

## Weekly Programme

If you, or the group, decide that a set programme would be more useful, one way of doing that could be:



### **Four Weekly Sessions Exploring Mental Health**

#### **Week 1 - What do we mean by mental health?**

Explore what young carers see as mental health. This could be done using “Celebrity Lives” activity from Section 1 of toolkit. This is also a good starter point for helping to look at why we need to be careful about disclosing information to people. Another activity could be “A Day in the Life” to emphasise how our mental health changes during the course of a day and that nothing is wrong with that.

#### **Week 2 - Emotions and Behaviour**

Using the activities in Section 1 of toolkit you can start to explore what is meant by emotions and behaviour. Use activities such as “Body Flipchart” to give participants a chance to see how the body is affected by our emotions. Other activities you can use in this week would be “Positivity Balloons” to reinforce how good it feels when we look at things in a positive way. “Life is a Lottery” game could also be used as a fun way of exploring how life throws us things we are not always in control of.

#### **Week 3 - Confidence and Self Esteem**

Using some of the confidence activities in Section 1 you could start to explore what makes us confident. Some things could be using “What Makes me Happy” worksheets. You could also arrange some activity such as playing team games and reinforce the confidence needed by individuals to take part in these. Things such as outward bound activities are a great way of promoting team playing and confidence. Use the games suggested such as “X-Factor” to further give participants chance to speak or perform in front of their group and discuss how they felt and what skills they needed to do this.

#### **Week 4 - Coping with Challenges**

In the last week of the programme you could start to look at how the young carers stay healthy. You could do this by using activity “What Affects my Mental Health” or begin to look at things such as “Sleep and Relaxation”. This session could also use the activity “The Traffic Light Game” which can be a fun but informative way of looking at stress and how to deal with it.

At the end of all sessions try and finish up with positive activities. Always offer one to one time as some discussions may result in difficult emotions coming to the surface for some people.



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