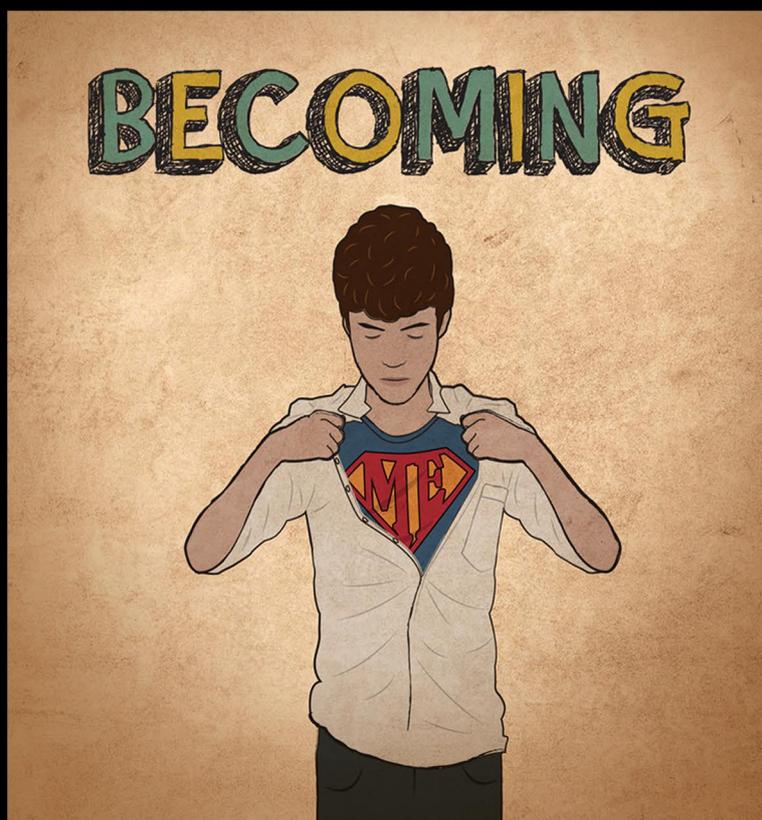


UPBEAT

13-16

*A healthy approach
to boys wellbeing*



TRACK 06

Resources

6.1 LOOKING AFTER ME

I can relax my body and mind by...

I can eat healthy foods by...

Important people that I trust...

I can make myself happy by...

I can exercise my body by...



My hopes and dreams...

I can be a good friend by...

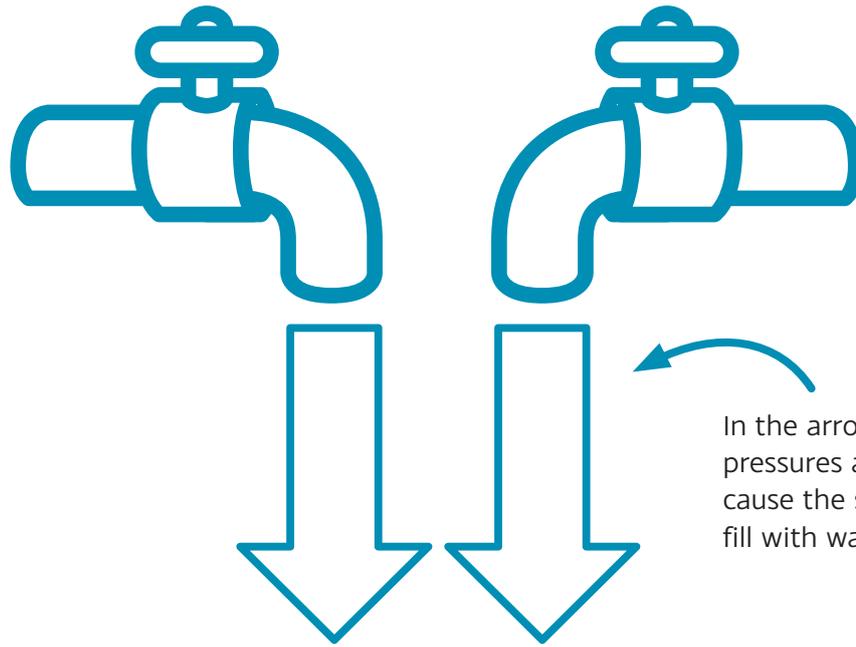


My personal power phrase!

(Something you can say to yourself when you're facing a challenging time.)

Adapted from Off The Record

6.2 THE STRESS BUCKET

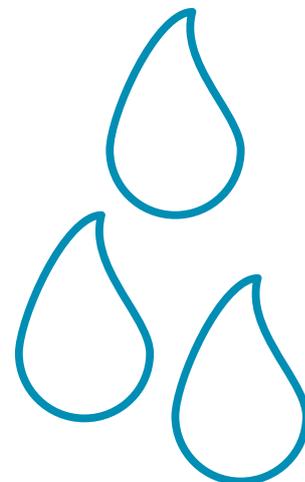


In the arrows write pressures and stress that cause the stress bucket to fill with water.

Don't let the stress bucket fill up.

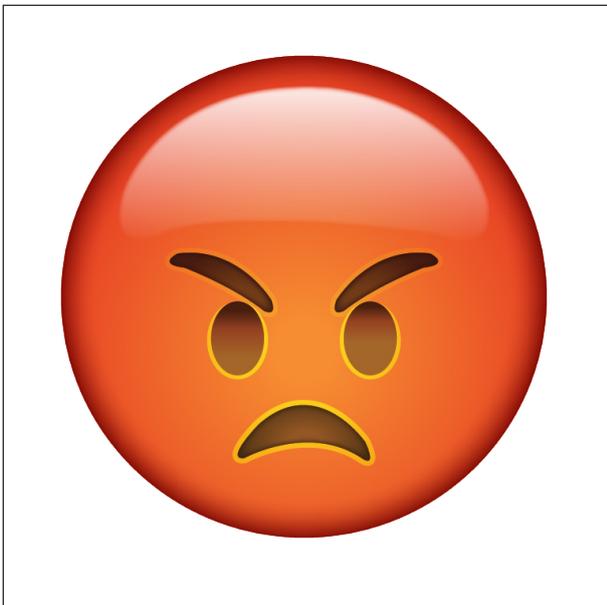
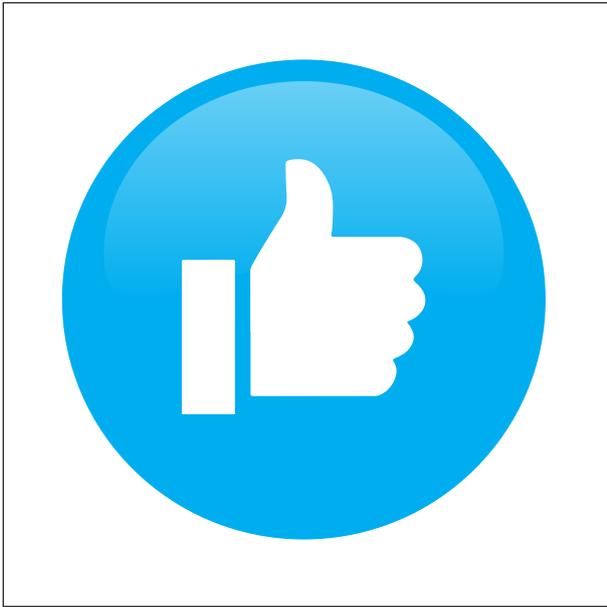
Size of the bucket = your resilience and strength.

On the water drops write the things you could do to "open the tap" and relieve some of the stress and pressure.



6.3 EMOJI CARDS

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



6.4 TOOLKIT CARD

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

Toolkit Card 6

5, 4, 3, 2, 1

Think about:

- 5 things you can see where you are.
- 4 things that you can feel, like your feet on the floor.
- 3 things that you can hear now.
- 2 things that you can smell.
- 1 thing that you can taste. (If you don't have a snack with you, imagine the taste of something you love to eat.)



Toolkit Card 6

5, 4, 3, 2, 1

Think about:

- 5 things you can see where you are.
- 4 things that you can feel, like your feet on the floor.
- 3 things that you can hear now.
- 2 things that you can smell.
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Toolkit Card 6

5, 4, 3, 2, 1

Think about:

- 5 things you can see where you are.
- 4 things that you can feel, like your feet on the floor.
- 3 things that you can hear now.
- 2 things that you can smell.
- 1 thing that you can taste. (If you don't have a snack with you, imagine the taste of something you love to eat.)



6.5 SCRIPTURE POSTER

“Then Jesus told them this story:

If any of you has a hundred sheep, and one of them gets lost, what will you do? Won't you leave the ninety-nine in the field and go look for the lost sheep until you find it? And when you find it, you will be so glad that you will put it on your shoulder and carry it home. Then you will call in your friends and neighbours and say, 'Let's celebrate! I've found my lost sheep.'

*Jesus said, **'In the same way there is more happiness in heaven because of one sinner who turns to God than over ninety-nine good people who don't need to.'***

Luke 15: 3-7 (CEV)

6.6 TRACK 06 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 06 - Becoming Me

6.6 TRACK 06 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 06 - Becoming Me

6.7 UPBEAT EVALUATION

Thank you for your participation in *Upbeat*. We hope you have enjoyed it. Please could you complete the following few questions to give us your feedback, and to help us improve *Upbeat* in the future.

Have you enjoyed *Upbeat*?

What part of *Upbeat* did you enjoy most?

Can you name three things that you have learned?

What difference have you seen in your emotional wellbeing over the past few weeks?

What changes are you going to make to look after your emotional wellbeing?

Are there any topics that you feel should have been covered that weren't?

If you were to recommend *Upbeat* to someone else, what would you say?

Thank you for your feedback!