

UPBEAT

13-16

*A healthy approach
to boys wellbeing*

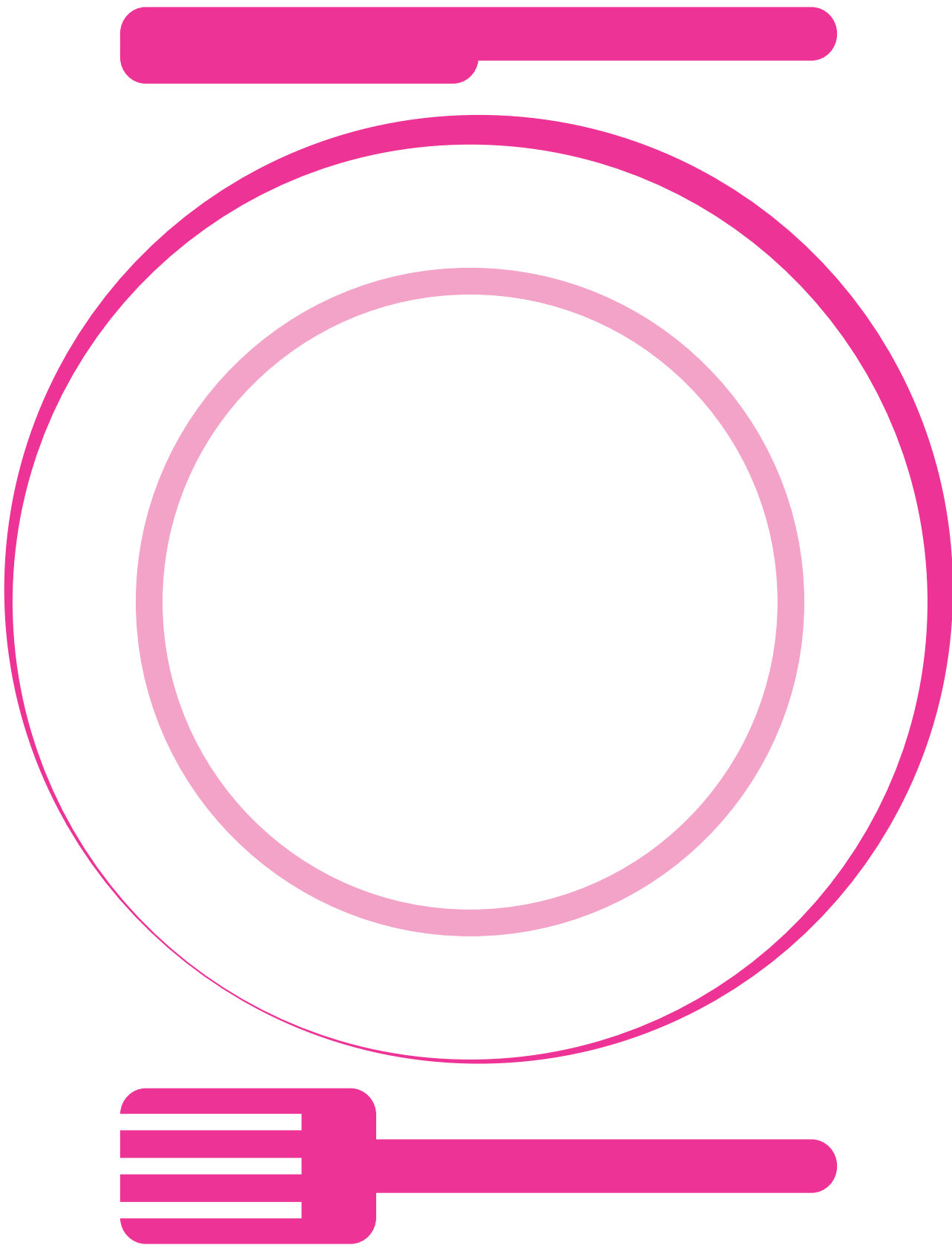
POWER UP



TRACK 04

Resources

4.1 EMPTY PLATE

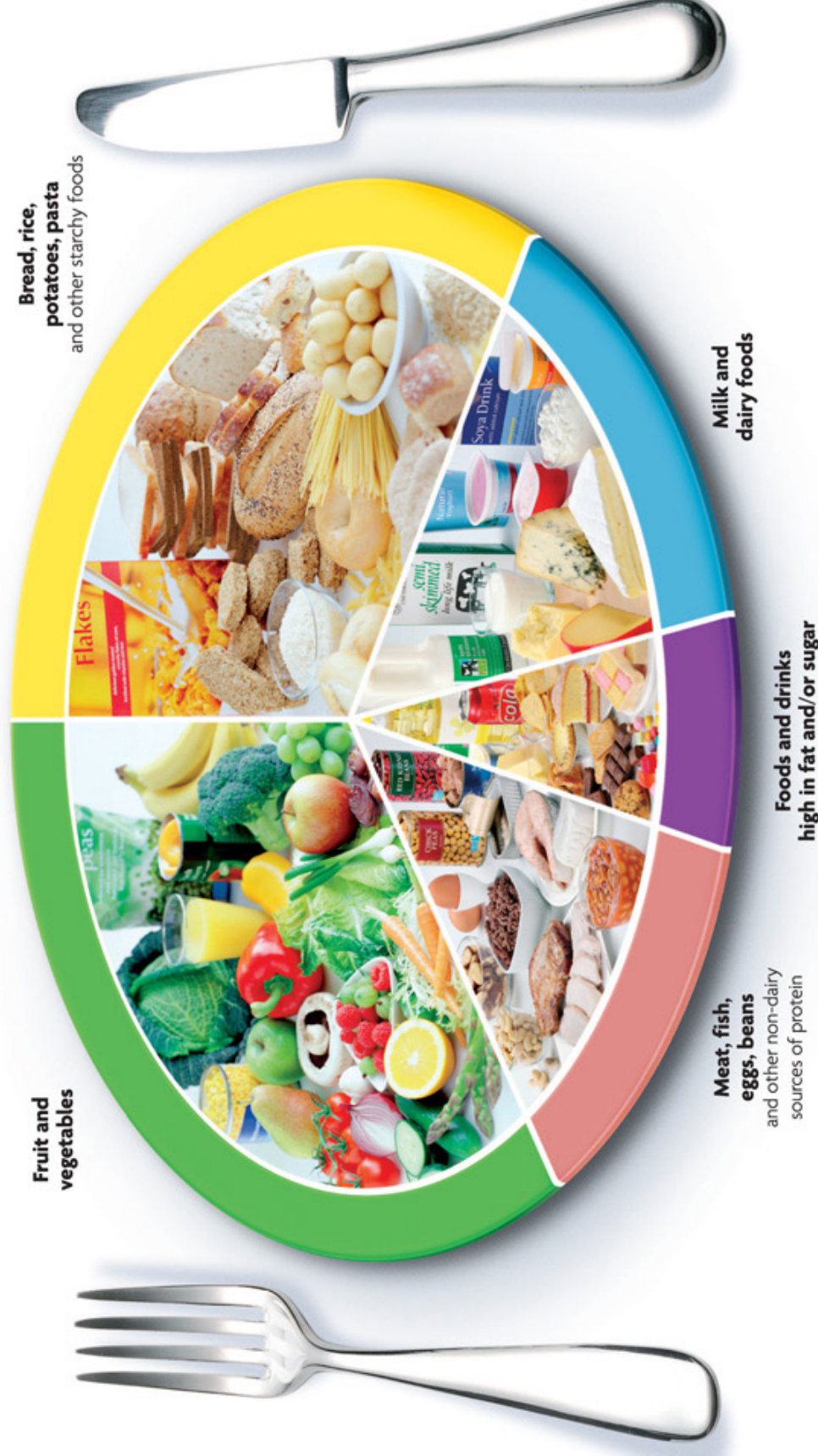


4.2 THE EATWELL PLATE

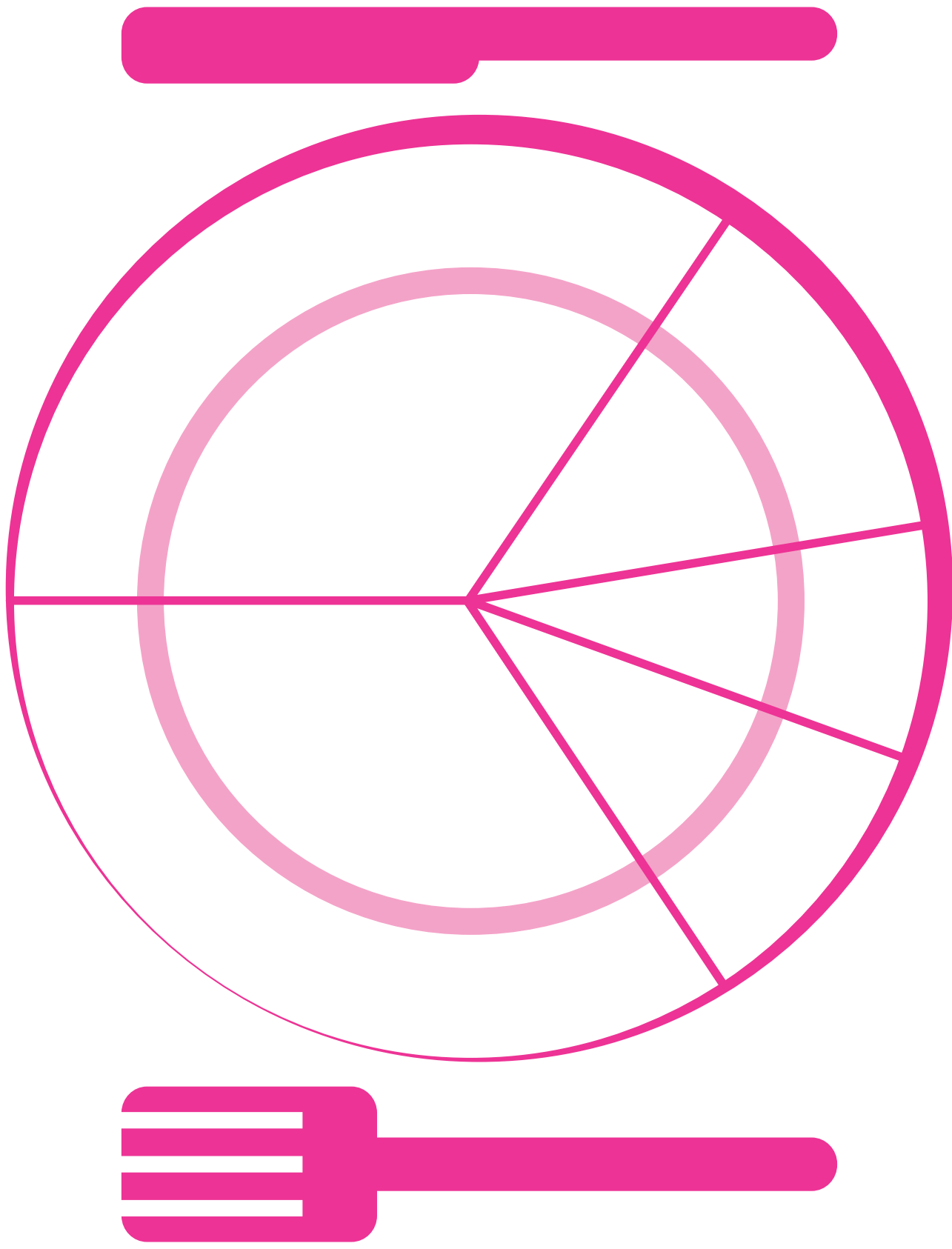
The eatwell plate



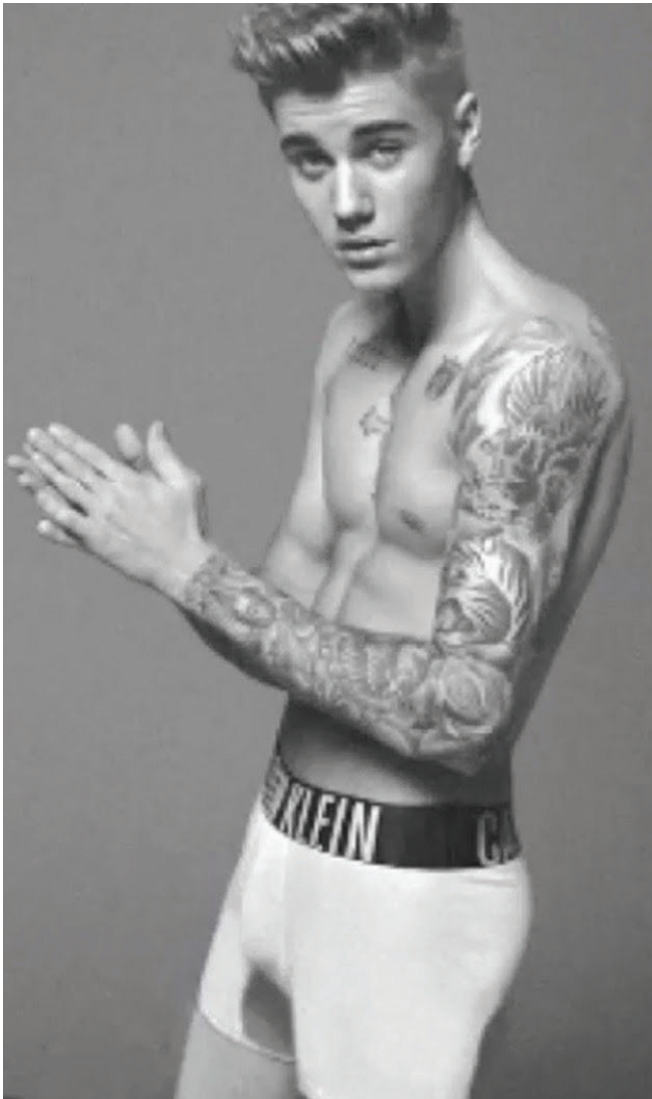
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



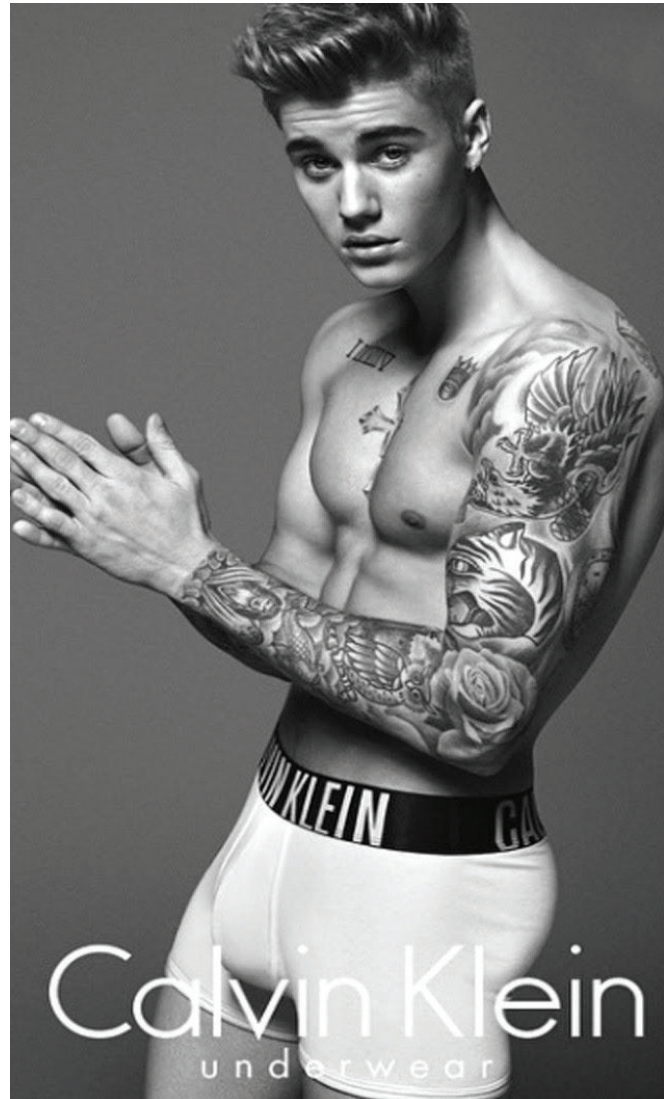
4.3 EMPTY EATWELL PLATE



4.4 JUSTIN BIEBER CALVIN KLEIN ADVERT



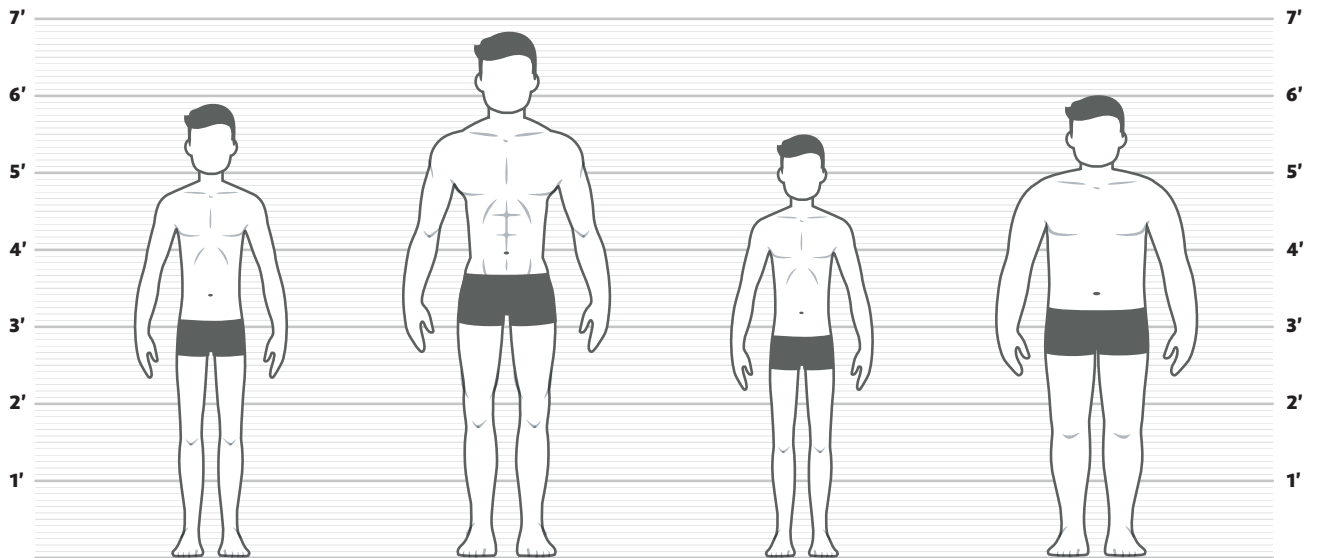
<https://modernhealthmonk.com/celebrity-airbrush-photos-before-after-lies/>



What's been edited?

- His chest size (bigger)
- His arm size (much bigger)
- His head size
(smaller - to match his body)
- His... male parts
- His butt
- His legs

4.5 PICTURES OF SPORTSMEN

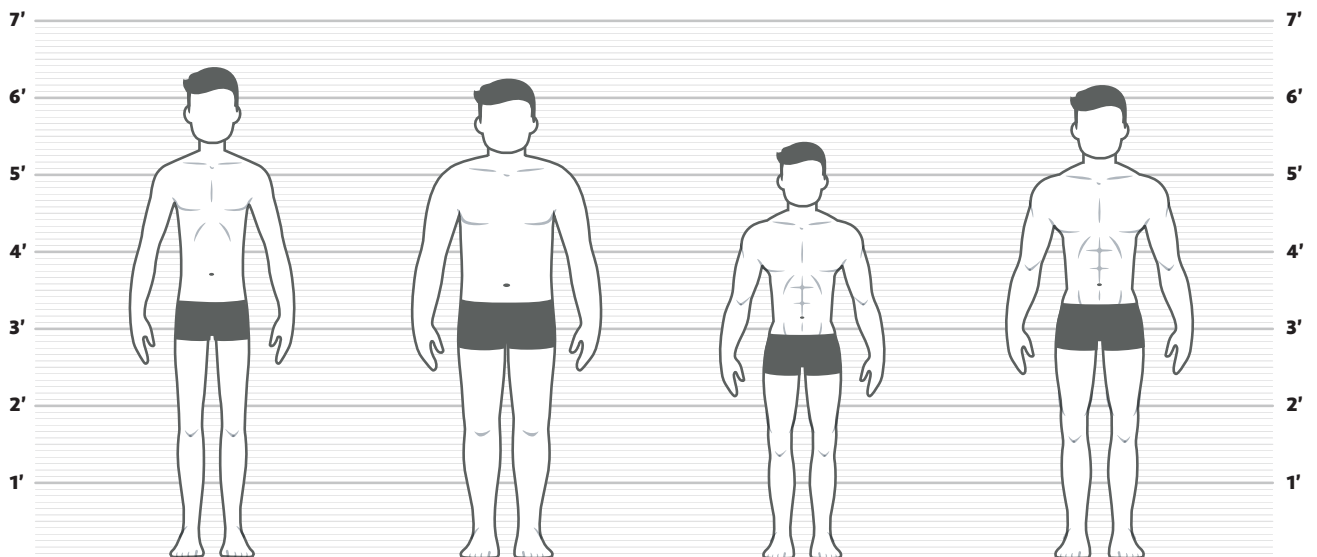


A

B

C

D

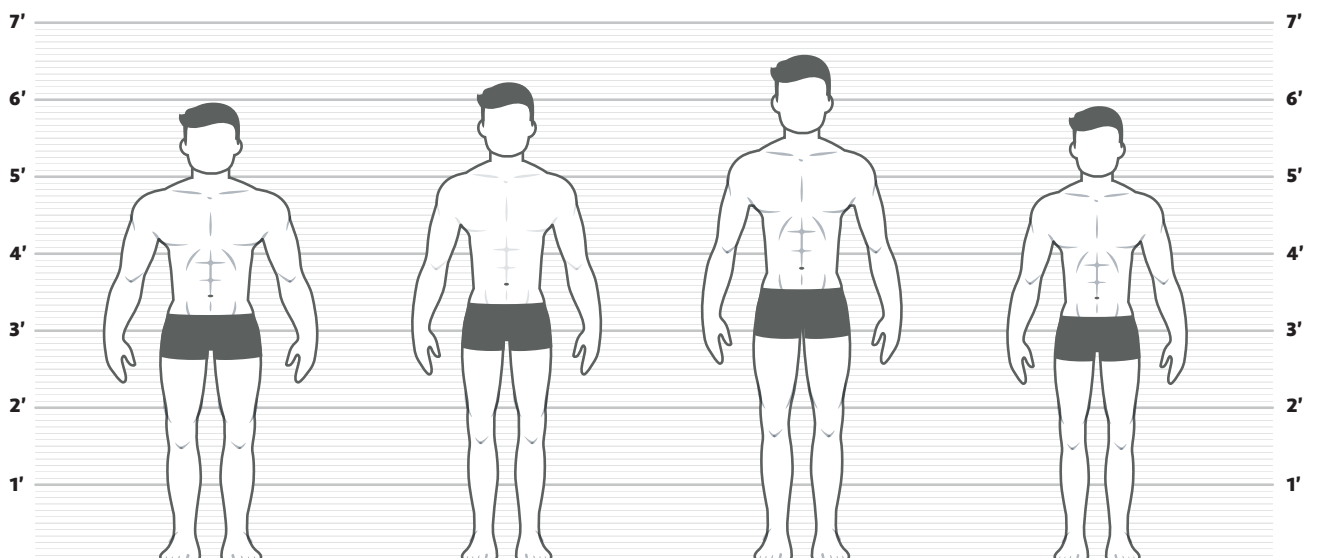


E

F

G

H



I

J

K

L

4.6 SPORT LABELS

1. Footballer	2. High Jumper	3. Swimmer	4. Sprinter
5. Marathon Runner	6. Weightlifter	7. Cyclist	8. Shot Putter
9. Rugby Player	10. Tennis Player	11. Gymnast	12. Basketball Player

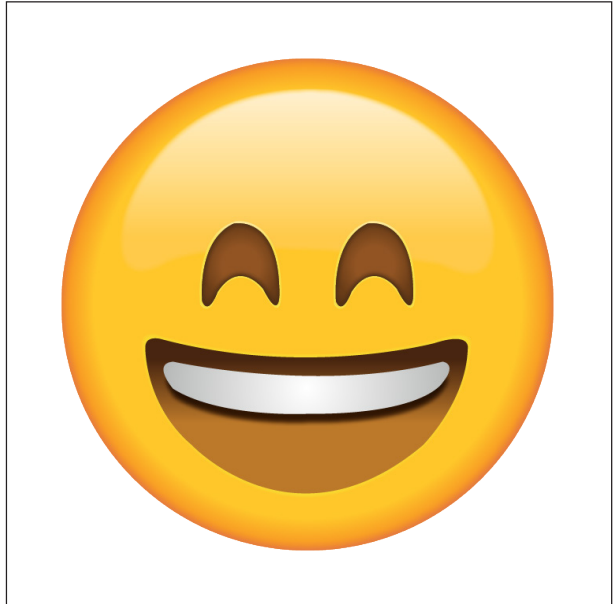


PICTURES OF SPORTSMEN ANSWERS

A 7 B 12 C 5 D 8 E 2 F 9
G 11 H 1 I 6 J 10 K 3 L 4

4.7 EMOJI CARDS

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



4.8 TOOLKIT CARD

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

Toolkit Exercise 4

Positive self-talk and walk – an exercise to build you up!

Next time you are out walking, be mindful of each step that you make as you walk.

Lifting your chin and walking tall shows you have purpose.

As you walk, tell yourself three positive 'I am' statements.

If you find this really hard, just start with one 'I am' statement and build up.



Toolkit Exercise 4

Positive self-talk and walk – an exercise to build you up!

Next time you are out walking, be mindful of each step that you make as you walk.

Lifting your chin and walking tall shows you have purpose.

As you walk, tell yourself three positive 'I am' statements.

If you find this really hard, just start with one 'I am' statement and build up.



Toolkit Exercise 4

Positive self-talk and walk – an exercise to build you up!

Next time you are out walking, be mindful of each step that you make as you walk.

Lifting your chin and walking tall shows you have purpose.

As you walk, tell yourself three positive 'I am' statements.

If you find this really hard, just start with one 'I am' statement and build up.



4.9 SCRIPTURE POSTER

*“After the apostles returned to Jesus, they told him everything they had done and taught. But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said, **‘Let’s go to a place where we can be alone and get some rest.’** They left in a boat for a place where they could be alone.”*

Mark 6:30-32 (CEV)



4.10 TRACK 04 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 04 - Power Up

4.10 TRACK 04 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 04 - Power Up