

Programme Plan

Basic Information

Title:	Good For Girls	Centre/Trip	Centre
Ages/Section:	10-14		
Dates and Times:		Maximum Number:	15
Brief description of the sessions or activities:	6 week Girls Group Programme	Fee:	0.00
Leader:	Youth Worker lead	Adults required:	1-2

Objectives, Outcomes and Indicators

Objectives (by the end of the programme, participants will):

- Improved mental health and wellbeing
- Young women feel they have a choice and a voice in their organisation
- Young women feel their youth club is a safe space, to talk about mental health
- Young women don't feel judged when talking about, mental health

Programme/Session Plan

- Increased confidence in girls and women
- Young women feel they have the tools they need, to help manage their mental health

What methods will be used to record/measure the difference:

PDPs		Photo/Video/Sound rec.		Case studies	
Evaluation survey/LEQ		Session attendance		Observations	
AQA Unit Award		Other:			

Method

Time/Date	Activity, task, description, etc	Objectives	Staff lead and resources
Week 1	<p>Intro week:</p> <p>Icebreaker: People Bingo</p> <p>Discussion: What is wellbeing?</p> <ul style="list-style-type: none"> ● Discuss your groups definition of wellbeing ● Watch video ● Create a list together of things you do to feel good You can use this list as a starting point <p>Activity: Creating a Group contract. (ask young person to do the writing)</p>	<p>Introductions. Form a Group Establish Ground Rules Build a safe space.</p>	<p>Worksheet</p> <p>laptop/speakers</p> <p>whiteboard/flip chart pens</p>

Programme/Session Plan

	<p>Use positive language only, what we will do not what we won't do. Eg Say we will listen to others (not we won't interrupt) We will put our phones away (not we won't use phones)</p>		
Week 2	<p>Take Notice:</p> <p>Ice breaker: Grounded Exercises: The Five senses</p> <p>Sat on cushions is nice for this exercise (eyes closed optional)</p> <p>Group and 1:1 Exercise - All About Me</p>	<p>Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.</p> <p>Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.</p> <p>Read more about mindfulness, including steps you can take to be more mindful in your everyday life</p>	<p>Photos, paper, pens</p>
Week 3	<p>Be Active:</p> <p>Intro/Grounding : Joint Freeing exercise</p> <p>Icebreaker: Throw Me the Emotion</p> <p>Group Exercise - Scavenger hunts <i>Create a card with 10+ items on can work indoors or outdoors</i></p>	<p>Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:</p> <p>raising your self-esteem helping you to set goals or challenges and achieve them causing chemical changes in your brain which can help to positively change your mood</p>	<p>Ball</p> <p>Worksheet</p> <p>Hidden items</p>
Week 4	<p>Give:</p> <p>Icebreaker: Compliment Circle</p>	<p>Research suggests that acts of giving and kindness can help improve your mental wellbeing by:</p> <p>creating positive feelings and a sense of reward</p>	

Programme/Session Plan

	<p>Group Activity: Social Action (Part 1: Issues Tree)</p> <p>If you have time move to Group Exercise - Social Action (Part 2: Doable vs Effective)</p> <p>Pick up this idea in another youth club session or after week 6 of Girls Group</p>	<p>giving you a feeling of purpose and self-worth helping you connect with other people</p> <p>It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.</p>	<p>Flip chart paper/pens Post it notes</p>
Week 5	<p>Keep Learning:</p> <p>Icebreaker: Signing</p> <ul style="list-style-type: none"> Using the BSL alphabet Sign together each persons name Play a game: Young people sign a hobby/interest and others guess what they are spelling <p>Group Activity: Sugar Smart</p>	<p>Research shows that learning new skills can also improve your mental wellbeing by:</p> <p>boosting self-confidence and raising self-esteem helping you to build a sense of purpose helping you to connect with others</p>	<p>BSI signing sheets</p> <p>laptop/speakers</p>
Week 6	<p>Connect:</p> <p>Icebreaker: Adjective Matching Game:</p> <p>Group Exercise - Talking Circle</p>	<p>Good relationships are important for your mental wellbeing. They can:</p> <p>help you to build a sense of belonging and self-worth give you an opportunity to share positive experiences provide emotional support and allow you to support others</p>	<p>Jar, paper, pens</p>

Programme/Session Plan

Logistics

Insert journey plans, maps, instructions, links, etc.

[Resources & activity suggestions](#)

Programme/Session Plan

Budget

	Details	Cost
Transport	0.00	
Operational		
Capital		
		Total
Payment Method(s)		

Resources

- First aid kit
- Laptop
- Speakers
- Flipchart paper
- Post it notes
- Pens
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Programme/Session Plan

