

PHASE 5: Celebration / Consolidating (Minimum 1 hour)

Aims	Learning Outcomes	Activities	Resources
<p>To consolidate the knowledge and skills developed in the programme thus far.</p> <p>To provide participants with a sense of celebrating the success of their learning.</p> <p>To enable participants to transfer their knowledge and skills gained into their daily lives.</p>	<ul style="list-style-type: none"> • Participants will identify and share what was helpful for them in the programme. • Participants will have a plan in place for coping with negative change and negative feelings. • Participants will be more aware of emotions and how to manage them. • Participants will learn to reflect on their experiences within a group. • Participants will learn how the programme has benefitted their peers. • Participants will learn to enjoy celebrating their learning. • Participants will integrate relaxation/ mindfulness techniques into their daily lives. • Participants will be supported in identifying any unmet needs. 	<ul style="list-style-type: none"> • Celebration – snacks/music to create a ‘party’ atmosphere. • Fun activities to help celebrate the end of the group. • Sharing favourite thing from the programme. • Sharing what has been learned from the programme. • Reinforcing the plan from Phase 4: how I am going to use my plan and who needs to help me to stick to the plan. • Sharing about what has changed – things in my life that are better now. • How this will help me to cope with new problems. • Relaxation / mindfulness techniques. 	<ul style="list-style-type: none"> • Group check-in / feelings dial / Lego • <i>Boardmaker</i> feelings flashcards • What I enjoyed resource sheet • My plan for the future • Individual certificates

EVALUATION OF PHASE 5: Celebration and consolidation	FACILITATOR:	DATES:	

Some prompts for Facilitators to reflect upon and feedback to the *Give us a break!* team:

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 5:
Celebrating
and
Consolidating

RESOURCE SHEET _

What did you enjoy about the *Give us a break!* group?

What was most helpful about the *Give us a break!* group?

I now understand ...

RESOURCE SHEET _

In the future, if I am feeling ...

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I can do the following ...

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