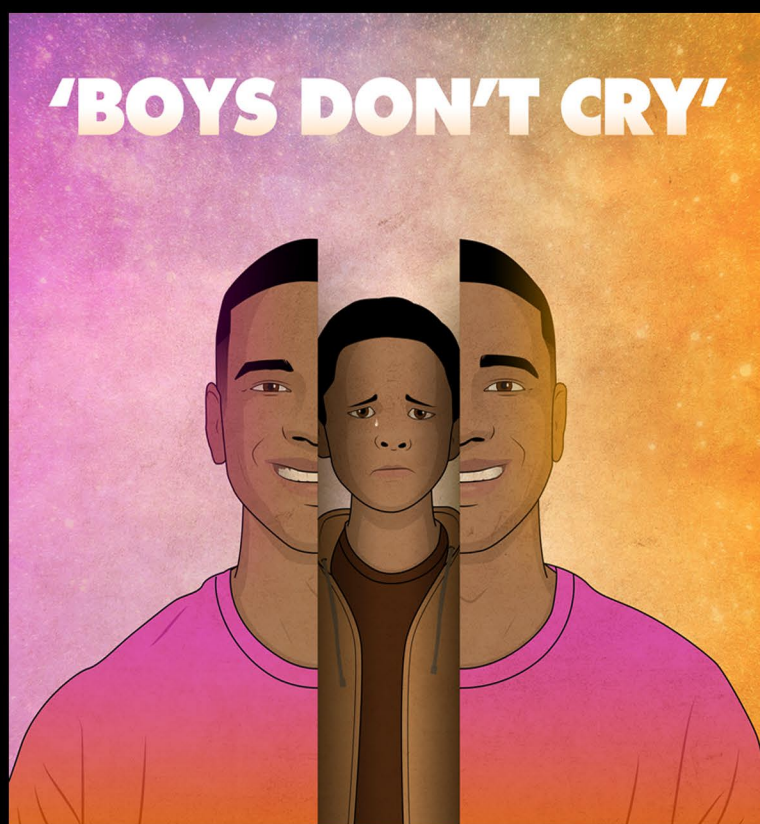


# UPBEAT

13-16

*A healthy approach  
to boys wellbeing*



## TRACK 05

# Resources

## 5.1 EMOTIONS

Highlight any of the emotions that you have felt before. Can you describe how it feels?  
Can you remember the situation that led to you feeling that emotion?'

**Withdrawn**      **Disappointed**      **Lonely**      *Tickled*

*Calm*      *Glad*      **CHEERFUL**      **Irritated**

**Bored**      *Fuming*      **Delighted**

**ANNOYED**      **Mad**      **Disgusted**

*Terrific*      **Moody**      **Afraid**      **Confident**

*Scared*      **Anxious**      *Violent*      **Ashamed**

**Mean**      **Discouraged**      **Content**

**Silly**      *Gloomy*      *Bugged*      **Loved**

**DESTRUCTIVE**      **Grumpy**      **Excited**      **HURT**

**Relaxed**      **Satisfied**      **Proud**

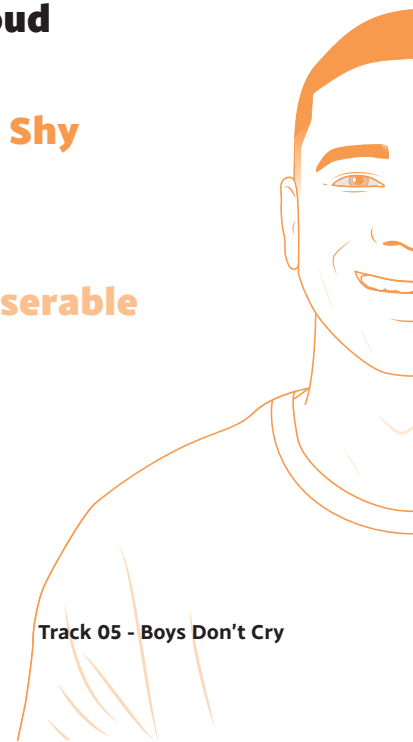
**Awful**      **Thankful**      **Shy**

**Unhappy**      **Confused**      *Embarrassed*      **Miserable**

*Unloved*      **Sorry**

**Frustrated**      **Jealous**

**RESPONSIBLE**



## 5.2 TALKING SCENARIO CARDS

<p><b>Person A:</b> You are getting together with your friend (person B) for the first time since he found out his mum has cancer.</p>	<p><b>Person B:</b> You've been through a really difficult time but your friend (person A) has stuck by you and encouraged you to keep going. You want to acknowledge his support and say thank you.</p>
<p><b>Person A:</b> Your friend (person B) has just won a national photography competition.</p>	<p><b>Person A:</b> Your friend's (person B) dog just died.</p>
<p><b>Person B:</b> Your friend (person A) missed out on being picked for the school football team, but you got in.</p>	<p><b>Person B:</b> You just found out that your boyfriend/girlfriend might have been cheating on you. You want to chat to your friend (person A) about this.</p>
<p><b>Person B:</b> You just found out that your mum and dad are separating.</p>	<p><b>Person A:</b> You've been struggling to sleep at night, waking up feeling so stressed you can hardly breathe. You've got to tell someone (person B) about this.</p>
<p><b>Person A:</b> Your friend (person B) just failed an important test.</p>	<p><b>Person B:</b> You're worried that your friend (person A) has been withdrawn lately and seems to have been starting to drink alcohol or more alcohol than usual.</p>

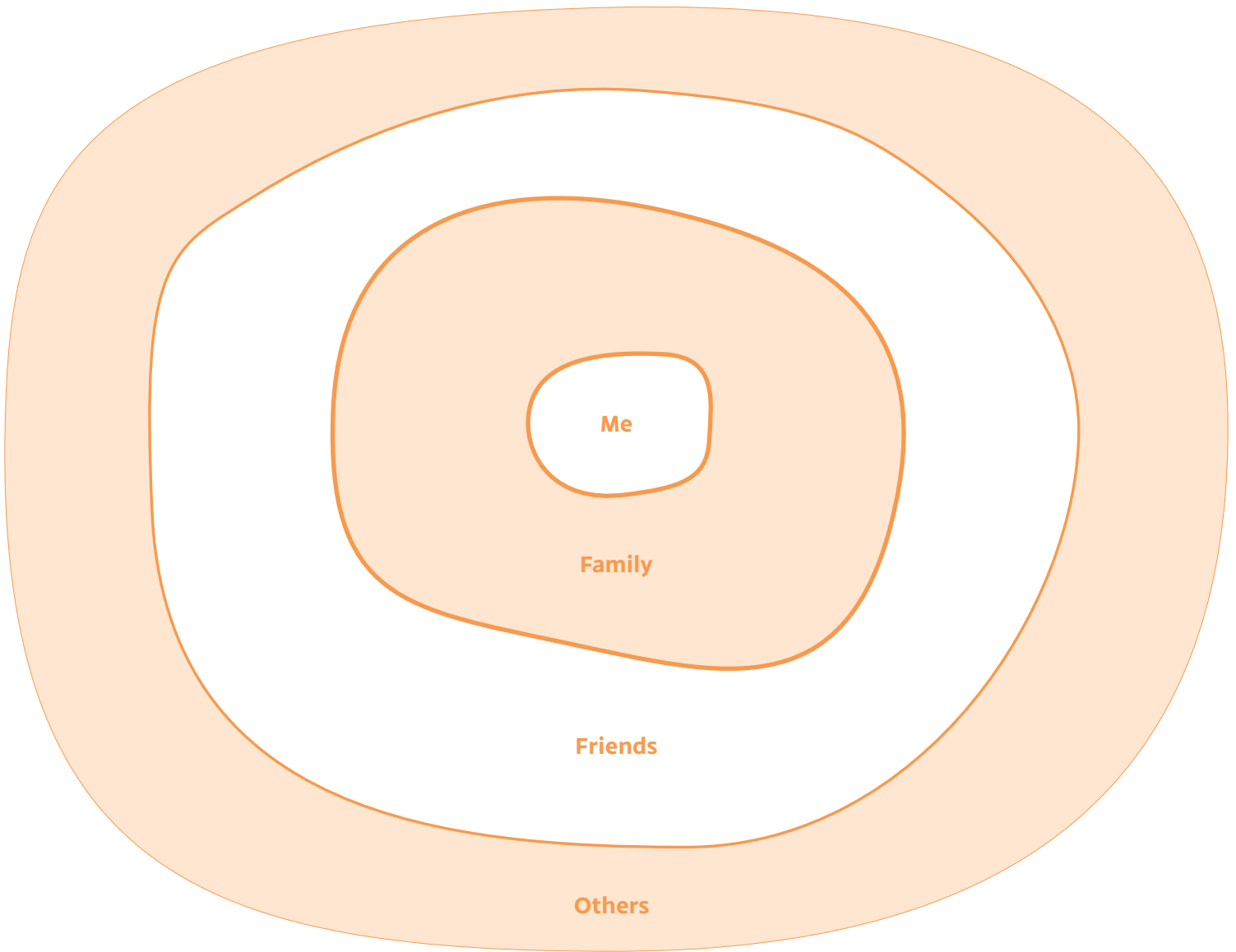
## 5.3 CIRCLE OF SUPPORT

List the family members, friends and others that are close to you. In your circles write the names of people you feel you can trust to talk to about stuff going on in your life.

Family



Organisations



Friends



Others (Teachers, coaches, church, youth worker, GP)





## 5.4 EMOJI CARDS

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



## 5.5 TOOLKIT CARD

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

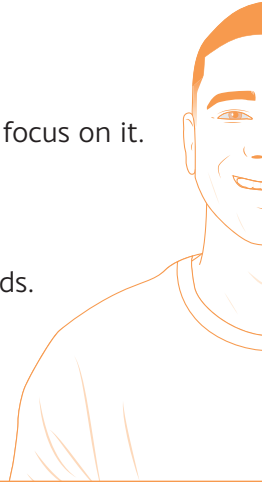
### *Toolkit Exercise 5*

#### Belly Breathing

Find a four-sided object such as a door or picture and focus on it.

- Breathe in for four seconds along the top edge.
- Hold for four seconds down the side.
- Along the bottom edge breathe out for four seconds.
- Again hold for four on the way back to the top.

This helps calm us and manage in the moment.



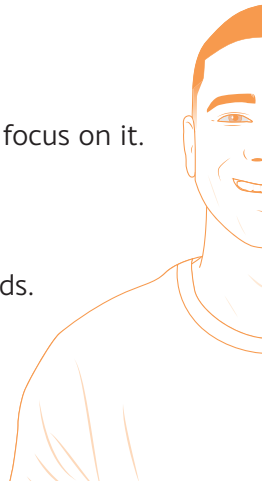
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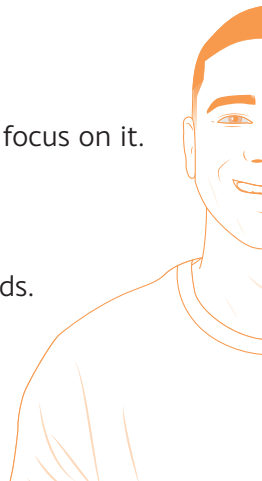
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#### Belly Breathing

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This helps calm us and manage in the moment.



## 5.6 SCRIPTURE POSTER

***“At that point Peter got up the nerve to ask, ‘Master, how many times do I forgive a brother or sister who hurts me? Seven?’ Jesus replied, ‘Seven! Hardly. Try seventy times seven.’”***

**Matthew 18:21-22 (MSG)**

## 5.7 TRACK 05 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...**

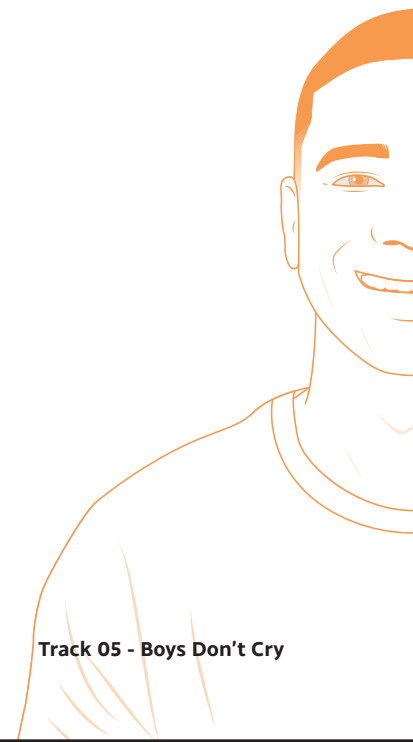
1 2 3 4 5 6 7 8 9 10

**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 05 - Boys Don't Cry



## 5.7 TRACK 05 REFLECTION

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

**Before I came to this session I felt...**

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**After spending time in the session I feel...**

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**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 05 - Boys Don't Cry

