

Connecting with Squeezy

To help learners understand the power of active listening.

Ages

11-18 Years Old

Duration

20 Minutes

What You Need

Pen and paper for journaling your thoughts..



Learning Objectives:

Learners will learn about the importance of connecting to your mental health and wellbeing.

- All learners will reflect on the power of listening to others, and the power of being listened to.
- Most learners try to understand how loneliness can impact you.
- Some learners learn and practice tips for connecting with others.

Activity:

Work individually or in groups to read and answer questions on the below scenario.

Jayden is feeling really tired and frustrated at the moment. He snapped at his mum this morning and fell out with his best friend on the weekend over something that he thought was important at the time but has now realised it may have been silly. Jayden isn't sure why he has been feeling this way and doesn't know who to talk to. His homework has been piling up and he has an exam next Monday. His mum said he's not allowed to go out until he has finished his work and revision, but he's seen his friends posting on Instagram going out after school. They look like they are having a really fun time without him. Jayden doesn't want to feel this way, he wants to go out and make up with his friends again.

Think about what you would do if you were Jayden.
How could Jayden improve or change the situation?
Who could Jayden talk to about the way he's feeling?
How could Jayden reconnect with his friend?

Reflection:

After this activity it is important to reflect on how connecting with others can improve our mental wellbeing. Take a moment to write down or share the challenges or frustrations they faced and who they could connect with or talk to for support. Sometimes learners aren't aware of why they are experiencing certain emotions, so it is important to have these conversations.

Additional resources:

MIND has some great tips for how to manage loneliness - www.mind.org.uk

The YoungMinds resource library is full of tool kits, publications and useful reports. - www.youngminds.org.uk/resources/