

PHASE 4: Coping strategies (Minimum 2 hours)

Aims	Learning Outcomes	Activities	Resources
<p>To enable participants to develop a sense of managing the negative change that they have experienced.</p> <p>To build capacity of the participants in adapting positively to the negative change.</p> <p>To support participants with the use of internal and external resources in problem-solving.</p> <p>Help the participants to think about the fun and happy times relating to a loss.</p>	<ul style="list-style-type: none"> • Participants will develop an understanding of the concept of coping and coping strategies. • Participants will share coping strategies learning in the group. • Participants will develop their own repertoire of coping strategies. • Participants will develop enhanced self-awareness in relation to problem-solving. • Participants will deepen their sense of the support network that surrounds them. • Participants will learn how to plan to use their coping strategies. • Participants will learn to recognise signs that they are coping. • Participants will learn to maximise their positive interactions with key individuals in their lives in order to problem-solve. • Participants will begin to consolidate their knowledge and skills from Phase 1-3. • Participants will understand what the meaning of a memory is and will recognise and share examples from their own life experiences. • Participants will continue to use relaxation / mindfulness techniques. 	<ul style="list-style-type: none"> • Discussion about coping – understanding the concept. • Understanding using own strengths and getting help from others. • My coping plan – simple individual plan about ways of coping (internal and external). • Noticing when the feelings get better – when the plan is working. • Knowing when to change the plan – when it's not working. • Ways of reducing stress. • Share memories with a photo or information source from home. • Preparing to make a memory box to keep good memories alive. • Relaxation / mindfulness techniques. • End of session feedback from group members. 	<ul style="list-style-type: none"> • Group check-in / feelings dial / Lego • Boardmaker feelings flashcards • Coping social story • What makes the stress go away • When I feel ... I need to help me calm down • When I feel calm I can ... • How calm am I • Someone I love has died • Write a goodbye letter • Making a coping skills toolbox • Memory ball • Scented rainstick sensory bottle • Slow motion calm down sensory bottle • Making a jar or memories /memory box • Boxes, craft items, scissors and glue. • Items to fill the memory box / information from home and school. • Young person post-session recording sheet • Young person post-session questions

EVALUATION OF PHASE 4: Coping strategies**FACILITATOR:****DATES:****Some prompts for facilitators to reflect on:**

1. What activities did you deliver?
2. Was the content delivered as it was designed or did you have to differentiate any of it?
3. What activities worked well / not so well?
4. Do you think the young people understood these activities? How did you know?
5. What could make this activity/session better?
6. Are there additional notes needed to accompany this activity?
7. Was there enough of a range of activities for each developmental stage to meet the needs in your group?
8. Were there enough practical/fun activities vs discussion and relaxation?

PHASE 4:
Coping and
Memories

Special days:

You may feel sad on special anniversaries and special days like Christmas and Birthdays.



It's OK to have sad days.



Give yourself time.



It usually gets easier.

What helps?

Always remember there are people who can help you.

Here are some ideas that can help many people.



Share your feelings with someone you are comfortable with.



Spend time with others who have experienced a similar loss.



Give yourself time.

Other ideas that may help:



Accept that you are going through a hard time.



Go on doing the things you normally do. But take a break if you need it.



Try not to make big decisions when you are feeling a lot of grief.



Tell someone about any fears or worries you might have.



Do things that give you comfort, like visiting the cemetery or a place that holds special memories.



If there are things you want to say to the person who has died you can write a letter. You don't have to send the letter.



You can make a book of any sympathy cards you get.



You can find a poem, saying or song that helps you remember the person.



You can look for a comfortable place to relax.



You can put together a calendar that helps you plan and look forward to coming events.

You may keep reminders of the person who has died. You may keep:



Photos or a memory book of the things the person liked.



A memory box where a favorite thing from the person is kept.



A memory garden where you plant a plant and look after it.



A painting or collage of the person.



A tape of the person's favorite songs.



But, remember, what you decide to do will be up to you.



Remember you will probably feel better with time.



If you don't begin to feel better, ask for help.

RESOURCE SHEET _

What makes the stress go away?



time on my own



working on my own



music



go for a walk



exercise



relaxation



breathing



talk to someone



someone in my family



a teacher



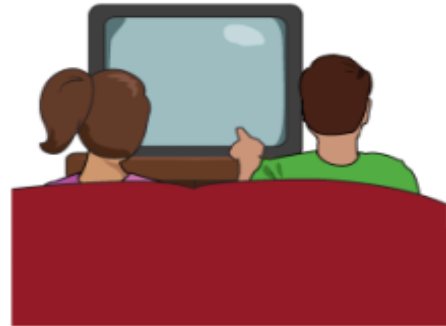
a friend



hobby



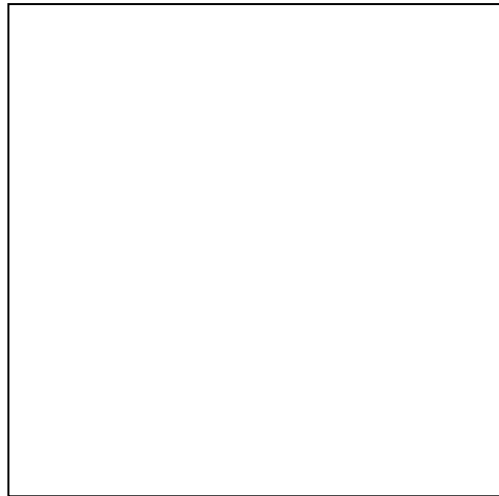
computer games



watching tv

RESOURCE SHEET _

When I feel



I need this to help me calm down

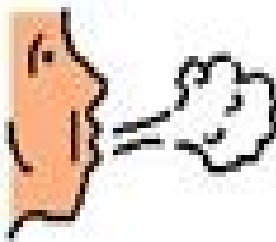
count



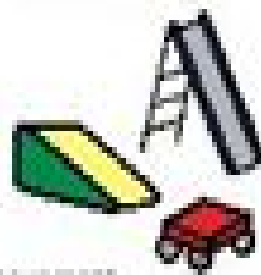
quiet



deep breath

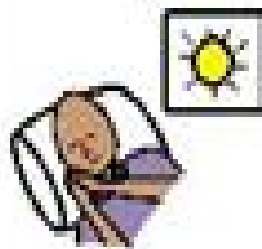


motor lab



movement

nap



lights off



hug



Alone time



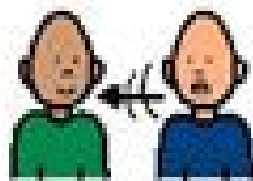
walk



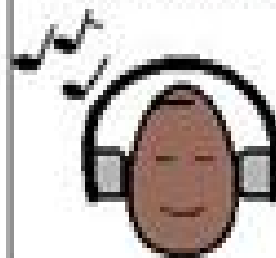
Stretch



talk to a friend



listen to music



drink of water



wiggle your toes



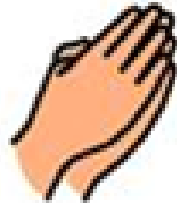
lay down



count to 3



squeeze hands



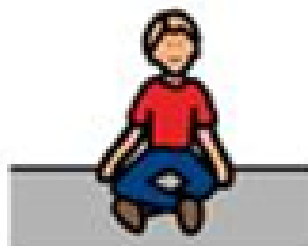
hug pillow



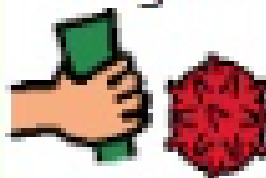
push on ball



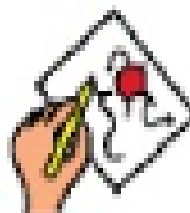
sit on floor



use
fidgets



draw



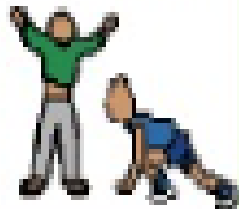
talk with
adults



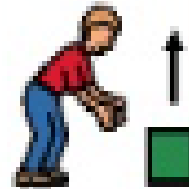
take a
break



stretch



lift something
heavy



ask for a
snack



think of a
calm place

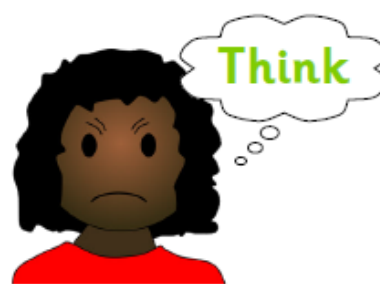


listen to
music





Tell yourself to stop.



Give yourself
thinking time



Tell yourself you can
handle this.



Say to yourself,
"Be calm, be calm,
be calm."



Walk away.

1, 2, 3, 4, 5, 6, 7...

Count to ten.



Tell someone else
how you feel.

1, 2, 3, 4, 5, 6, 7...

Count to twenty.



Breathe deeply.



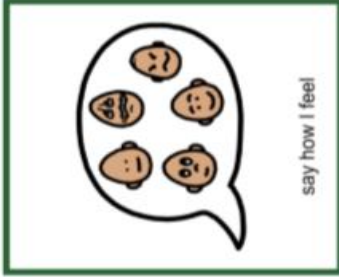
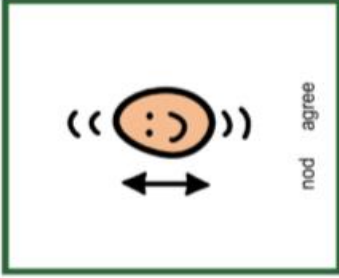
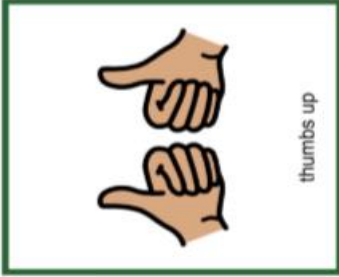
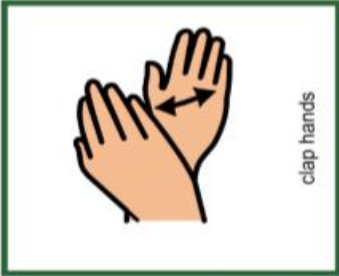
Relax and tense
your muscles.

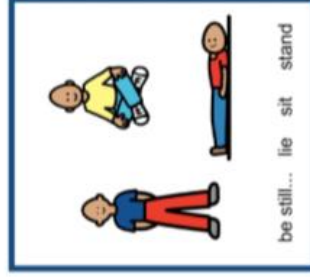
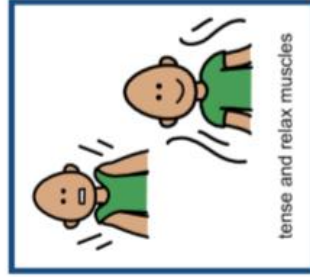
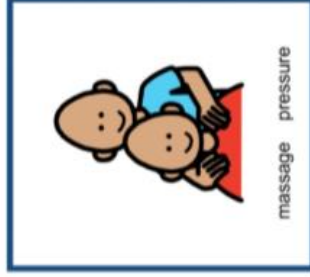
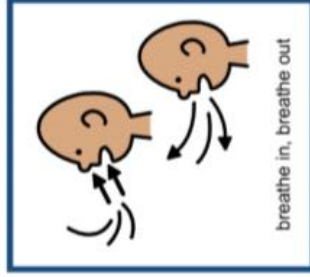
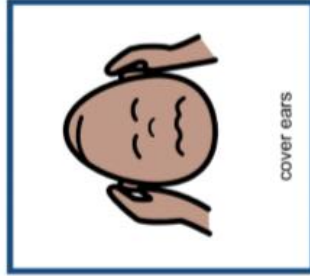
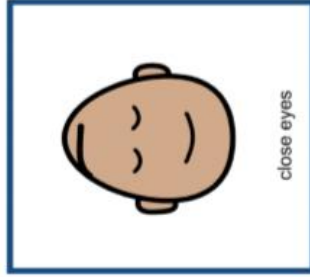
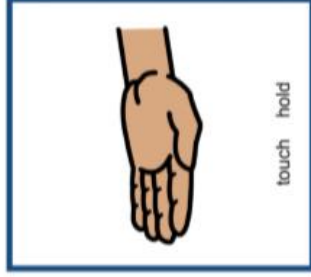
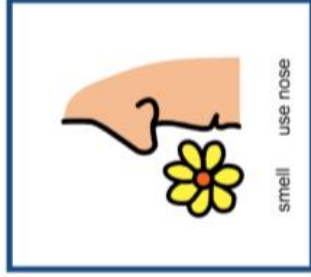
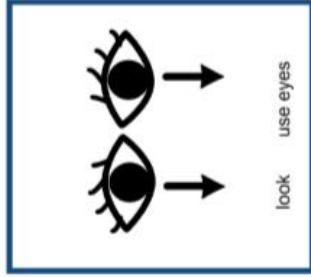


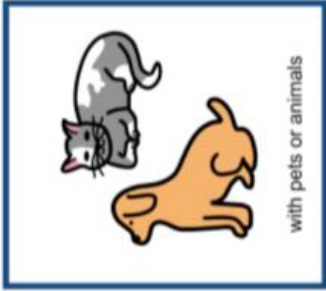
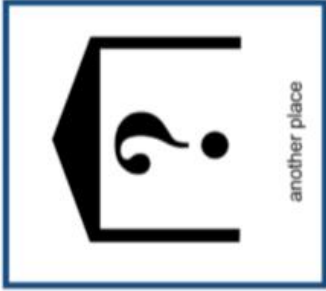
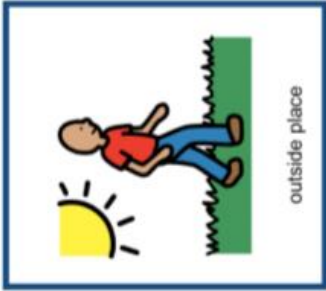
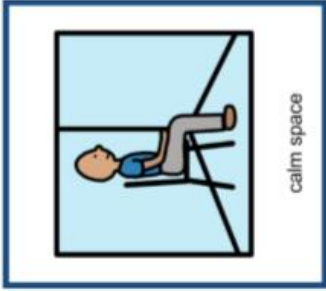
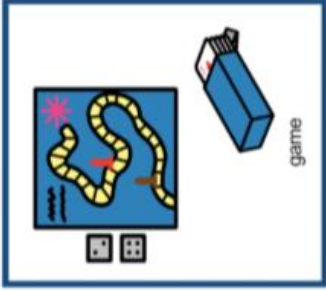
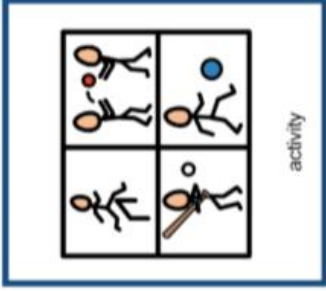
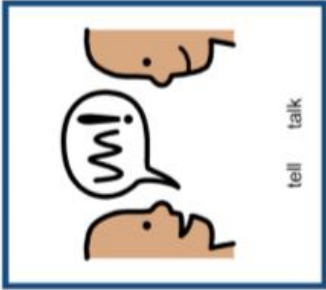
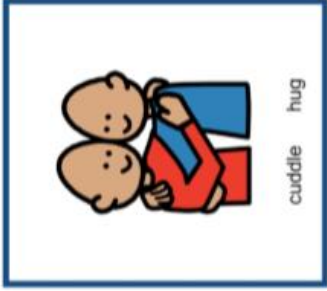
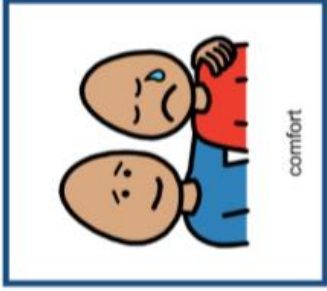
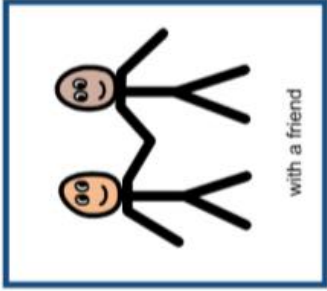
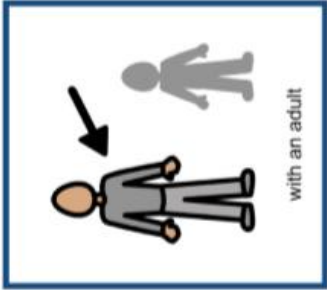
Do some exercises.


















Go to an empty
place and shout.







Using my hands, holding, exploring. Some ideas...

hold favourite thing 	hold something 	book 
feely ball 	sensory toy 	beads 
blanket 	block 	photo picture 
toy car 	train 	windmill 
soft toy 	doll 	little people 

Other tactile experiences. Some ideas...

rub stroke 	back rub / massage 	shoulder massage squeeze press 
foot massage 	squeeze 	squeeze 
wash hands 	press 	press 
tear 	stretch something 	squeeze 
touch 	soft toy 	hug pillow 

