

What influences you?

Make a list of all the things/people that influence you, e.g. friends, family, disability, religion...

Indicate on your list which of these influences builds your self-esteem and which drag you down.

Have these influences changed since primary school?

Emotions

Write one emotion on each Post-It note.

How many can you write down in one minute?

Gateway Emotions

There are four main emotions called Gateway Emotions.

Most emotions can be categorised under these four.

What are these?

I am Frightened... Happy... Sad... Angry

Task: arrange your emotion Post-It notes under the four Gateway Emotions.

Playlist activity

Create a playlist of the songs that support you when you feel each of the Gateway Emotions (three songs for each):

When I am frightened, I listen to:

When I am sad, I listen to:

When I am happy, I listen to:

When I am angry, I listen to:

How do these songs support you e.g. calm you down, cheer you up?

Finishing Facts

All our experiences shape our lives and how we think and feel.

It is important to be able to recognise and reflect on the things that influence us.

How do I fit into the world I live in?

Signpost

Additional sources of support

www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/#.Wt259pWG_IU