

City Lights Youth

Group 18

Objective: Give an overview of emotional wellness

March 2, 2021

Small Groups

1. 6:00-6:25 Welcome, prayer, Dinner, Clean up
2. 6:25-6:45- Small Group Wellness Activity
 - a. Emotional Wellness
 - i. Definition: Involves the ability to express feelings, adjust to emotional challenges, cope with life stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at and living and working on our own but letting others help us from time to time.
 - ii. Examples: identifying emotions, mindfulness, coping skills, etc.
 - b. Group Activity: Utilize emotion/feelings wheel to have group members identify one emotion/feeling and discuss a time they felt that way. (demonstrates the ability to express feelings)
 - c. Discussion topics:
 1. Identifying emotions/feelings
 2. What do you do when you have those emotions/feelings?
 3. Other
3. 6:45-7:10- Free time- Games, Dodgeball, hang out
4. 7:10- Clean up and load up into vans
5. 7:15- Vans leave to return youth home

City Lights Youth

Group 19

Objective: Give an overview of emotional wellness

March 9, 2021

Small Groups

1. 6:00-6:25 Welcome, Prayer, Dinner, Clean up
2. 6:25-6:45- Small Group Wellness Activity
 - a. Emotional Wellness and Stress
 - i. Emotional Wellness Definition: Involves the ability to express feelings, adjust to emotional challenges, cope with life stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at and living and working on our own but letting others help us from time to time.
 - ii. Stress Definition: Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.
 - b. Group Activity: Utilize the blank body image so the youth can identify and draw the physiological symptoms of stress (upset/butterflies in stomach, headache, rapid heartbeat, etc.)
 - c. Discussion topics:
 1. Why is Identifying symptoms of stress important?
 2. What causes you stress?
 3. How do you manage your stress (doing something you enjoy, journaling, breathing techniques, mindfulness, etc.)?
 4. Other
3. 6:45-7:10- Free time- Games, Dodgeball, hang out
4. 7:10- Clean up and load up into vans
5. 7:15- Vans leave to return youth home

City Lights Youth

Group 20

Objective: Practice emotional wellness through mindfulness

March 16, 2021

Small Groups

1. 6:00-6:25 Welcome, Prayer, Dinner, Clean up
2. 6:25-6:45- Small Group Wellness Activity
 - a. Emotional Wellness and Mindfulness
 - i. Emotional Wellness Definition: Involves the ability to express feelings, adjust to emotional challenges, cope with life stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at and living and working on our own but letting others help us from time to time.
 - ii. Mindfulness Definition: One's awareness on the present moment, while calmly acknowledging and accepting one's own feelings, thoughts, and bodily sensations.
 - b. Group Activity: Practice mindfulness using "A Taste of Mindfulness" exercise or gratitude journaling.
 - c. Discussion topics:
 1. Why is mindfulness important?
 2. How/ when can mindfulness help you in the future?
 3. Other
3. 6:45-7:10- Free time- Games, Dodgeball, hang out
4. 7:10- Clean up and load up into vans
5. 7:15- Vans leave to return youth home

City Lights Youth

Group 21

Objective: Practice Self-Care strategies/Close emotional-wellness

March 23, 2021

Small Groups

1. 6:00-6:25 Welcome, Prayer, Dinner, Clean up
2. 6:25-7:10- Small Group Wellness Activity
 - a. Emotional Wellness and Self-care
 - i. Emotional Wellness Definition: Involves the ability to express feelings, adjust to emotional challenges, cope with life stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at and living and working on our own but letting others help us from time to time.
 - b. Group Activity: Practice self-care at stations using vignette (Using support, Journaling, Unwinding with Tea, and Physical Activity).
 - c. Discussion topics:
 1. When can self-care be used/helpful?
 2. How is it helpful?
 3. Survey/Information sheet
 4. Other
3. 7:10- Clean up and load up into vans
4. 7:15- Vans leave to return youth home

Youth on Spring Break next week.