friends with someone who is lonely
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The activities are adapted from material in the *Accreditation Toolkit*, available from the UK Youth storefront. <http://stores.lulu.com/ukyouth>