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| **Duration:** 40 – 50 minutes | Resources:  |
|  | **Resilience**Discuss how experience can make us feel – either positive or negative. Use slide 4 to share some advice/support. **What do you worry about? – Task**Use post-it notes to get individuals to consider any worries they may have now, have had in the past or may have about the future. These can be put on pieces of paper around the room. Discuss some common themes that may arise from the group. Then as individuals give out printed buckets or get the group/class to draw their own. Inside their buckets build on the intro task by getting individuals to write down any worries they may have. Following this get each person to highlight any worries they feel they can control by either doing something different or getting support. Leave blank any worries they feel they can’t control and then get them to consider how they can cope with this, although that worry remains what are their coping mechanisms. **Peer pressure**Use slide 7 to introduce the topic of peer pressure. **Suggested videos:** <https://www.youtube.com/watch?v=FGv6sx0gOcc> <https://www.youtube.com/watch?v=2Og4rMnT6G0> Discuss what has been seen/heard and how to protect against it. **Activity**Using slide 10 get everyone to draw out 3 different size circles. You may need to do this first as an example. In the smallest circle explain that you would draw or write the name of anyone who you feel you are really close to. In the medium circle would be those you still speak to a fair amount but aren’t as close as those in the smaller circle. Then finally, the big circle would be any names or drawings of people you still class as friends but don’t speak to or see as much. **Kindness & complements – Final activity**As a group come back together. One by one each person in the group while leave the room. When they are out the room every other person in the room will pay one complement about the person out the room. *Optional – these can then be shared with the individual publicly or written down where the individual can look at them in private.* **Final questions**Review the session and understanding.  |  Slides 1 – 4Slides 5 & 6Slides 7 - 9Slide 10Slide 11Slide 12 |