

Workshop Four

FACILITATORS NOTE: There are two options for the last workshop, which you choose to employ is up to you. Choose the option that you think will best suit your group's needs as this is the last workshop the aim is to give the young people the best tools to take them forward.

Option A Items required for the session

Do you have?	Yes	No
List of attendees and relevant contact numbers		
Key for venue		
Flip chart stand, paper, and pens		
Refreshments		
Name labels		
Attendance form / signing in sheet		
Folders or boxes for young people's handouts		
Sticky notes		
Welcome activity i.e. mindful colouring sheets or similar		
Treat bag (if budget allows)		
A4 paper (or card) & felt pens		
Giant tumbling tower game (two if budget allows)		
How well do I know me quiz sheet		
Self-defeating behaviour (A-F) sheets		
Character stories		
Alternatives to self-harm - 4 commonly cited reasons		
Positive affirmation cards		
Heavy adult coats		
Poem One day		
Post Workshops evaluation		

Group Facilitator checklist



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Items required for the session

Do you have?	Yes	No
Adolescent Wellbeing scale post evaluation		
Ending gifts (if budget allows)		
Certificates		
Handouts:		
A-Z Distractions		
Typed up handouts from workshop three		
Poem 'One day'		
Certificates and gifts if the budget allows		

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To do - Option A

	Yes	No
Write agenda on the flipchart or board	☐	☐
Welcome activity	☐	☐
Where am I now? Pre-evaluations	☐	☐
Catch up from workshop three if needed	☐	☐
Give out handouts from workshop three	☐	☐
Give out alternative ways of coping handout	☐	☐
Quiz – how well do I know me?	☐	☐
Behaviours of self-harm – characters’ stories	☐	☐
Alternatives to self-harm & common reasons for self-harm	☐	☐
Giant tumbling tower distractions activity (2 options)	☐	☐
Positive affirmations (2 options)	☐	☐
Hands activity (optional)	☐	☐
Poem activity	☐	☐
Post evaluations	☐	☐
Adolescent wellbeing scale – post evaluation	☐	☐

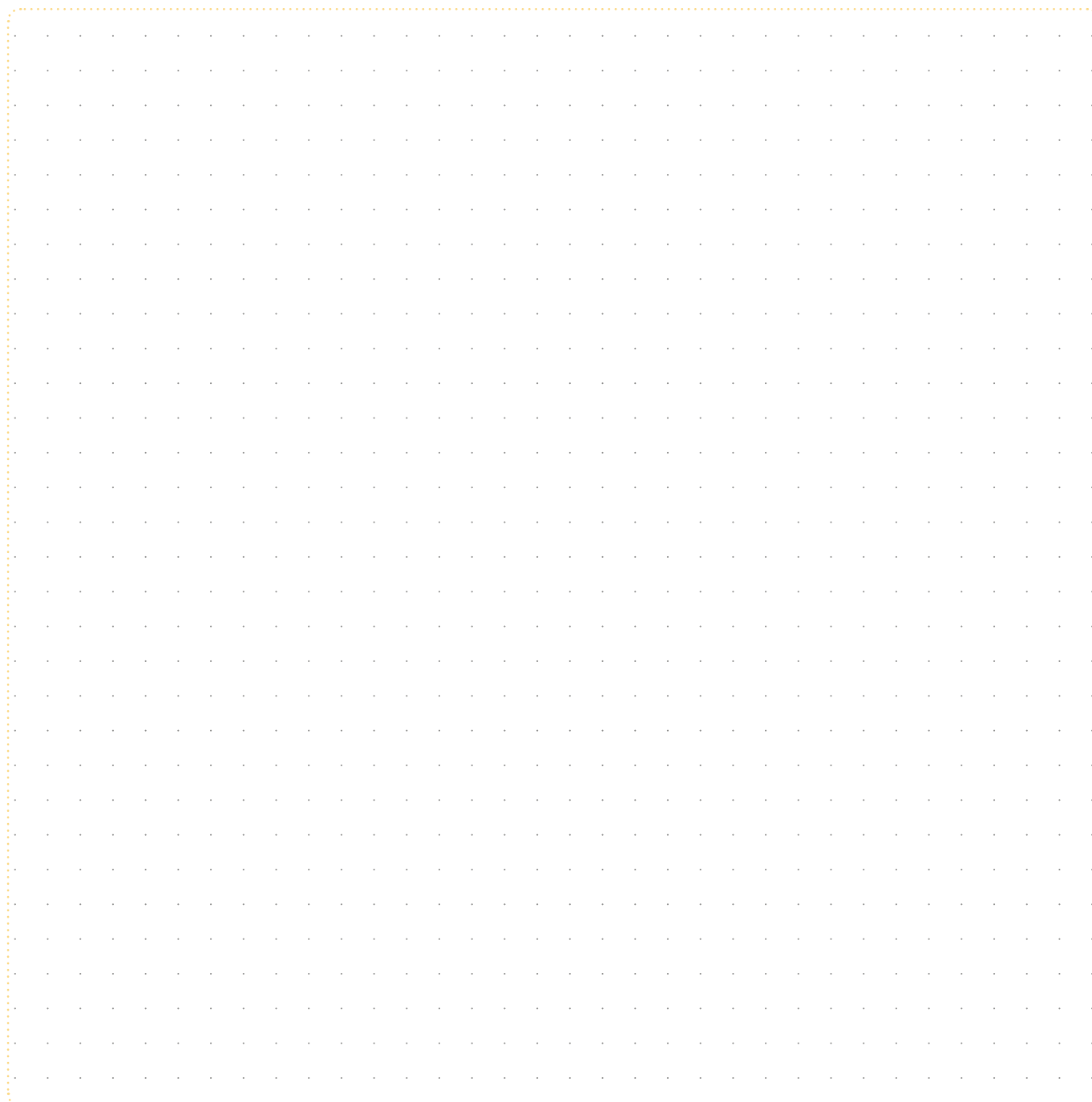
Reminders from previous workshops:

The list of alternative ways of coping that the young people have come up with over the past few weeks should be typed up and given out for their future reference.

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Notes from Today's workshop

Any issues identified during today's workshop should be addressed in person if possible as this is the last workshop. If this isn't practicable then issues should be addressed in a private phone call to those you need to speak with.

A large rectangular area with a dotted border, intended for taking notes. It contains a grid of small dots for writing.

Give out handouts from workshop three.