

UPBEAT

13-16
*A healthy approach
to boys wellbeing*



TRACK 01

Resources

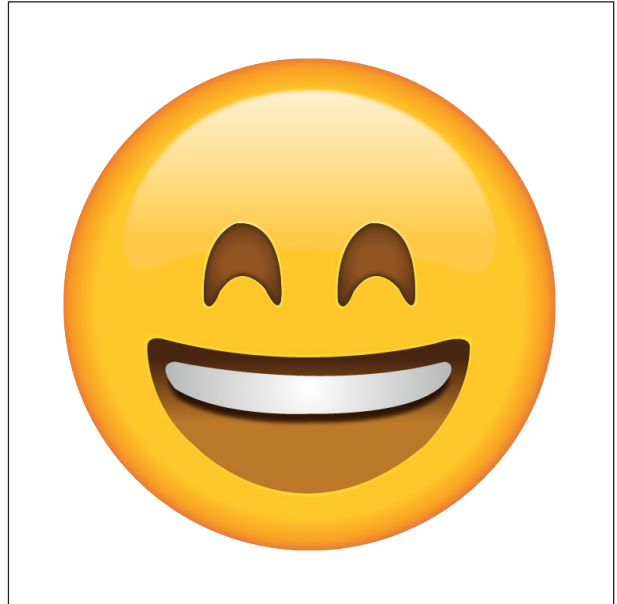
1.1 DEFINITION OF EMOTIONAL WELLBEING

Print on card and then cut out.

Emotional	Wellbeing
means	being
well	on
the	inside.

1.2 EMOJI CARDS

Print and cut out one set of the six cards for each person.



1.3 TOOLKIT CARD

Print on card and cut out one card for each person.

Toolkit Exercise 1

Take Notice – A basic exercise to recognise feelings.

Before you go to bed reflect on the day.

Remember:

- It was OK to feel like that.
- You got through it and tomorrow is another day.
- Imagine that you are closing a door on that day... and rest.

Toolkit Exercise 1

Take Notice – A basic exercise to recognise feelings.

Before you go to bed reflect on the day.

Remember:

- It was OK to feel like that.
- You got through it and tomorrow is another day.
- Imagine that you are closing a door on that day... and rest.

Toolkit Exercise 1

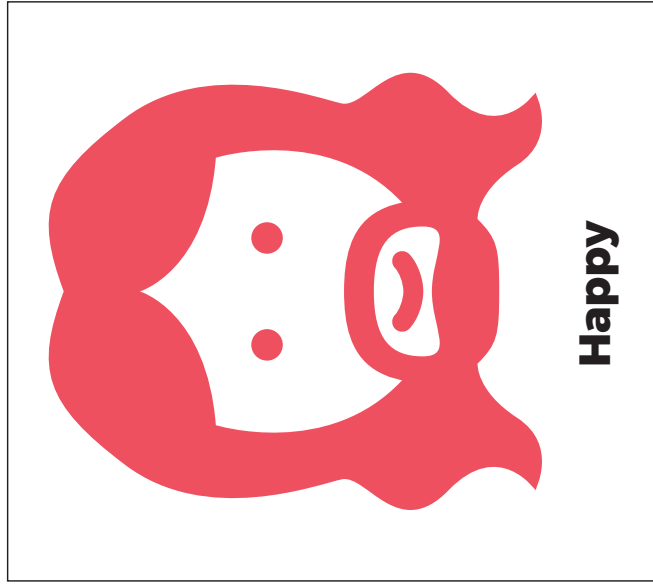
Take Notice – A basic exercise to recognise feelings.

Before you go to bed reflect on the day.

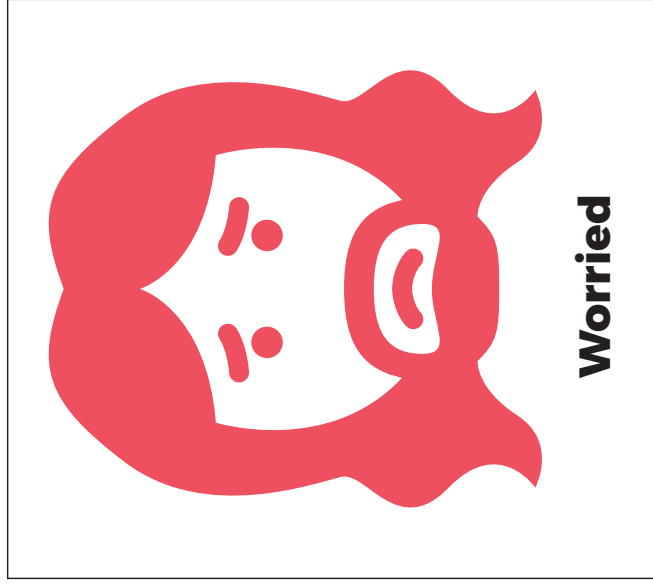
Remember:

- It was OK to feel like that.
- You got through it and tomorrow is another day.
- Imagine that you are closing a door on that day... and rest.

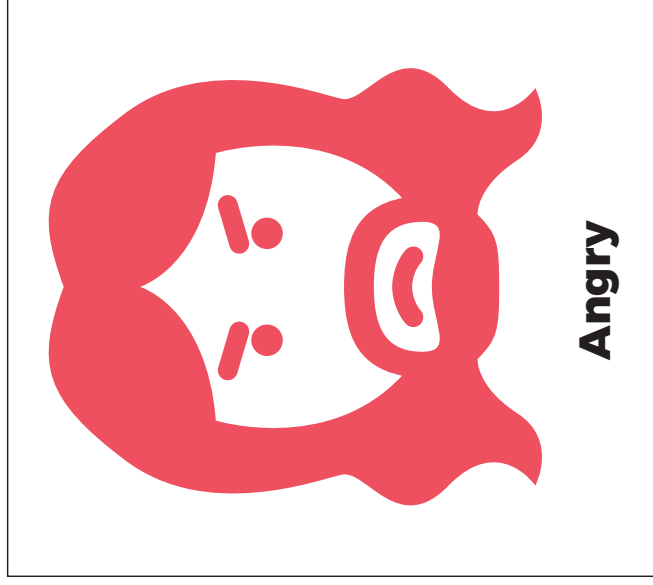
1.4 JESUS EMOJIS Print on card and cut out.



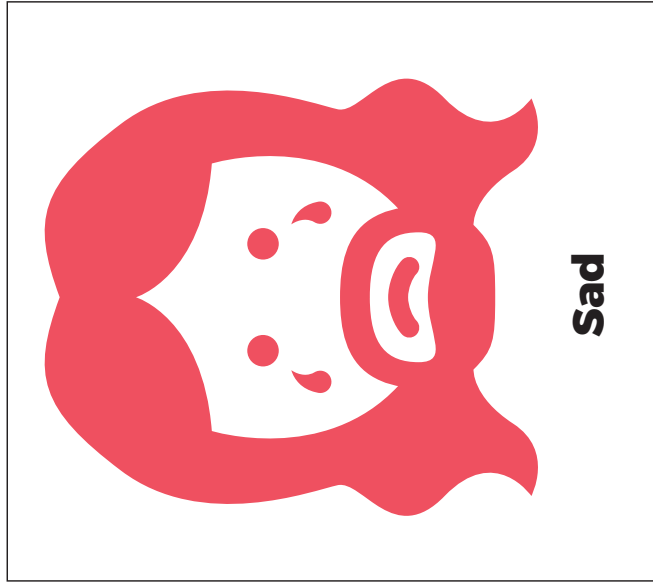
Happy



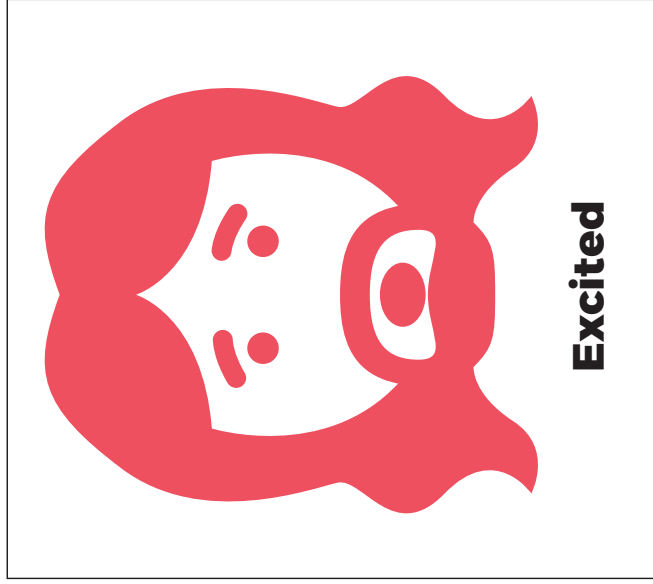
Worried



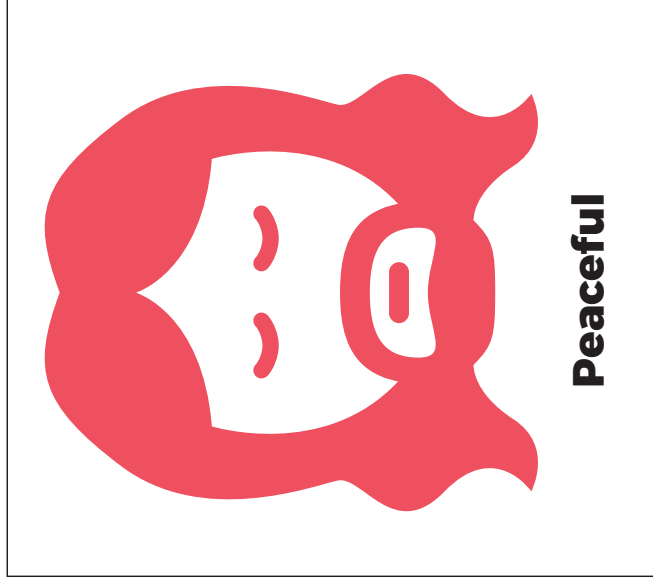
Angry



Sad



Excited



Peaceful

1.5 TRACK 01 REFLECTION

Please mark your mood out of 10 (very low = 1, great = 10)

Before I came to this session I felt...

1 2 3 4 5 6 7 8 9 10

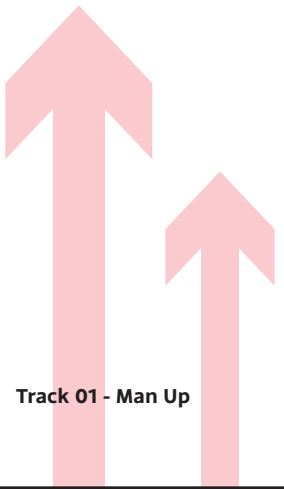
After spending time in the session I feel...

1 2 3 4 5 6 7 8 9 10

I have learnt some skills/information to help me manage how I feel when I leave. (1 = strongly disagree, 10 = strongly agree)

1 2 3 4 5 6 7 8 9 10

UPBEAT



Track 01 - Man Up

1.5 TRACK 01 REFLECTION

Please mark your mood out of 10 (very low = 1, great = 10)

Before I came to this session I felt...

1 2 3 4 5 6 7 8 9 10

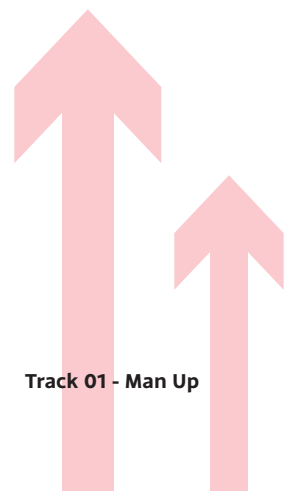
After spending time in the session I feel...

1 2 3 4 5 6 7 8 9 10

I have learnt some skills/information to help me manage how I feel when I leave. (1 = strongly disagree, 10 = strongly agree)

1 2 3 4 5 6 7 8 9 10

UPBEAT



Track 01 - Man Up