



Track 33

# LIVING WELL



10-14s meet real life head on

**LIVING WELL**

n:counta 10-14s

Meeting Real Life Head On!

**Life Skills**

10-14s will develop new talents and skills that enable them to make positive contributions to real life.

**Life Issues**

10-14s will explore some of the real life issues that they encounter day by day.

**WHY USE THIS TRACK?**

Through this track, young people will have an opportunity to engage with practical ways to keep themselves healthy; physically, emotionally and spiritually.

<b>Week 01:</b>	Moving your body
<b>Aim:</b>	To reflect on how we benefit from including regular physical activity in our lives, and think about different ways we could do this.
<b>Week 02:</b>	Healthy eating
<b>Aim:</b>	To think about how we keep our bodies healthy by fuelling them with the right things.
<b>Week 03:</b>	Self-care
<b>Aim:</b>	To consider the importance of looking after our mental and emotional well-being, and reflect on how we might do this
<b>Week 04:</b>	Rest
<b>Aim:</b>	To reflect on our need for rest, and think about practical ways we can do this, physically and spiritually.
<b>Week 05:</b>	How God sees us
<b>Aim:</b>	To remember that our bodies are amazing, and we're part of God's plan for the world.

# LIVING WELL

In order to achieve these aims young people will:

## ▶ : PLAY

engage in activities and games which are a fun and an interactive way of introducing or developing the track.

## ⏸ : PAUSE

look at how God's word, Jesus' example and an active spiritual life, can help them develop their skills and understanding of the track.

## ◀ : REWIND

develop a new skill or way of thinking that will help them to have a greater understanding of the issues or skills related to the track.

## ▶▶ : FAST FORWARD

learn to relate what they have learnt through the track to their day to day life.

### MAKE THE TRACK YOUR OWN:

You know your group best and it is you who must adapt the material provided to make it work in your setting. For example:

**Timing:** Each activity in the track has been given an approximate time scale. Estimate how much time to allocate to each activity based on the time you have each week, the size of your group and their interests.

**Resources:** In places, modern technological resources are recommended for use. These are culturally relevant to young people so use them if you can. If, however, you cannot access the resources adapt the session or use alternative approaches.

**Flexibility:** If there is an activity which does not make sense to you, or which you are not comfortable with then adapt it. Beware, however, of changing something just because you do not like it – consider the young people's likely response as well as your own.

### CELEBRATE THE YOUNG PEOPLE'S ACHIEVEMENTS:

At the end of each track, take time to recognise and celebrate the achievements of the group.

**LIVING WELL****What advanced preparation is needed?**

As well as general resources the following more **specialised equipment and preparation** will be needed, such as:

Week 01:	Resource Sheet A (Weekly chart), Bible (e.g. <i>Youth Bible</i> ), Christians in Sport film clip available at <a href="https://www.youtube.com/watch?v=BubNj9RfosI">https://www.youtube.com/watch?v=BubNj9RfosI</a> (and the ability to play it), paper, pencils, pens, colouring pens, colour-coded items (if you're face-to-face), and access to the Change 4 Life website (optional).
Week 02:	Resource Sheet B (Healthy Eating Plate), Resource Sheet C (Meal Plan), coloured pens or pencils, Bible, items for a focal point e.g. tray and electric tealight, and a small box e.g. matchbox (or shoe box if meeting in person).
Week 03:	Paper, pens, koko blog <i>Winning the Fight Against Worry</i> (30.09.19) available at <a href="https://www.girlsbrigadeministries.org.uk/koko/winning-the-fight-against-worry/">https://www.girlsbrigadeministries.org.uk/koko/winning-the-fight-against-worry/</a> , Bible, and homemade self-care kit.
Week 04:	Timing device, pens, paper, Bible, worship song <i>I Will Rest in You</i> , available at <a href="https://www.youtube.com/watch?v=6I3IsIFl0">https://www.youtube.com/watch?v=6I3IsIFl0</a> .
Week 05:	Pen, paper, timing device, means to show <i>The Father's Love Letter</i> , available at <a href="https://www.youtube.com/watch?v=zJvqmhGsIY8">https://www.youtube.com/watch?v=zJvqmhGsIY8</a> , or text at <a href="https://www.fathersloveletter.com/">https://www.fathersloveletter.com/</a> , and Resource Sheet D (Turn it around).

# LIVING WELL

 : SWITCH OFF...

Remember to...

Pray together:

- That people will be open to hearing and exploring the good news
- That the young people will have the courage to step out, discover, and give hope
- That all will have the opportunity to utilise their skills and time to make a difference.

Review the five week programme and identify:

- Which activities went down really well with your young people?
- Were there any areas where you, as leaders, felt uncomfortable or ill equipped?
- Were there any areas that it would be good to revisit in a deeper way?

Use this information to help you:

- Make an informed choice about your next track
- Make changes to your approach to the next track.

# LIVING WELL

## WEEK 01 - Moving your body

**Aim:** To reflect on how we benefit from including regular physical activity in our lives, and think about different ways we could do this.

### ▶:PLAY (5-10 minutes)

#### Scavenger hunt

**You'll need:** If playing in person, items colour-coded per team, place around the room using maximum space.

Create a list of items which the young people will need to find. These could be obvious or cryptic clues, depending on the age and ability of your group. Your aim should be to use the maximum space available to encourage physical activity.

If you're meeting in person, to ensure items do not become high touch points, assign young people into teams, and have colour-coded objects to collect e.g. red team must only touch red items. These could be pictures stuck around the room.

Those at home could choose more adventurous items e.g. something beginning with S, or something green from your bathroom. Encourage collection of things that they won't simply be able to reach without moving!

The last person to return should be given a forfeit requiring some kind of movement e.g. five star jumps.

Talk briefly about how much fun we can have moving our bodies.

#### Note to leaders/ parents/carers:

*As this game requires a lot of physical movement, think carefully about how you'll accommodate those in your group who are less physically able. Remember to observe social distancing.*

### ◀:REWIND (15-20 minutes)

#### Everyday exercise

**You'll need:** Paper, pencils, colouring pens, and optional access to the Change 4 Life website.

Explain that the NHS suggests children and young people should exercise for 60 minutes a day. This may seem like a huge task! Help the young people to think about what they already do e.g. walk to school, PE, swimming lessons, or sports clubs.

Think together about different exercise young people can do in short bursts to add up to 60 minutes in a day. They should all be things that can be done around the house or within walking distance, like in a local park. They should all be free to undertake. You could look at <https://www.nhs.uk/change4life/> activities for some extra ideas.

#### Note to leaders/ parents/carers:

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## ⏸: PAUSE (15-20 minutes)

### Run the race – Hebrews Ch.12:1-3

**You'll need:** A Bible, and a Christians in Sport film available at <https://www.youtube.com/watch?v=BubNj9RfosI> and the ability to play it.

Read the Bible verses and then talk with the young people about how they think being a Christian is like running a race.

Watch the video clip *The Race of Life: Look Around* by Christians in Sport. Talk through the following the questions with the young people. Allow them to come to their own conclusions and affirm them.

- The sportspeople in the film talked about the people supporting them, and in the Bible reading, Paul wrote about a 'cloud of witnesses'. Who cheers you on in your spiritual journey? Who do you think should be?
- How can we support each other in the race?

Finally, brainstorm with the young people the ways we can train like athletes in our Christian journeys. You might like to think about reading the Bible, praying, and meeting with other Christians.

## ⏩: FAST FORWARD (10-15 minutes)

### Challenge yourself

**You'll need:** A copy of Resource Sheet A (Weekly chart) per young person, pencils, and colouring pens.

Thinking back over the different activities we can do at home, ask the young people to fill in Resource Sheet A (Weekly chart) with challenges that they plan to complete each day for a week. They may like to challenge their families to take part too!

**Note to leaders/parents/carers:**  
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## RECAP

*It's really good for our bodies to get them moving every day. We can find fun ways to do this, even at home. In the same way, we can train in our personal races of following Jesus, and cheer each other on too!*

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## WEEK 02 - Healthy eating

**Aim:** To think about how we keep our bodies healthy by fuelling them with the right things.

**▶ :PLAY (5-10 minutes)**

### The baked bean game

#### You'll need:

Call out different kinds of beans, and the young people need to do a particular action for each. If playing virtually, you may wish to slightly adapt the actions:

Runner bean: *Run on the spot*

Jumping bean: *Jump up and down*

Broad bean: *Stretch your arms and legs out wide*

Jelly bean: *Wiggle about*

String bean: *Stretch up tall*

Baked bean: *Lie down on the floor like sunbathing.*

You might want to just all play together but, if you want the element of competition, anyone who does the wrong action is 'out'.

**Note to leaders/parents/carers:**  
*As this game requires a lot of physical movement, think carefully about how you'll accommodate those in your group who are less physically able. Remember to observe social distancing.*

**◀ :REWIND (10-15 minutes)**

### Healthy plate

**You'll need:** A copy of Resource Sheet B (Healthy eating plate) per young person, and coloured pens or pencils.

- Ask the young people to write (or draw) their favourite foods on the correct sections of the plate in one colour. They may need some help with this, so encourage them to help each other first before offering answers.
- Ask them to share their answers with each other and, when they hear or think of other foods they like, they should add them to their plate using a different colour.
- Encourage the young people to reflect on their plate.
  - Is there anything they need to eat more or less of to be healthier?
  - Would they consider their diet to be healthy? How could it improve?

**Note to leaders/parents/carers:**  
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## II : PAUSE (20-25 minutes)

### Bodies and temples – 1 Corinthians Ch.3:16-17

**You'll need:** Bible (e.g. *Youth Bible*), items to create a focal area e.g. tray and electric tealight, and a small box like a matchbox (if working with a group in person, this may be a shoebox).

If you're meeting in person, create a focal area in advance. If meeting virtually, make sure you have the items ready to share on camera.

Explain to the young people that the tray represents a temple – a place where people can meet with God. The box represents the Ark of the Covenant. In the Old Testament, this was the special box that held the 10 commandments, and it was so special that no-one could go too near to it.

Ask the young people to talk about this special place. How do they think people would look after it? How would they act when they were there? Why?

Read together 1 Corinthians Ch.3:16-17. If you're meeting virtually, you could share a screen with the words on for the young people to follow. Explain that the Bible says our body is like the special place we've talked about. It's the place where God lives by the Holy Spirit.

Using the responses from earlier, encourage the girls to think and talk together about how we treat our bodies. Keep the conversation as informal as possible. If they miss any important issues, then introduce them to the conversation. Consider how we might respond to:

- Alcohol
- Smoking/drugs
- Illness (i.e. When to get help to keep healthy, responsible use of medication)
- Anger (may lead to issues around self-harm)
- Relationships with others
- When others hurt us.

**Note to leaders/parents/carers:**  
*This may raise some difficult or sensitive pastoral issues. Make sure all leaders are aware of the appropriate safeguarding structure should any disclosures arise, as well as ensuring young people know who to talk to for extra support.*

## ▶ : FAST FORWARD (5-10 minutes)

### Meal plans

**You'll need:** A copy of Resource Sheet C (Meal plan) for each young person, and pens or pencils.

Ask the girls to create a meal plan for one weekend. All the meals should be as healthy as possible, as well as being interesting and enjoyable. They should also include healthy snacks.

**Note to leaders/parents/carers:**  
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## RECAP

*If we want our body to be healthy, we need to fuel it with the right things! The best way to achieve this is to think about what to eat in advance, to make sure we're getting all the nutrients we need. Treats are fine too, as long as it's all part of the balance!*

# LIVING WELL

## WEEK 03 - Self-care

**Aim:** To consider the importance of looking after our mental and emotional well-being, and reflect on how we might do this.

**▶:PLAY (5-10 minutes)**

### Pictionary

**You'll need:** Something to draw on for each young person – pens and paper in person; if on Zoom you could use the whiteboard feature.

Split the young people into two teams and take it in turns to draw things relating to relaxation and leisure. Show the items to the young people in a contactless way.

Items to draw could include: A bath, watching films, hot drink, soft toy, exercise, reading, meditate, and sleeping.

You could also ask the young person drawing to think of their own. Award points to teams when they guess the answer within a designated time frame.

**Note to leaders/parents/carers:**  
If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're on Zoom then you can use the chat function to send the items to the young people. Save the chat and send it to your Team Leader whenever it's used.

**◀:REWIND (15-20 minutes)**

### Winning the fight against worry

**You'll need:** The koko blog *Winning the Fight Against Worry* (30.09.19), available at <https://www.girlsbrigadeministries.org.uk/koko/winning-the-fight-against-worry/>

It's better for this activity if the blog is read aloud by a single voice. This could be a leader, or a pre-prepared older member of the group. You could also have a leader or other church member record a video in advance.

Challenge the young people to imagine they're Emma's friends at school. The aim is to put together some advice to help her to be a worry fighter. Use these questions for the young people to suggest ways to help. You may wish to note down their answers so that all young people can have a copy sent to them after the session.

- Who could she talk to about her worries?
- What fun activities could she do to reduce stress and anxiety?
- What calming things could she do?
- Can you think of anything she could do in the moment when she feels anxious?

**Note to leaders/parents/carers:**  
In this blog, Emma raises an issue which young people may relate to and feel very vulnerable about. They may not be comfortable to share their personal feelings, depending on the dynamic of your group, and especially online. Don't push them to share and, if they do so, be supportive. You may wish to review guidelines about confidentiality with your group.

# LIVING WELL

## ⏸️: PAUSE (10-15 minutes)

**Focus on God – 1 Peter Ch.5:7 and John Ch.14:27**

**You'll need:** A Bible (e.g. Youth Bible).

Read the verses above. If you're meeting virtually, you could share these on the screen.

Explain to the young people that you're going to practice some silence whilst meditating on God's word. By meditation, we mean focussing our minds on God and words from the Bible. This activity is a great way to reduce the effects of stress and anxiety in a difficult moment, or at a regular time of day.

Suggest the young people close their eyes. Allow a minute of silence, encouraging the young people to breathe slowly and deeply. Slowly and quietly, read the words from the Bible again. Ask the young people to focus on the words and silently ask God to calm their minds. Allow another one/two minutes of silence. At the end, finish with a prayer: 'Breath of God, Fill my mind and my heart. Help me to cast my anxieties and worries onto to you. Fill me with your peace. Amen.'

## ⏩: FAST FORWARD (10-15 minutes)

**Self-care kit**

**You'll need:** A prepared kit containing five to 10 items chosen by you.

In advance of the group, prepare a box or bag with five to 10 items which could help you to relax in a moment when you feel anxious or stressed. These could include:

- Journal and pens
- Music/headphones to cancel outside noise
- A good book
- Eye mask
- Face mask
- Tea bags/hot chocolate
- Soft toy
- Calming fragrances
- Tissues
- Fidget toy/stress ball
- Colouring book and pencils.

As you take each item out, explain to the young people how it may help in moments of anxiety. Encourage the young people to put their own kit together after the group.

## RECAP

*It's ok to feel down, stressed or anxious sometimes. Think about how you'll manage this next time it happens.*

# LIVING WELL

## WEEK 04 - Rest

**Aim:** To reflect on our need for rest, and think about practical ways we can do this, physically and spiritually.

### ▶ :PLAY (5-10 minutes)

#### Time to rest!

**You'll need:** A timing device

Give the young people a number of timed challenges (15 seconds to a minute) to complete. Tell them they should stop when they feel they need to rest. Challenges could include:

- Star jumps
- Running on the spot
- Hopping around the room
- Press ups.

When you've completed a few challenges, or when the young people are worn out, ask them about how they know when their body needs to rest. Explain their brain needs to rest every day too.

**Note to leaders/parents/carers:**  
As this game requires a lot of physical movement, think carefully about how you'll accommodate those in your group who are less physically able, and consider the needs and abilities of your group when you're planning challenges. Remember to observe social distancing.

### ◀ :REWIND (15-20 minutes)

#### Getting good rest

**You'll need:** Pens and paper.

Ask the young people to divide their paper into two columns. Read out the list of things that may help or hinder good rest. Ask them to add them to their columns. Consider numbering them to aid young people who struggle to write at speed. After they've made their lists, talk through their answers. Helpful tips for leaders are included in italics.

1. Eating before bed (*An over-full stomach can disrupt sleep through discomfort*).
2. Having a large glass of water (*Drinking a large amount right before bed can lead to middle of the night toilet trips*).
3. Watching a video on a device to relax in bed (*The light from devices in a bedroom disrupts sleep. Stop interacting with devices 30 minutes before bed*).
4. Regular exercise (*Regular exercise in daylight helps sound sleep*).
5. Drinking tea to relax before bed (*Avoid caffeine in the four hours before bed to aid deep sleep*).
6. Going to bed on an empty stomach (*An empty stomach can cause discomfort*).
7. Keeping on a light (*Dark bedrooms are ideal*).
8. Making your bedroom very warm (*Bedrooms should be cool*).
9. Writing lists before bed (*Jotting down worries and to do lists can help to clear your mind*).
10. Have a lie in at the weekend (*Keep a regular body clock*).
11. Only go to bed when you're really tired (*A regular bedtime aids sleep*).
12. Having a regular sleep routine (*A routine an hour before bed can help relaxation*).

(Source: <https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>)

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# LIVING WELL

## II : PAUSE (10-15 minutes)

### Resting on God – Matthew Ch.11:28-30

**You'll need:** A Bible, the means to play worship song *I Will Rest in You* available at <https://www.youtube.com/watch?v=6131s1F1Io>

Remind the young people that earlier you talked about how both our bodies and our brains need to rest. One of the ways we do this is through sleep, but Jesus also says that He can help us to rest.

Read Matthew Ch.11:28-30.

Talk with the young people about what they think it means for God to give us rest. A leader may like to share an experience of when they've found rest in the presence of God.

A helpful way to focus on God and enter a restful place with Him is through worship. Play the worship song *I Will Rest in You* by Worship Together. Allow the young people to close their eyes and find a comfortable position. After the song, talk through the experience with the young people, and how it could be helpful to them at home. Perhaps some quiet worship music could be part of their bedtime routine?

## ▶▶ : FAST FORWARD (10-15 minutes)

### Getting ready for bed

**You'll need:** Pens, and paper.

Help the young people to make their own bedtime routine, reviewing their list of helpful and unhelpful activities from earlier. Encourage them to put it into practice and reflect on the results. They may like to share with you next week what they've changed, and what difference it has made.

**Note to leaders/parents/carers:**  
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## RECAP

*We need good sleep for our bodies and our minds. Combining a practical plan with spiritual rest can help us to feel refreshed and face the world every day.*

# LIVING WELL

## WEEK 05 - How God sees us

**Aim:** To remember that our bodies are amazing, and we're part of God's plan for the world.

**▶:PLAY (5-10 minutes)**

**Who am I?**

**You'll need:** Paper and pens, and a timing device.

Ask each of the young people to write down the name of a famous person they admire. They shouldn't allow anyone else to see who they've chosen. Each person should then have an opportunity to ask questions of one another – you can choose whether to do this in an organised manner or in a more random way! All questions must have a yes or no answer.

After around five minutes, call a halt to the questions. How many famous people can the young people work out?

**Note to leaders/parents/carers:**  
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**⏸:PAUSE (15-20 minutes)**

**Inside out - Romans Ch.12:1-2 and Isaiah Ch.43:7**

**You'll need:** A Bible (e.g. *Youth Bible*), paper and pens, and the means to show *The Father's Love Letter* available at <https://www.youtube.com/watch?v=zjvqmhGsIY8>, or text at <https://www.fathersloveletter.com/>.

Ask the young people to draw themselves – it could be a stick person! Around the outside they should write things they think about themselves; good and bad. Assure them that no one needs to see what they write so they can be completely honest. Encourage leaders to join in too.

After a few minutes, talk about how we all think both good and bad things about ourselves, and sometimes it's very easy to listen to the bad things. What we believe about ourselves is also often influenced by what others tell us.

So what does God tell us about ourselves? Listen to the video *The Father's Love Letter*. As they're listening, the young people should use a different colour to add phrases that stand out to them to their piece of paper.

Without asking for details, encourage the young people to compare the love letter to their own opinions. Are there things they find hard to believe about themselves?

Read Romans Ch. 12:1-2. Remind the young people that our opinions about ourselves can be influenced from the outside, but God can change those views from the inside, so that we can be confident we're loved and precious to God.

# LIVING WELL

## ◀:REWIND (10-15 minutes)

### Understanding my body

**You'll need:** A copy of Resource Sheet D (Turn it around) for each young person.

Once we understand that our bodies are wonderfully made by God, we can change the way we look at things that happen connected with our bodies. For each of the negative sentences on Resource Sheet D (Turn it around), change the perspective so that it represents God's positive view of us.

**Note to leaders/parents/carers:**  
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## ▶:FAST FORWARD (10-15 minutes)

### Happy reminders

**You'll need:** Paper, and colouring pens

Although God changes us from the inside, it's important that we surround ourselves with positive influences from the outside too.

Read Psalm 139:13-14. If you're meeting virtually you could share the words on a screen.

Encourage the young people to use this verse – or other positive words – to create a poster. They should then stick it up somewhere they'll see it every day to remind them of how God sees them.

**Note to leaders/parents/carers:**  
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## RECAP

*We're often influenced by the negative opinions of those around us, or negative things we have come to believe about ourselves. But God made us, and we're precious to Him. If we ask, He'll change our perspective from the inside out.*

# LIVING WELL

## RESOURCE SHEET A

Weekly chart

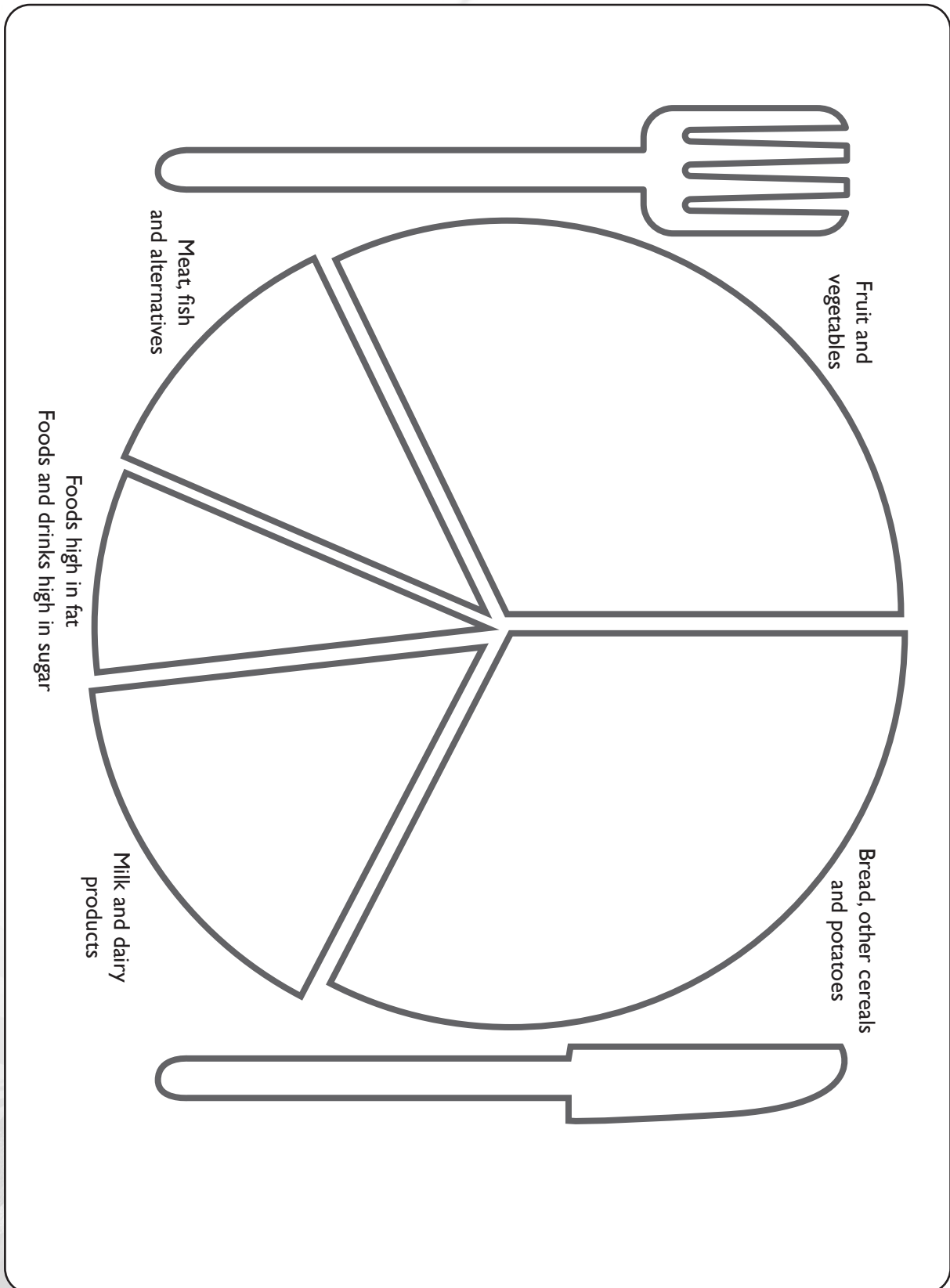
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening	Evening	Evening	Evening



# LIVING WELL

## RESOURCE SHEET B

### Healthy eating plate



# LIVING WELL

## RESOURCE SHEET C

### Meal plan

	Friday	Saturday	Sunday
Breakfast:		Breakfast:	Breakfast:
Lunch:		Lunch:	Lunch:
Dinner:		Dinner:	Dinner:
Drinks & snacks:		Drinks & snacks:	Drinks & snacks:

# LIVING WELL

## RESOURCE SHEET D

### Turn it around

For each of the statements below, give an example from a positive view of our bodies.  
e.g. 'I smell sweaty if I exercise so I won't do it' could become 'When I exercise my body works hard to keep cool and healthy. I can shower after!'

'I wish I could curl my hair.'

'I wish my body was shaped more like my friend's.'

'I wish I was good at maths instead of PE.' (or other subjects!)

'Why do I always cry when other people are upset?'

'I feel like everyone knows when I have a period.'

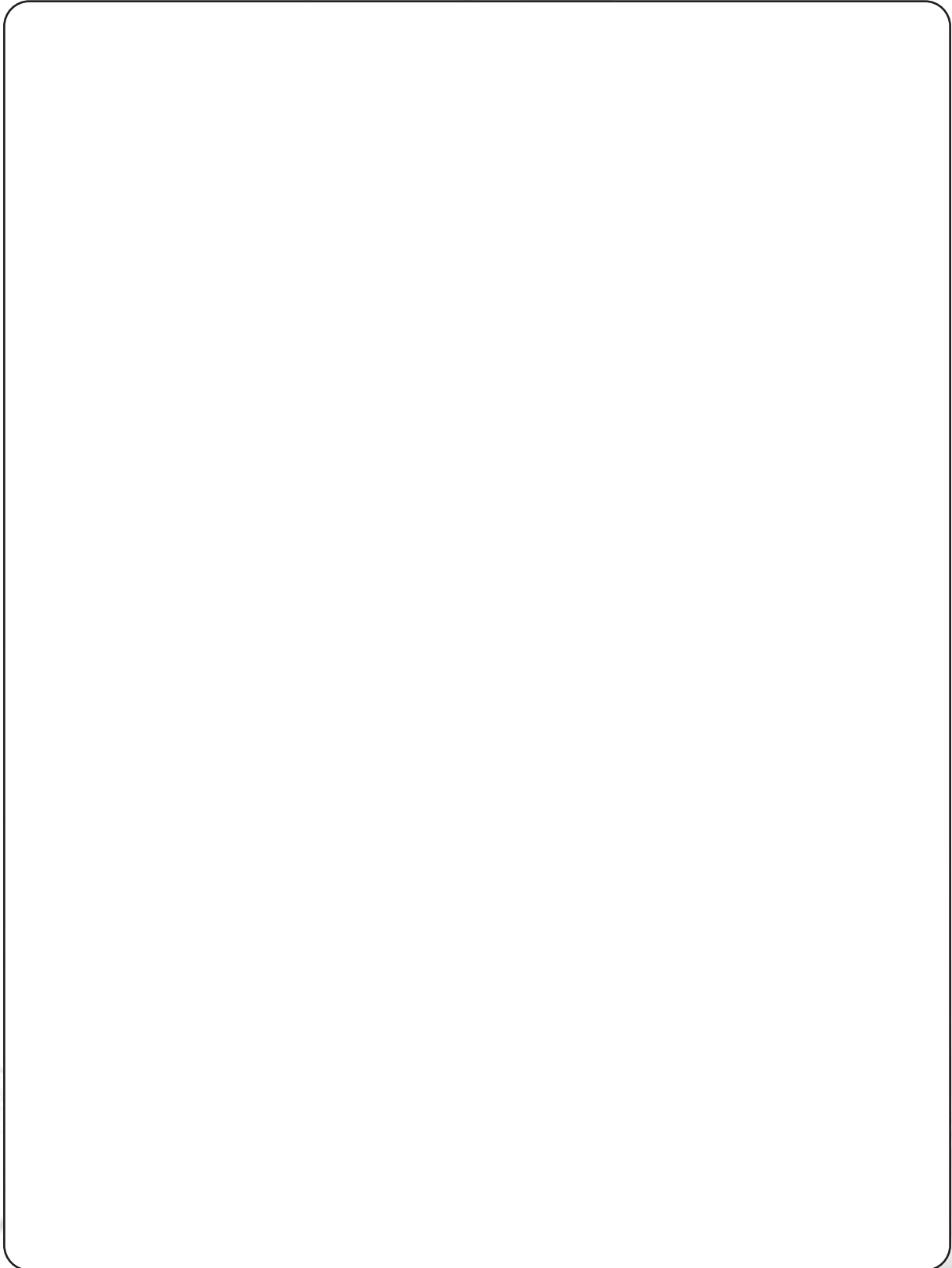
'My body is changing all the time and people will make fun of me.'

'I don't think anyone will ever find me attractive.'

'What if God is disappointed in me?'

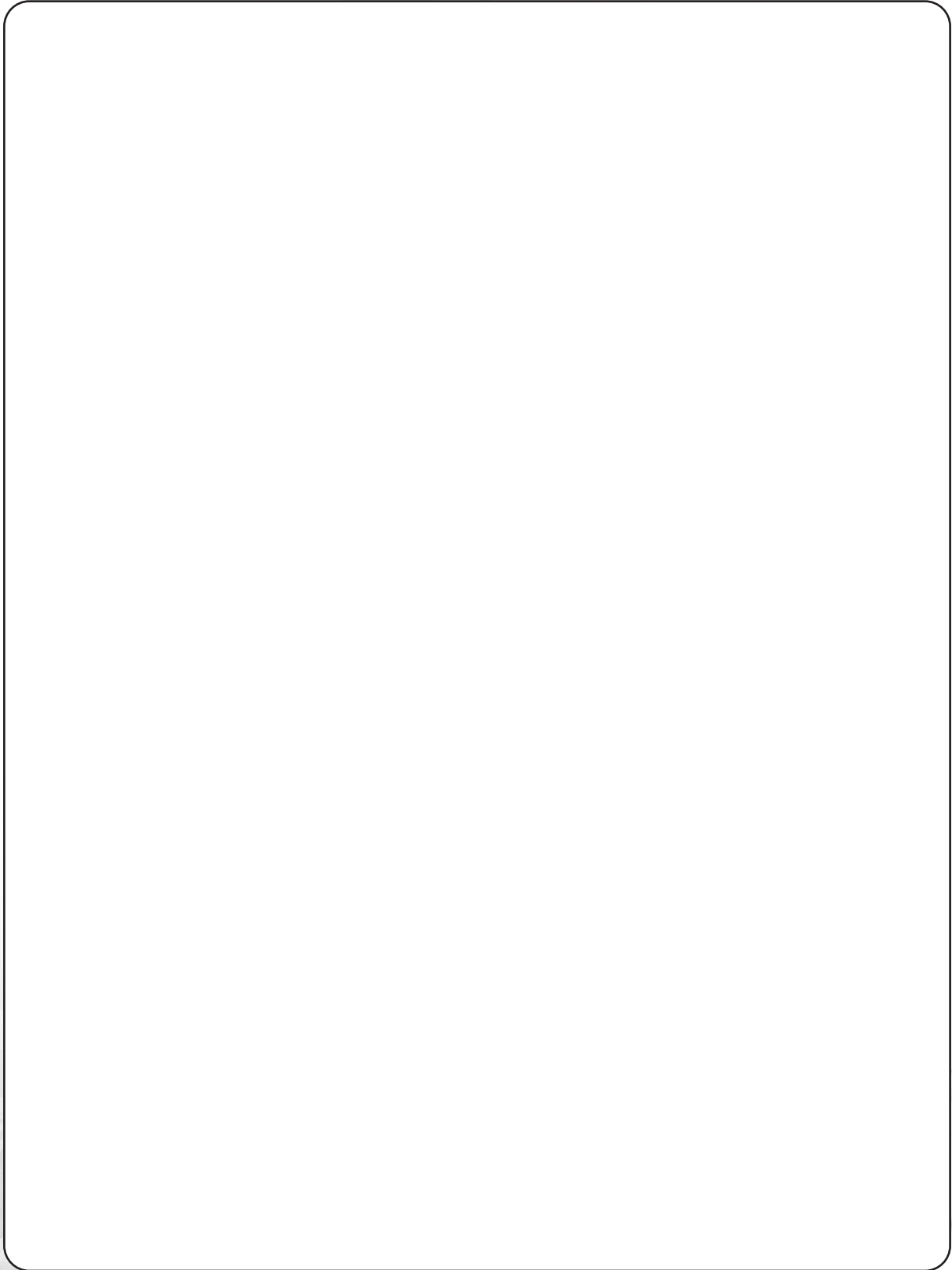
# LIVING WELL

NOTES:



# LIVING WELL

NOTES:



## Living Well

Through this track, young people will have an opportunity to engage with practical ways to keep themselves healthy; physically, emotionally and spiritually.



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