

Steps To Resilience 16-24 Outline

Monday & Tuesday 10 – 2

Erskine Building, 4 Pilmuir Street, Dunfermline, KY12 7AJ

Week	Date	Topic	Comment
1	10 th January 2022	Team Building	Get to know each other understanding of course/house agreement
	11 th January 2022	Team Building	What's involved over the next 9 weeks and what to expect/team building
2	17 th January 2022	Mental Health Awareness	What is mental health? What kind of symptoms is there? How can you spot someone with bad mental health?
	18 th January 2022	Mental Health Practical	Stress Boxes
3	24 th January 2022	Conflict Resolution	look at different conflict and how we can resolve situations easier/how does your mind react to anger
	25 th January 2022	Mental Health and Diet	Cooking healthy meal
4	31 st January 2022	Sleep, Kindness & Gratitude	Talk about sleep, kindness and gratitude. How does it make us feel when receiving compliments
	1 st February 2022	Mental Health & Physical Exercise	High Intensity in the morning/low intensity in the afternoon

Week	Date	Topic	Comment
5	7 th February 2022	Stress and the science behind it	What is stress/complex stress and how does this impact the mind
	8 th February 2022	Fun Day	Participants can choose
6	14 th February 2022	Emotions Awareness	Look at emotions and how many emotions we can have throughout the day? Mood map and worry map
	15 th February 2022	Emotions Awareness	Photography and drawing? Ways to express themselves
7	21 st February 2022	Mindset & Behaviors	Look at mindset and the impact the mind can have? How powerful the mind is?
	22 nd February 2022	Mindset Practical	Learn how to juggle? Learn how easily it is to give up.
8	28 th February 2022	Distraction & Relaxation Techniques	Yoga? Mindfulness?
	1 st March 2022	Distraction & Relaxation Techniques	Sport/cooking/games/outdoor activity
9	7 th March 2022	Preparation for Residential	
	8 th March 2022	Relaxing day	