

Good emotional health is not about finding the key to eternal happiness, but more to do with developing the skills to cope positively with both the good and the not so good things in life.

It is easy to smile on a sunny day, surrounded by friends with everything going your way, less so to stay calm in stressful or unfamiliar situations. Maintaining good emotional health enables people to feel good about themselves which contributes to a more positive, happier life.



Activity 1. Roll the dice (Icebreaker)

You will need:

- Dice
- A list of 6 questions (example opposite)

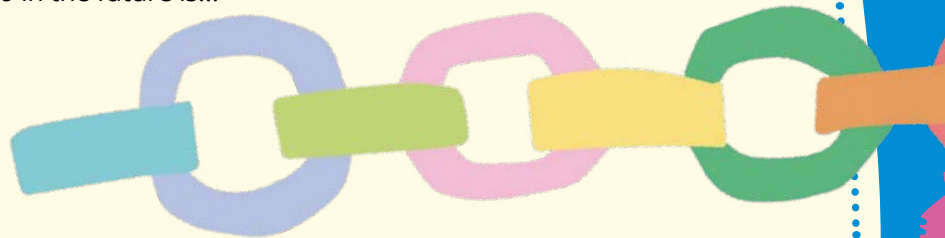


What to do:

Each person should roll the dice in turn and finish the sentence based on what number they rolled.

- **If they roll 1:** I feel happy when...
- **If they roll 2:** I like myself because...
- **If they roll 3:** One thing I would like to do in the future is...
- **If they roll 4:** My friends say I am...
- **If they roll 5:** I feel good about...
- **If they roll 6:** Today I am thankful for...

Activity 2. Chain Reaction



This warm-up exercise encourages children and young people to share the things they are good at and appreciate the talents of other members of the group.

You will need:

- Packets of paper chains
- Marker pens

What to do:

Begin by asking yourself, "What do I think I do well?" This doesn't have to be an academic achievement, it can be anything.

After a brief discussion with others in the group, take five of the unmade paper chains strips each. Using markers, write one of your talents on each strip of paper.

Create a paper chain with your strips linking the five talents together.

Now use extra strips of paper to link everyone's mini chains together to create one long group chain.

Once the entire chain is constructed, hang it up in the room as a reminder that everyone who is in the group is good at something.

Remember to look at all the different talents and skills within your amazing group and refer back to these during future group sessions.

Thank you to our friends at YouthLink Scotland for sharing these activities with us.
To find out more about YouthLink Scotland visit <https://www.youthlink.scot/>