



## Activity Plan



### 1.5 Ups and downs of life

#### Objective

**Can I identify what the ups and downs of life are? Can I recognise what they are for me and others? Can I create coping strategies to help deal with the downs and build resilience?**

#### Resources

**Sam's Story Script      Self-Care Box Handout**  
**Timeline of Sam's day Handout**  
**Personal Timeline Handout**

#### Key Language

**Coping Strategies, Resilience, Self-Care**

#### Introduction

**(10 mins)**

**Introduce the concepts of ups and downs by asking the group what things could go wrong when they get ready for school on a morning.**

#### Main teaching

**(45 mins)**

**Read through Sam's Story together. Ask the group to identify how different events in the story affect Sam's mood by following the handout.**

**Ask the group to create their own graph based on their current day or a particular day they remember. Ask members of the group to share these to reinforce how everybody experiences ups and downs. Discuss that there are no rules to what make us feel up and down and that we will all have different experiences.**

**Introduce the concept of self-care and ask the group to note down all of the things they could include in a self-care/emergency feel good box.**

#### Plenary

**(5 mins)**

**Ask the group for three things they've learned in this session, to consolidate knowledge.**

#### Assessment

**Ask the group to make notes of things that make them feel up/down over the course of the next week.**