

WELL BEING

Activity 1: Recharge and relax

Activities to promote adults' personal, social and learn to learn skills

Description of initiatives comprised in this handbook.

Title/name	Recharge and relax
LifeComp Skill approached	<input type="checkbox"/> Self-regulation <input type="checkbox"/> Flexibility <input checked="" type="checkbox"/> Well-being <input type="checkbox"/> Empathy <input type="checkbox"/> Communication <input type="checkbox"/> Collaboration <input type="checkbox"/> Growth mindset <input type="checkbox"/> Critical thinking <input type="checkbox"/> Managing learning
Duration ¹	45 minutes
Type of activity	Self and group reflection and discussion
Short description	This activity helps adults to reflect on causes of stress and how to deal with stress. The activity supports a group of adults to identify what helps them to relax and practice self-care as well as sharing ideas on self-care activities.
Objectives	<ul style="list-style-type: none"> ● Recognise causes of stress ● Recognise the value of self-care with activities/hobbies they already do in dealing with stress ● Get new ideas on activities that can be done to relax ● Try out new activities that will help with self-care and relaxation
Setting ²	<ul style="list-style-type: none"> ● 1 facilitator ● 1 small room with chairs in a circle ● Projector or large screen if possible ● Printed images if no screen is available
Facilitators' Tips ³	Use your own creativity and initiative to enhance these activities. Think about videos you could watch before or during. Consider how to include movement in the class. The activities are designed to be simple and easy to use, adapt them to your context as you like.

¹ It can be continuously.

² Materials and resources needed to implement it, including financial, human resources and spaces. In case is needed a worksheet, please use the following document to prepare it.

³ What a person needs to know to implement the activity.

<p>Step by step</p>	<ol style="list-style-type: none"> 1. The facilitator explains the group that they will be discussing self-care and relaxation 2. The facilitator shows the group Graphic 1 (available at the Material for Facilitator Worksheet), and asks the following questions <ul style="list-style-type: none"> ● Describe the causes of stress you can see in this picture ● Do you ever feel like this? ● What other causes of stress do you experience? 3. The facilitator shows the group Graphic 2 (available at the Material for Facilitator Worksheet) 4. Learners are asked to add a post-it note (physical or online) to the activity they would most enjoy doing 5. The facilitator encourages the discussion by asking the following questions: <ul style="list-style-type: none"> ● What are some of the things you're already doing to help yourself relax? ● How often do you get to do this activity? ● Can you think of some new activities you could try out to relax? ● What is the difference after doing something that you find relaxing? ● Do you prefer to relax on your own, or with other people? ● Can you think of one activity you could do every day, for 10 minutes as a way to relax? 6. After the discussion, the facilitator asks the participants to think about what they are going to do differently after today's class 7. The facilitator asks the participants to identify one new activity they will try to do over the next week or two
<p>Debriefing</p>	<p>Go around the room and ask everyone to give one word or short phrase to describe their experience in the class</p>
<p>References</p>	<p>Activity adapted from: Self-care and relaxation Resources Jigsaw Schools Hub Elm Adult education increases mental well-being - Elm (elmmagazine.eu)</p>



Recharge and Relax- Material for facilitators

Worksheet – Well-being

Graphic 1



Graphic 2

