

Workshop Four

Option B 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		
Attendance form/signing in sheet		
Folders (for handouts)		
Square sticky notes		
Welcome activity i.e. mindful colouring sheets or similar		
Treat bag (if budget allows)		
A4 paper & pens		
Loneliness poem		
Ending gifts (if budget allows)		
Small bottle of fizzy drink (NOT a can)		
Mentos (optional activity)		
Geyster tube (optional activity) or		
Piece of cardboard		
Large plastic jug		
Pebbles		
Tray		
Rigid paper masks (for decorating)		
Art materials (paints, glue, feathers, etc as budget allows)		



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Do you have?	Yes	No
Handouts:		
A-Z Distractions		
Scaling question paperwork (facilitators chosen option)		
Typed up handouts from workshop three		
Evaluation paperwork – endings paperwork		

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To do - Option B

	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 handouts	☐	☐
Give out alternative ways of coping handout	☐	☐
Emotions/anxiety/pressure	☐	☐
Pressure/anxiety/stress activities (options to choose)	☐	☐
Spotify	☐	☐
Poem activity	☐	☐
Mask activity	☐	☐
Tumbling tower activity	☐	☐
Post Teenage Wellbeing scale	☐	☐
Post evaluations	☐	☐
Ending gift if budget allows	☐	☐
Certificates	☐	☐

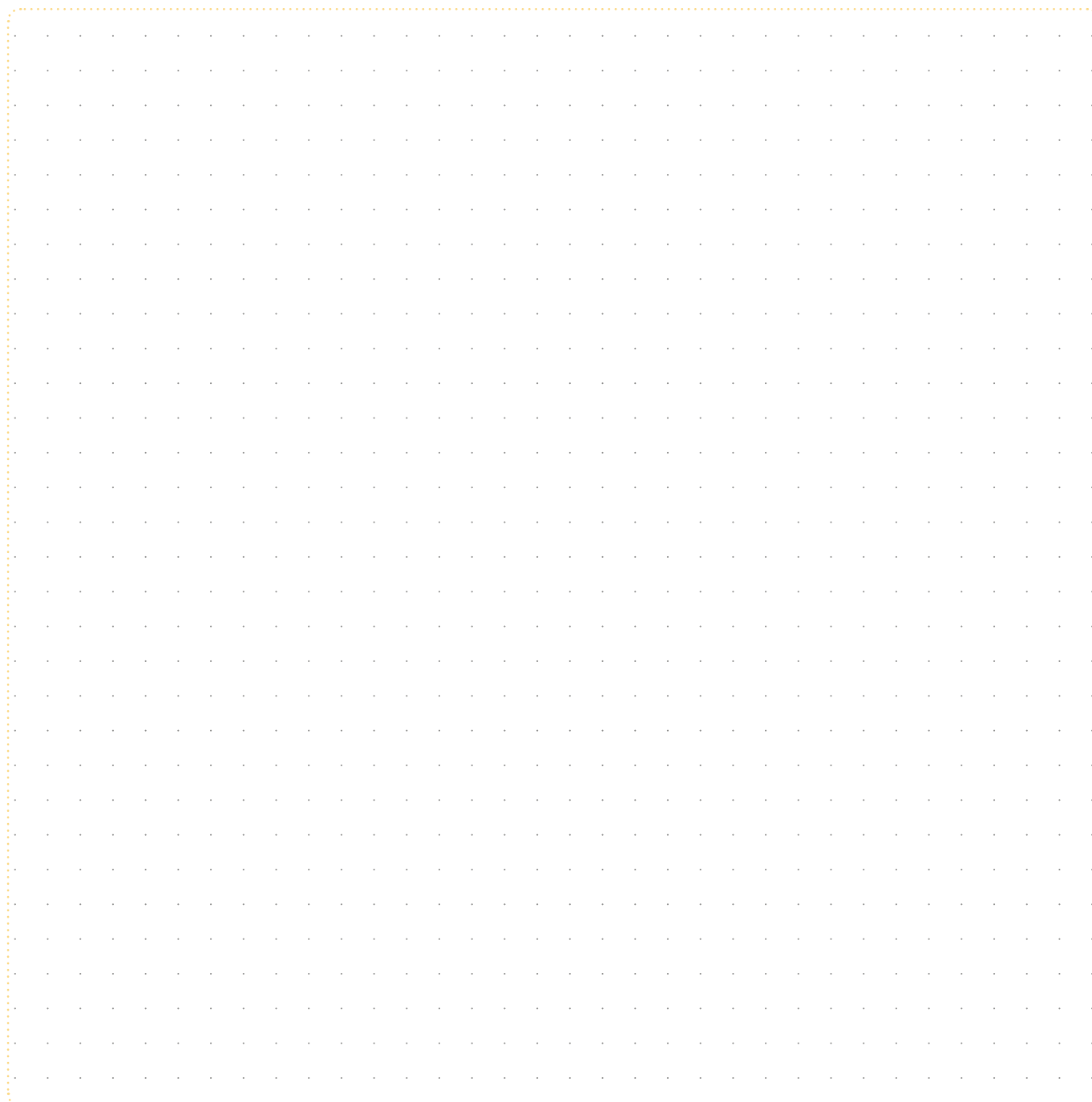
Reminders from previous workshops:

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.