

1 Problem Solving Activity Plan



This is a main activity which needs to be delivered in one session. It involves reading.

Activity 1.1



Hand out “Managing Emotions Top Tips” and give the participants time to look through the document. Explain that all the content was downloaded from the internet and that the 3rd document gives advice about managing emotions at work, but many young people who aren’t yet working have said that they found the advice helpful.

Resources

- Managing Emotions Top Tips

Activity 1.2



Put the scenarios on folded up pieces of paper. Let the participants choose one each.

Resources

- “Top Tips Problem Solving”

Activity 1.3



Taking it in turn to read the scenario, then ask the group to identify the emotion/s.

Activity 1.4



Ask the group for suggestions about how you can manage the emotion using the tips and advice – e.g. how can you think about it differently? Count to ten before you do anything. Sometimes being afraid is a sign that there is something wrong.

Learning outcomes

- Sources of help, e.g. resources are available on the internet
- There are a range of ways of managing different emotions