



## A GUIDE TO HAVING CREATIVE

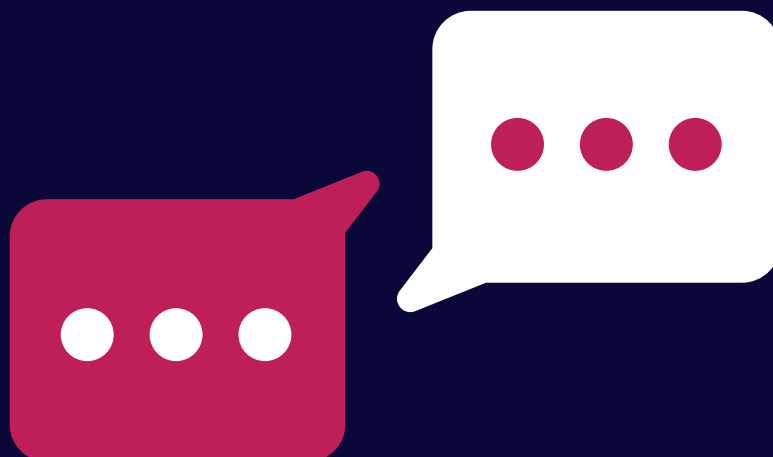
## CONVERSATIONS WITH YOUNG PEOPLE

Fluid Motion has put together this short guide on how to facilitate positive, 'creative conversations' with young people. This free resource has been created as part of The Recovery Project, which supports young people's mental health through theatre. We have collaborated with education and mental health professionals to design this resource which we hope will be useful to you and your students.

There are two lesson plans for teachers below, one ten minute (Overcoming Difficulties) and one twenty minute (My Strengths). They have been devised to be delivered in a classroom setting, during PSHE or tutor time.

### Outcomes

- Young people will be able to better articulate their thoughts and feelings
- Young people will feel more confident in having positive conversations around mental health at home
- Teachers will feel more confident in facilitating conversations around mental health



# 10 Minute Conversation Plan

## Overcoming Difficulties

### What you will need:

- Pen
- Paper

### Optional

- Coloured pencils
- Chalk
- Paint

### Warm Up (2 Mins)

#### Count to 20

This is a great exercise for achieving group focus and calm. Tell the class they have to try and count from 1 to 20, one person saying one number at a time. They can close their eyes if they want to. Anybody can start the count and anybody can continue with the next number. If two or more people happen to speak at the same time, counting must start again from 1. This is a good exercise to repeat over time. If successful, challenge the group to count to 30, 40 or even 100.

### Main (8 Mins)

#### Overcoming Difficulties

Get the class to think about something that they have overcome in the last week/month/year. Tell them to draw their idea and give them 2 minutes, this could be as literal or as abstract as they want, it isn't about making a masterpiece. Getting the class to draw is a good way of expressing thoughts and ideas quickly as well as reflecting on their resilience. Once the 2 minutes are up ask the class to present their drawings and get them to answer the following three questions:

1. What is your drawing about?
2. Why have you chosen to draw that event?
3. How did it feel when you overcame your situation?

#### At home

Challenge your class to do this exercise at home and get even more creative with their drawings. It can be a great way to empower young people to start a conversation with their friends and family.

# 20 Minute Conversation Plan

## My Strengths

### What you will need:

- Pen
- Paper

### Warm Up (5 Mins)

#### 1, 2, 3

##### Level 1

This is an exercise to be done in pairs designed to build trust. Get each pair to face one another sitting down or standing up and ask each person to label themselves either 'A' or 'B'. Explain to the group that they are going to take it in turns to count to 3 with 'A' starting with 1, 'B' then says 2, 'A' says 3. Then 'B' goes back to 1, 'A' then says 2 and 'B' says 3. Keep going back and forth for 1 minute.

##### Level 2

Now ask the group to replace saying the word '1' with a clap. E.G. 'A' claps, 'B' says 2, then 'A' says 3. This will be harder for the class as they juggle speech and movement.

##### Level 3

Replace number '3' with a click. E.G. 'A' claps, 'B' says 2 and 'A' clicks.

##### Level 4

Now finally replace 2 with a stomp. By this level all of the words will have been replaced with actions. E.G. 'A' claps, 'B' stomps and 'A' clicks. If there is time ask the group 'what was the hardest level and why?'

### Main (15 Mins)

#### My Strengths

Get the class to think about the word 'Strength'. What does it mean from a personal point of view? Give each pair 5 minutes to write a list of 5 strengths they feel their partner has. Once the 5 minutes are up tell each person to present their list to the group. This exercise promotes confidence, kindness and builds a sense of positivity amongst the group.

Each person in the class will have been given 5 strengths by their partner. Now get each individual to take their own strengths and write a sentence for each one that celebrates it and its importance. One template sentence could be '(Insert strength), this is important to me because (why that strength is important to them).'

E.G. 'I am a good listener, this is important to me because it helps me understand people's points of view.'

#### At home

Encourage the class to take their five sentences home and share them with friends and family. It can be a simple but effective way of encouraging family connection and positivity. They could even ask friends and family to do this exercise as well.

## Who is Fluid Motion?

Fluid Motion was established in 2010 and is a renowned arts organisation in England dedicated to improving, supporting and highlighting mental health. Our annual All in the Mind Festival is the leading outdoor mental health arts festival in the UK.

[www.fluidmotiontheatre.com](http://www.fluidmotiontheatre.com)  
[www.aitmfestival.com](http://www.aitmfestival.com)

## What is The Recovery Project?

The Recovery Project is specifically designed to aid in the recovery of children and young people's mental health. It focuses on specific topics that support the rebuilding of friendships and social engagement. It gives young people support with ways to improve their physical and mental wellbeing. It provides positive coping mechanisms that may have been lost during lockdown and that have suffered during the Covid-19 pandemic.

To find out more please visit:  
[www.fluidmotiontheatre.com](http://www.fluidmotiontheatre.com)  
or email [natalie@fluidmotiontheatre.com](mailto:natalie@fluidmotiontheatre.com)

# Further mental health resources for teachers

## Time to Change

Five ways to make a difference with your students. (<https://www.time-to-change.org.uk/get-involved/get-involved-schools/mental-health-resources-teachers>)

## Young Minds

Resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job. (<https://youngminds.org.uk/resources/school-resources>)

## Samaritans

Resources to support the work of education professionals that promotes positive emotional health, building resilience and seeking help when it is needed. (<https://www.samaritans.org/how-we-can-help/schools/education-professionals>)

## Useful Mental Health Apps

### Calm Harm

Designed to help people resist or manage the urge to self-harm. It's private and password protected. (<https://calmharm.co.uk>)

### MindShift

Designed to help teens and young adults cope with anxiety. (<http://www.anxietybc.com/resources/mindshift-app>)

### Stay Alive

Pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. (<https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app>)

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