

UPBEAT

13-16

*A healthy approach
to boys wellbeing*

real



TRACK 02

Resources

2.1 HUMAN BINGO CONNECTIONS

Same number of siblings as me	The same letter in their name	Likes the same style of music as me	Enjoys the same sport as me (playing or watching)
Has the same game platform as me (eg Xbox, PS4, PC) or none if I have none	Has had the same childhood illness or accident as me, eg chicken pox, tonsillitis, broken arm	Has the same pet as me (or none if I don't have a pet)	Is wearing the same colour socks as me
Has the same colour eyes as me	Has a birthday in the same month as me	Has the same bad habit as me	Something else!

2.2 GOOD FRIENDS CARDS

Print and cut out each card

Good listener	Can take a bit of banter	Jealous of you spending time with others	Puts you down to build themselves up
Honest	Shared interests	Doesn't try to change you	There when you need them
Loyal	Gives good advice	Good at sport	Lets you copy their homework
Has the latest mobile phone / tablet / gadget	Makes you do stuff you are scared to do	Talks about you behind your back	Makes you feel happy
Up for a laugh	Loaded ££££	Clever	You can trust them

2.3 THUMBS UP



2.3 THUMBS DOWN



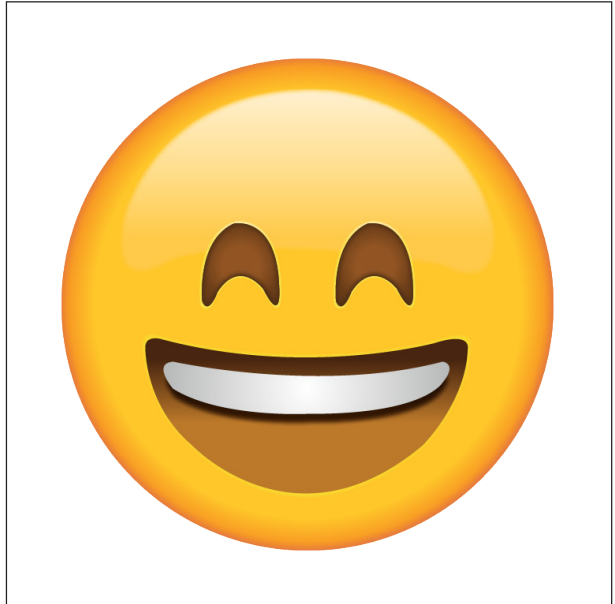
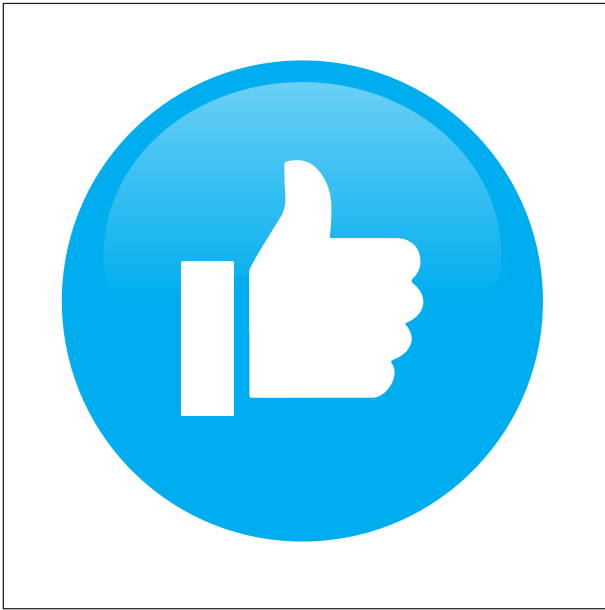
2.4 SOCIAL MEDIA CARDS

Print and cut out each card

I feel good if I get a lot of 'likes' on my social media	I can never get back what has been posted online, it can be out there for ever	Fact: Heavy use of social media is associated with poorer mental health	Fact: Higher social media use correlates with higher levels of perceived loneliness
I can engage with world issues that are important to me	Children can see content that is not appropriate for them to see	I can be someone completely different online than I am in real life	Photos and pictures are often edited giving an unrealistic view of body image and beauty
I can connect with people from all over the world	I can discover different viewpoints and be influenced by different voices	Fact: More time on social media is correlated with lower life satisfaction	When people respond positively to our online posts/shares/photos we get a 'feel-good' hit of the hormone 'dopamine'. We can easily become addicted to getting this dopamine hit and so spend more and more time online
My voice can be heard	I can play online games with people outside my friendship group	Sometimes connecting online takes the place of real face-to-face socialisation	
I can quickly arrange to meet up with friends	The blue light of screens affects a person's quality of sleep	Some people keep their phones on all night so as not to miss any notifications	People generally only post the highlights of their lives; we never see the day-to-day reality or struggles. This can make us feel that everyone else has a much better life than we do
People create fake profiles to abuse and bully others	I can keep in touch with friends and family that don't live near me	I can get online support immediately and anonymously	

2.5 EMOJI CARDS

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



2.6 TOOLKIT CARD

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

Toolkit Exercise 2

The Body Scrunch – an exercise to relieve tension!

- Starting at the feet, scrunch the muscles.
- Hold for 10 seconds.
- Picture the stress leaving as you slowly relax.
- Follow this through the body, legs, hands and face.

HA HA
HA HA HA

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2.7 SCRIPTURE POSTERS

***“Treat others
just as you want
to be treated.”***

Luke 6:31 (CEV)

2.7 SCRIPTURE POSTERS

“Love one another the way I loved you. This is the very best way to love. Put your life on the line for your friends.”

John 15:13–14 (MSG)

2.8 TRACK 02 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)

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