



Skills for Recovery

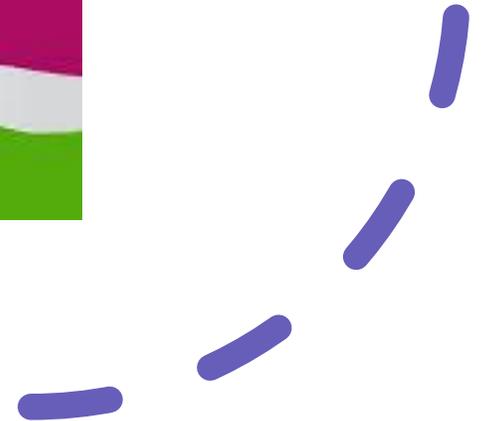
 **Renfrewshire**
 **Attainment**
 **Challenge**

Literacy, Numeracy, Health & Wellbeing



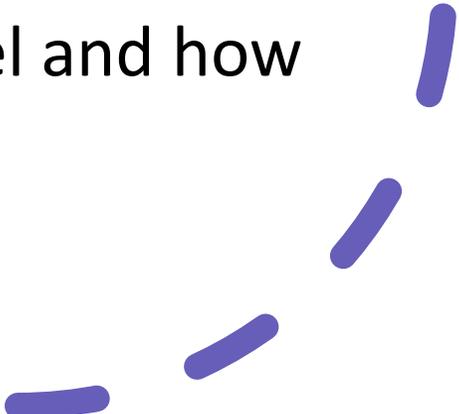
Week 2

How are we coping with
change? ...*Belonging*





What you need to know...

- The good things and the difficult things we experience in our life help to shape who we are.
 - It is normal to feel worried or anxious when activities and supportive relationships end during times of change and uncertainty. Everyone will have their good days and bad days.
 - How we think affects how we feel and how we behave.
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Task 1

Think about a time you have been worried or anxious. How did it make you feel?

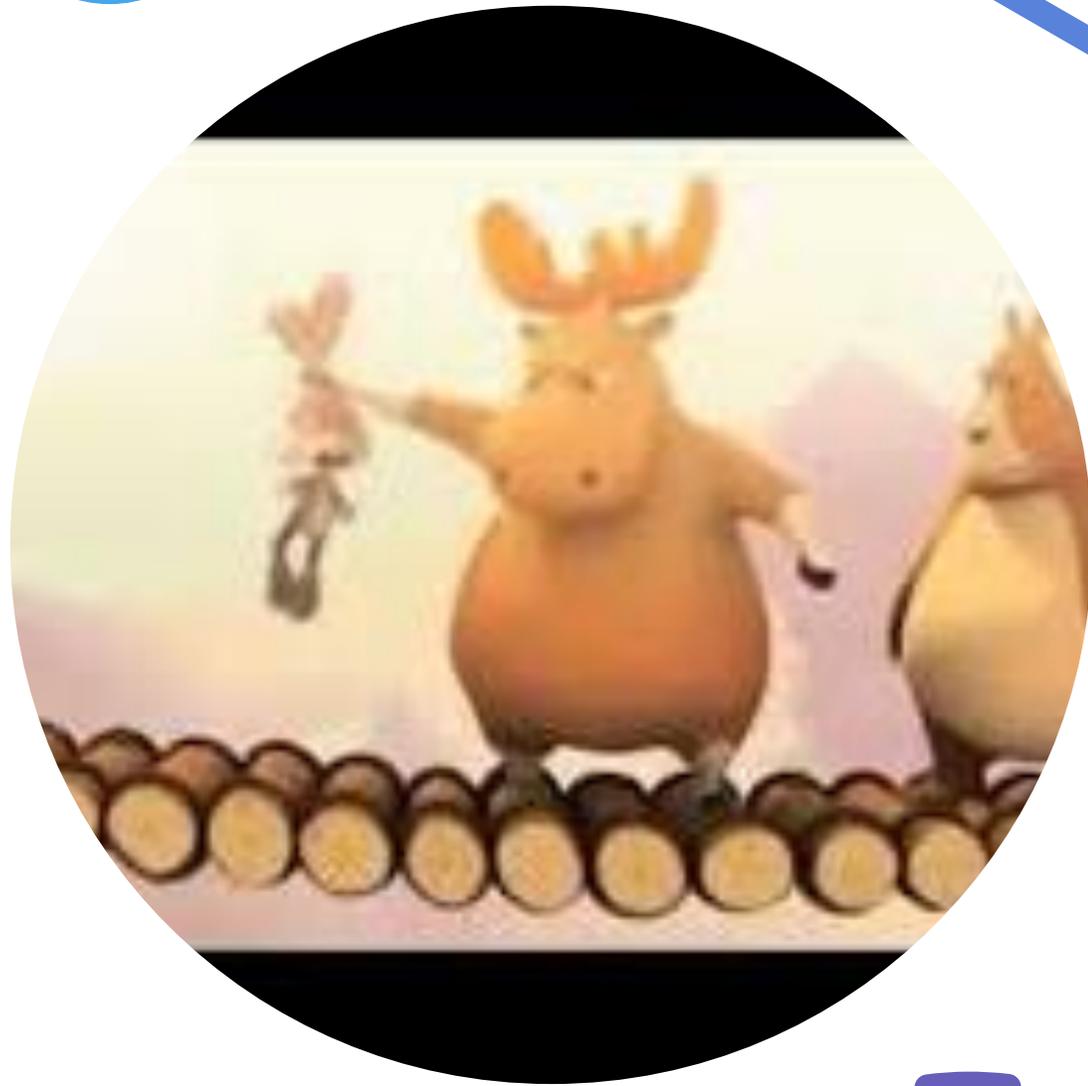
Did anything help make you feel better?





What you need to know...

- We may experience feelings we have never felt before and these may be difficult to understand. This can be normal and that is okay.
 - Positive relationships can help us.
 - If we are more aware of each other's thoughts, feelings and experiences, we can be stronger together.
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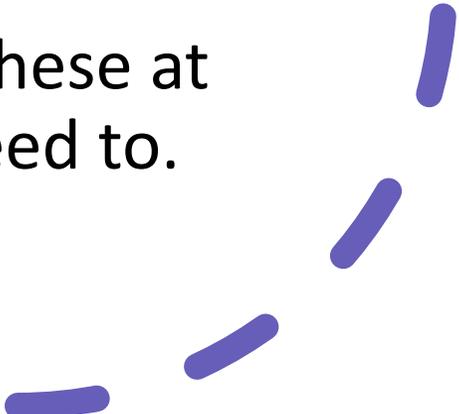


Watch this clip
about helping
each other...

[https://www.youtube.com/
watch?v=SNwtTYxh7UQ](https://www.youtube.com/watch?v=SNwtTYxh7UQ)



What you need to do...

- Have conversations about:
 - What has been difficult for you?
 - What you have learned about your own ways of coping with challenge?
 - Try to make a note of what you learned
 - Think about how you could use these at home and in school when you need to.
- 

What you need to do...

Try make **'coping cards'** by writing on a small piece of card that can be carried in your pocket or bag.

What you write should remind you of a strategy that has helped you to cope with worries or stress before, or act as a positive mantra (words you repeat to help you concentrate on something in particular).

For example...

- 'There's always something that works'
- 'I will feel better soon'
- 'Breathe in through my nose and out through my mouth'

Task 2 - think

Everyone experiences change, sometimes there are changes which are planned for and we have time to prepare. Other times there may be changes which are more unexpected and happen suddenly and without warning. We may also experience some changes which are difficult and some which are exciting, and we look forward to.

(Extract from 'The Compassionate and Connected Classroom Curricular Resource', Personal Journals, p10)



A type of change I have experienced is (choose from the list)

-
- Sudden change
- Difficult change
- Exciting change
- Small change

What helped me to manage this change was...

If I were to experience change like this again I would...



Task 3

Try this 60 second meditation.

<https://www.pixelthoughts.co/>

Remember that trying a different way of doing things takes practice!



Task 4 - BreathPod

https://www.instagram.com/tv/CAN2n3sApyz/?utm_source=ig_web_button_share_sheet

If you have time, try the breathing exercises we looked at in Week 1.



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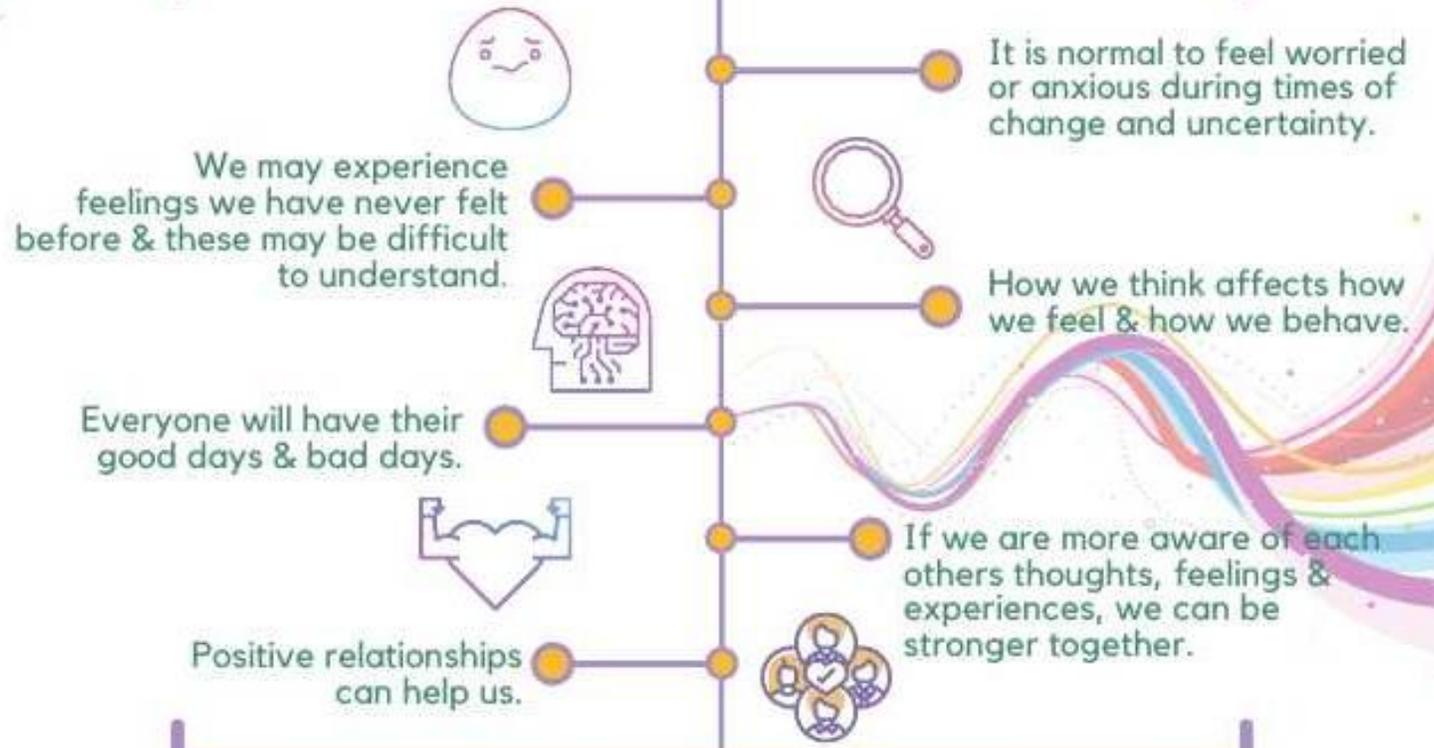
Young People

Week 2...Belonging

HOW ARE WE COPING WITH CHANGE?



WHAT DO I NEED TO KNOW THIS WEEK?



WHAT CAN I TRY STRAIGHT AWAY?

60 second meditation
(pixelthought)

