



Activity card #5

What to do

Discuss expected changes, for example, transfer to secondary school, puberty etc.

How

1. Introduce the activity, modelling it as you explain the process. Choose a relevant concern as the title i.e. moving to secondary school, then create a table with three columns: 'Thoughts', 'Feelings', and 'What I need'.
2. Invite the group to contribute thoughts that they might have related to the concern, record them in the 'thoughts' column, then record feelings related to that aspect in the 'feelings' column. Spend time reflecting on what might be needed to help address this concern. This can then be repeated for another aspect of the concern.
3. Model the process of reflection by considering what actions or resources could support you in addressing the concern. This could involve asking for help, conducting research, or practicing specific skills.
4. Provide small groups with a large piece of paper and markers. Support them to create their own table around a concern of theirs, filling in their thoughts, feelings, and needs columns.
5. Encourage the groups to use active listening with each other as they share their insights and reflections of their concern.

Why

This activity promotes collaboration, communication, and empathy. Through working in groups and sharing thoughts and feelings, children learn to listen attentively, respect others' perspectives, and express their own emotions constructively. Additionally, the reflective aspect of the activity encourages children to identify their needs and develop problem-solving skills, supporting emotional regulation and resilience.

What you need

- Flip chart or large board to display your version of the table.
- Large sheets of paper (enough for each group)
- Pens, pencils, or crayons (enough for each child to collaborate on the activity)