



LOST VOICES

Mental Health BOOST

USER GUIDE



Lost Voices is a FME Programme

FME FRESH MINDS
EDUCATION
HEALING HEARTS & HELPING HANDS

BBC
CHILDREN
IN NEED

arts
council
of Northern Ireland

Introduction

We have created activities for you to use with your young people to deepen the learning for the topics or as stand alone MINI CHATS you can explore. We created these for a mental health boost, to encourage creativity and exploration



LEADER NOTES



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**We hope these mini chats help to
open conversations and inspire you
to explore and learn more about
youth mental health**



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**Use these Mental Health Boost
Activities to add enjoyment and
expression to your learning, it helps to
get creative!**




Lost Voices Animated Mini Chat-Positives in Change

KEY LEARNING POINTS

- Our Lost Voices discuss the how change can be a positive for many of us and they discuss what some of these circumstances might be
- Looking for positives in situations
- How change might be beneficial for your life
- How a positive changes can still be difficult and feel confusing
- The changes covid brought to our lives, being stuck inside, isolated, illness, bereavement, schools or online education.

"We are going to have a listen to what the Lost Voices group had to say on positives in change, lets look out for things we might feel the same about! And watch out for things they might have missed that you think are important for us to discuss ."

what you will need

-  *Comic Templates*
-  *Markers/ Coloured Pencils/ Paint*
-  *Pens*



"Lets get creative!
we are going to make our own comic strip. we are going to think about a time when we had something change in our lives. maybe we felt sad about the change, but on reflection now, there has been something positive for example, moving from primary to secondary school, it maybe was hard to leave your friends, but now you have made new friendships, or maybe you have a new favourite subject!"



When working through this activity, you can prompt the young people to think about locations such as school or clubs, they might want to think about other characters in their comic strip. Experiences when disappointment might redirect us to something more positive such as not making a sports team might have give us free time to join a different club or persue a new hobby.

If you wanted to think about this activity in future tense, you can pick a change that is coming or you are going through now, and the positive things you would like to happen from it.

LEADER NOTES

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Lost Voices Animated Mini Chat- Covid and Young Peoples Mental Health

We know covid had an impact on our lives, can we make a list of what things might have been impacted by this?

For example; school life, home life, holidays, clubs, hobbies, friendships



Let's Listen Together

LEADERS KEY POINTS

- How would covid made things harder for young people to work through bereavement?
- What help was available to young people?
- The disappointment of 'missing out' on things and navigating the difficult things that were happening around us

Activity Time

lets split into 4 groups. each group are going to be given a bio on a young person and how their life looked at the beginning of Covid19. We will find out a little bit about their home, school, social and their community.

in our 4 groups we are going to make an action plan of things we think they would need to support them and to survive the tricky time ahead.

- Are they more or less isolated due to their current support system
- What might be the challenges for this Young Person?
- What factors might make this time more difficult for them?
- What things would you like them to have to feel supported and safe? Is there anything in

the **AMBER** Approach that might help?





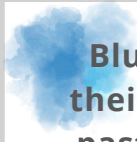
Green arrived in Northern Ireland June 2018. They Started secondary School that September. Their English is limited and they have been attending an English Tutor outside of school. They have 3 siblings and are from a lone parent household. They love to bake and create new flavour ideas



Red lives with their grandparents in a rural area . Their Grandfather is poorly, Red helps out with daily tasks in the house. A Health Care Assistant comes to help out once a day. Red has one older sibling who lives with a their dad the text town who they play football with on Saturdays



Pink lives with their mother and baby sister. their Step father passed away 7 months ago. Pink’s Mother has had to stop working and thy might have to move in with Family for a while. Pink plays the guitar and sometimes is asked to perform at their local church or clubs



Blue have been bullied in their current School for the past few months, and they have decided to move to a new School where they have cousins attending. The new school is an hours drive from their house. They are an only child and live in an apartment in the city with their parents and Dogs, Pepper and Pip.

LEADER NOTES



Lost Voices Animated Mini Chat-New Routines and Responsibility

KEY LEARNING POINTS

in this Mini chat we hear Orláith and Codey discussing some of the changes they have experienced and how this impacted their daily routines. there is a change in what responsibilities come with change or new found independence as we get older



In pairs,
we are going to think about a change
you all would have experienced-
Going to secondary school.

What things would have helped you
navigate this change?



Staying in our pairs

We are going to plan a 'meet and greet' for first years arriving to secondary school

Think about what activities might help might support them with this change, here are some ideas:

Icebreakers

Buddy systems

Brining them on School tours

Lunch time groups

Would you have a particular food or drink?

Would you have someone do a presentation or speech?

Once you and your partner have a plan, we are going to share these ideas as a group.

LEADER NOTES

Lost Voices Animated Mini Chat - What Do Young People Need Following Bereavement?

KEY LEARNING POINTS

- What do young people need following a support: Personal, professional and things that make you smile
- The challenge of opening up to people about how we are feeling, or the things we are experiencing
- How important friends can be in our support, can be easier to open up to our peers than others in our life.
- What things can be put in place to support us? For example school work being extended in deadlines and gradual return to education

“What do you think young people need following a bereavement?

Think about things we have heard in this Lost Voices Mini Chat or things that we think would be important and make a list.

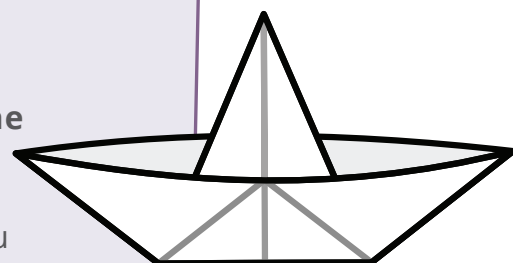
Let’s all choose one thing from our list, we are going to write it on a piece of paper then fold the paper up.”

“Maybe asking the person what they would like for you to do in supporting them?”

“Is there something our teachers or youth leaders can do?”

“Has there been any activities you think would be helpful to do with them or for them to do alone?”

Leader should group some time to complete this. Then gather all the pieces of folded paper in a cup or box then explore with the group.



You will need:

**paper
pens
cup or box**



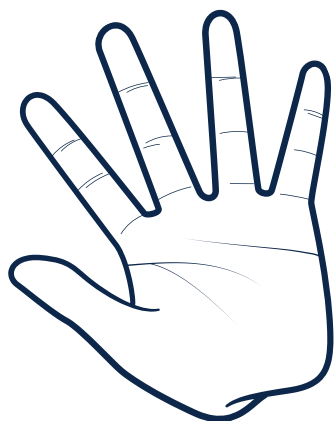
LEADER NOTES

Lost Voices Animated Mini Chat-Connect 4-Way Model- Link Life

KEY LEARNING POINTS

- Connecting with **SIGNS**
- Connecting with **'SUICIDE'**- asking the question "Are you thinking of suicide?"
- Connecting with their **STORY**
- Connecting with **SAFETY**
- Connecting with **SMILE**

Lets have a go at making our own The helping Hand



We are going to fill up our hand, think about our people that can help:

- Schools, youth clubs, family, friends etc
- Professionals who can help: counsellors, doctors, helplines, support organisations
- Activities or hobbies that can help



It is important to remember, that not every young person will have the same support system, it might be difficult for them to think of personal support. It is important that they are provided details of external supports

Things you might need:

You can print this template or use pen and paper to create your hand outline.

Coloured makers/pens or paint



Lost Voices- The Helping Hand



MENTAL HEALTH BOOST- ACTIVITIES

The following activities can be used to deepen the enjoyment or learning around the topics we have explored in our Lost Voices Animated Podcasts and Mini Chats or as a standalone mental health Boost Activity. These activities will supercharge wellness, build resilience, connect young people with their inner feelings and to their peers.

Self-care/Advice Jars

Using strips of coloured paper, write something that you can do for self-care!

This can be something you already do, or something you would like to try.

We are going to write down things that we would like to remind ourselves when we need a 'pick me up', something that reminds us of hope.

We are going to fold these up and place them inside our jars.



Learning Objectives

To think about the things we already have in our wellbeing toolkit and how our self care looks currently

To create a resource for ourselves that we can use when we may need it

To engage with each other and exchange ideas, ways we like to express ourselves, or some short messages of hope or advice.

**If time permitting-
You can pick the colours which you like to decorate the outside of the jar**



What's on their Voicemail?



We start this activity with a sheet of paper, and the aim to create a character. Each person in the group will add to the character one by one, until there is enough information about them that we agree we know enough about them. Think about the following things to create your character:

- How they look: Eye colour, hair colour, skin colour, complexion, tattoos, piercings, scars etc
- Their personality: outgoing, shy, caring, hot tempered, sensitive, kind, funny, clever, moody etc
- What do they like? Football, tv, reading, pizza etc
- What don't they like? Loud noises, animals etc
- Who are the people around them and what do their relationships look like?
- Anything else that helps us know them: gender identity, age, sexual orientation, occupation, disability, life events.



Once we have a character, we will think about what kind messages might this person get on their answering machine. Who have we created in the world around them, and what this tells us about the character.

We then think about the character and what it might be like if they were struggling, maybe their mental or emotional health is languishing, maybe they are thinking about suicide. What are the things you would like them to hear? What would you like to hear in a time of need?

It is then useful to debrief after the activity, to go over who this character was, how the outside world interacted with him, and then how we interactive with them when we were aware of possible struggles.

Learning Objectives

This activity is useful for us to think about the world that might surround a person, all the things they are connected to, the people they have in their lives, how things in their external control can influence their internal world. When someone dies by suicide, the ripple effect this has to the immediate family, extended family, friends, colleagues, professionals they might have had a relationship with, and there are waves for the people around all of those just mentioned who will be touched by this bereavement.

This can be useful to see what some of the risk/ protective factors might be for someone in their life and to identify possible signs or symptoms of someone contemplating suicide.

The activity helps us to think about our language and how we might engage with those around us, to be mindful of the things we say, or do not say, and to practice articulating difficult conversations thus growing our confidence



**You might need
Paper
Coloured makers,
pencils or Pens**

LEADER NOTES



Calm Scribes



Think about the words someone might need to hear in a difficult time. What would you like someone to say to you?

Think about the words someone might need to hear in a difficult time. What would you like someone to say to you?

The good days always come back around again.

I'm sorry you're going through a difficult time

Sometimes we can be lonely, or sad, and that is okay. You don't have to be alone. Support is here



We are now going to place our letters inside our envelopes, and we are going to keep these, we are going to keep these for ourselves, we can read this to ourselves if we ever need something to help us deal with the changes in our lives

Using a sheet of square paper you can make an origami envelope [Using this Video here.](#) alternatively you can use regular envelopes!

This exercise can be adapted using art instead of the written word, or a voice recording. This can be adapted depending on what works best for your group of young people.

LEARNING OBJECTIVES

Give us an insight into what is under our control and what we may need help with when we feel out of control.

Thinking about our strengths and our worries within a space where resources like Lost Voices are available.

Understand what aspects of our lives are out of our control and how that affects our emotions and daily activities.

Plan out and create own podcast script



We have watched and listened to the Lost Voices Podcasts already. Now it's time to create our own!

Pick a topic that has already been explored in the Lost Voices resources you have used or another topic you would like to explore that focuses on bereavement, loss, emotional distress or suicide.

Think about:

- What would we like to talk about within the podcast?
- What is going to catch a listener's attention?
- What you want the listener to learn from your podcast?
- Think about what research might need to go into your podcast.
- Who do you think will listen to and benefit from your podcast?
- Is there a particular person you would like to have on your podcast and ask questions to?
- Would you have any taglines or a unique theme tune?

This activity can be done in small groups or individually

If there's any artwork or creative work of your own, you would like to have in your podcast then add it to you own plan.

Once all the podcast planning has been completed, it can be displayed to the whole group showing each podcast plan and creations.

Learning Objectives

This activity allows us to use the tools we have learned from Lost Voices Resources to create our own podcast full of advice and discussion.

Creative writing such as this can teach valuable writing and planning skills.

Completing activities like these prompts us to think about the world around us, what other people may be going through, and what advice we can offer to others in a creative way.

Our language and engagement with others can also be developed through this activity, from the planning we can start understanding what language is appropriate when dealing with difficult situations and giving effective advice suited for the targeted audience.



LEADER NOTES

Plan your own wellness workshop using the AMBER approach

"So, we looked at the AMBER Approach before we started looking at these topics.

Let us recap on what AMBER is and how we use it"



LEADERS KEY POINTS

AMBER

Leader should open this up to the group and ask what they can tell us about each part of AMBER's Name.



A - ANCHOR

Anchoring, we can anchor through co-regulation, this is from friendships, family members, teachers, youth workers etc.



M - MOVE

Moving your body releases built up energy through exercise, making art or music. Taking care of yourself both inside and outside, making your bed, having a shower.



B - BREATHE

Breathing is the crucial link between mind and body. Taking space and time to breathe can help calm the mind.



E- EXPRESS

Express yourself safely. Express through crying, talking, creativity can release difficult emotions.



R- RELAX

Finding activities that help you relax and feel restored are important to aid your body regulate and process what is going on within your life.



From everything we have learned from the Lost Voices Support page and using the AMBER approach, we are going to create our own wellness workshop plans. We're going to get into smaller groups to discuss activities, discussions and outcomes for the people who would attend the workshop.

Within your groups you can separate into two groups, one group focusing on aspects from the AMBER approach and the other focusing on aspects from the Lost Voices support project. Once you have all your ideas put together and agreed upon, we can all come together to share our plans and ideas. Every group should share why they chose each activity, topic, resource etc.

- Are there any activities you can think of to have at your workshop to apply the approach?
- Would there be any talks or guest speakers, what would they be centred around?
- What would be your overall aim for the wellness workshop, is there specific young people you are trying to target and help?



- What topics need to be discussed with the young people attending?
- How would you invite everyone in and make them feel welcome?
- How could you get young people interested in attending the workshop, is there anything authentic and interesting?



Learning Objectives

To create a safe space to provide support to other young people.

To gain a greater insight into the planning and aims of a resource that is centred around young people and the experiences they struggle with.

To develop our communication and engagement skills with the communications within the activity.

This activity can help us understand what we can do to help ourselves and others feel better.

Bringing both the AMBER approach and the Lost Voices platform to the centre for this activity helps to keep the aims and objectives of these resources at the forefront of the young people's minds.

LEADER NOTES

Lined area for leader notes.



Design a 'calm box' for somebody needing support

This activity can be done individually or in small groups.

For this activity we are all going to imagine or think of someone who is going through a lot of change or turmoil in their life. Think of what they may need and the things that would make them feel better.


We are then going to put together a 'calm box'. These boxes will be filled with items that you think will make the person you have in mind feel more comfortable and relaxed.


You can think of the **AMBER** approach for this if you need guidance. Think of each aspect Anchor, Move, Breathe, Express and Relax. Try and come up with items and little gifts you would put in the box that align with this approach. You should take into consideration;

- What struggles are they going through and what resource links e.g., Lost Voices are most appropriate that you could put in the box to prompt them to reach out?
- What types of items do you think would be best to help bring calm into their lives?

To create something anyone can use to make themselves and others feel better.

Think about what we know about support resources, ways of helping or supporting and support platforms like Lost Voices and AMBER approach, taking all the knowledge we have and creating an effective tool that can act as a support system/ gift for anyone struggling.

- 
- Shoebox
 - Crepe paper
 - Paper
 - Pens
 - Markers
 - Gifts:
 - Facemasks
 - Candles
 - Soft toy/teddies
 - Advice Books
 - Sweets
 - Young people's artwork



You can write little messages of hope and advice and place them into your boxes as well as the items, these messages might help the person struggling feel less alone and more supported.



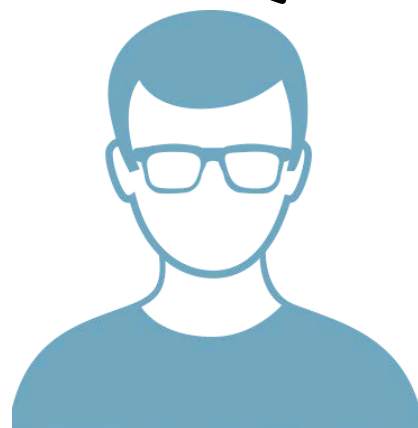
Circle of control

- Take a sheet of printed paper and some markers.
- In the bubble labelled 'I can control', write all the things relevant to the topic discussed that you believe you can control, e.g., breakdown in family life – I can control what healthy habits I take up to make myself feel better
- In the bubble labelled 'I cannot control', write down anything you feel you cannot control within your environment e.g.; I cannot control the actions of other people.

Learning Objectives

Give us an insight into what is under our control and what we may need help with when we feel out of control. Thinking about our strengths and our worries within a space where resources like Lost Voices are available. Understand what aspects of our lives are out of our control and how that affects our emotions and daily activities.

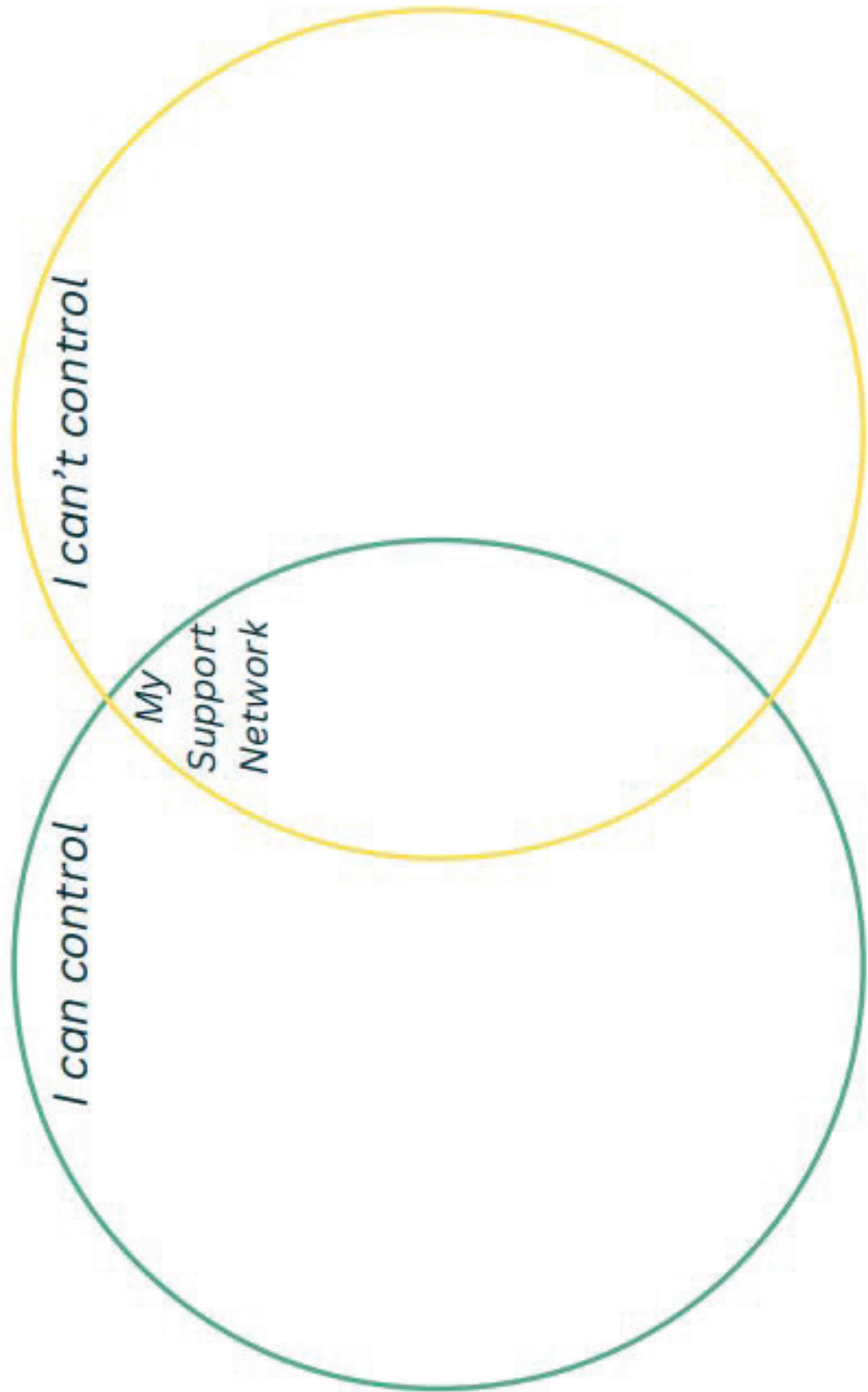
We can share our answers with each other if we would like to, but we do not need to if you don't feel comfortable doing so.



Things you might need
Paper
Pens
Markers/
Colours



Circle of Control Activity



Mindful Diary/Scrapbook of your emotions for the next week

“Writing down our thoughts and feelings is a great way to express ourselves and highlight when we might need some extra support. We can even use scrapbooking to do the same thing, using images and artwork to help express ourselves.

We are going to create our own mindful diaries or scrapbooks, depending on what you would prefer. For the next week, we are going to write down our daily thoughts, feelings and experiences. These books are private so what you write within them is totally up to you. After you have completed a week of the diary, look back at the week, what was your best day? What was your least favourite day? Did anything surprise you? Did you enjoy writing down all the experiences you had? Was it helpful?

Think about our thoughts and feelings for a week and creating an expressive space to have self-reflection, and expressing ourselves in a creative manner.

Once you have answered these questions, write down your answers and we can come together to discuss if this activity was helpful and debrief the week regarding your thoughts and feelings.



Being open and honest with ourselves, understanding how different events during the week affect our thoughts and emotions.

Things you might need

Diary/
Scrapbook
Colours
Pens
Glue
Stickers
Pictures/
Images

Becoming more self-aware and being more conscious of how things affect us and how we can cope with these differences and events to make ourselves feel better.



LEADER NOTES



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