



# Wellness Sessions Facilitators Guide

**Supporting Girl Guides to deliver  
wellness sessions online.**

the  
power of  
humanity



## About this Guide

Australian Red Cross is building a better society based on people helping people. We aim to improve people's lives and build their resilience - no matter who they are or where they live.

Red Cross and Girl Guides believe that building resilience to emergencies is crucial to our health and wellbeing, as it enables us to develop techniques and habits for protection against experiences which could overwhelm us. These sessions have been developed in response to that goal.

This guide has been developed to assist Girl Guide leaders in facilitating online wellness workshops. The content has been developed utilising Australian Red Cross resources and expertise, tailored to the wellness needs of Girl Guides during COVID-19. However, the wellness practices and principles are transferable beyond the COVID-19 context. The package aims to develop the emotional intelligence, body awareness and growth mindsets of young people, in order to develop their resilience to emergencies.

The following templates and guides have been developed using the online collaboration tool, Miro. The templates for the sessions have been made available through Miro, for easy duplication of the session plans. Each of the activities has been broken down, and are accompanied by instructions and tips found within this guide. The pink sticky notes on the following pages do not appear on the template - and serve as facilitator notes.

## Running Sessions

We like to kick off sessions with two things; an Acknowledgement of Traditional Owners, and safeguarding statements.

An Acknowledgement of Traditional Owners is a way of showing awareness of and respect for Aboriginal and Torres Strait Islander peoples, who are owners/custodians of one of the oldest and unique living cultures in the world. By doing this, we are recognising the continuing connection that Aboriginal and Torres Strait Islander peoples have to their Country (land and sea) as the Traditional Owners of the land on which a meeting or event is being held. An example of what you could say is in a pink sticky note to the right.

These modules have the possibility to broach on difficult subjects, such as stress, and so you want to ensure your group is comfortable to participate to the extent they are willing. We would recommend providing some safeguarding statements at the beginning of your session. There are some examples in a pink sticky note to the right.

You may also like to explain the intent and purpose of the three sessions: Over the course of three sessions, we will be working towards becoming more resilient individuals. The sessions are broken up with practical self-care activities, and more learning/discussion based activities. Not only does this provide the opportunity to learn from each other, but it will also hopefully teach us some practical skills and techniques to use in our daily life.

If this is your first time using Miro, some practical tips on how to get going and use the whiteboard are found on the next page.

Acknowledgement of Country  
example: "I would like to pay my respect to and acknowledge the [INSERT APPROPRIATE GROUP] peoples who are the Traditional Owners of the land we stand/meet on today. I would also like to pay my respects to Elders past, present and emerging."

Safety statement example:  
- we will be exploring emotions, so you can opt out, turn off camera etc. on zoom you can send a message to the facilitator if any of the content is bothering you/or you want to step out.

# Get going with Miro

Miro is an online collaborative white board. It has lots of amazing features - but in these sessions we will be using only the sticky notes.

You will need to make a Miro account. Girl Guides has a paid Miro subscription so you will be able to use the Girl Guides account - this enables an unlimited number of boards to be created, and guest editing.

Ask Girl Guides either for access to the paid subscription team, or have them make a board with the templates for you!

We have created Session Templates with content for you to use.

Templates can be found on the left hand side options, under the cursor (select) button.

With guest editing, your group will not need accounts - just the Public link to board which can be created in the top right hand corner.

## Some practical tips for running online sessions:

1. Make sure you open the meeting a few minutes early. This will enable participants to get on a bit earlier and make sure their camera and audio is working ahead of time.

Make sure you give the group a brief run through of how to use Miro:

Click and drag to move the page  
Scroll on mouse or spread fingers on touch pad to zoom  
Double click to type in sticky note  
Single click to grab and move sticky note  
Typing is anonymous

Use the self-care activities to get the group out of their chairs and moving - it will help them learn, and stay engaged!

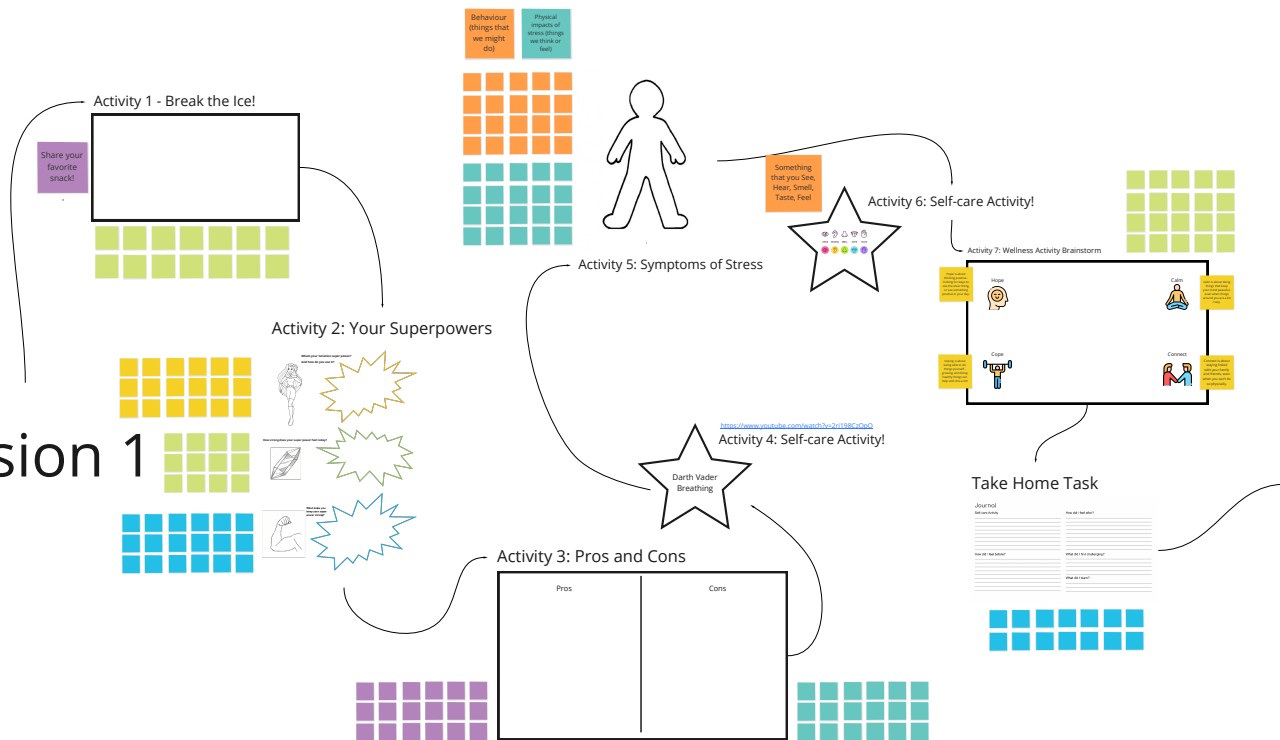
To run the sessions, we have pre-created a number of sticky notes under each of the activities.

The group writes in these sticky notes, and then drags them onto the board.

Once the group has finished brainstorming - you can have some of the group share what they wrote, or have a discussion about the ideas they've come up with.

# Session 1 Template

## Session 1

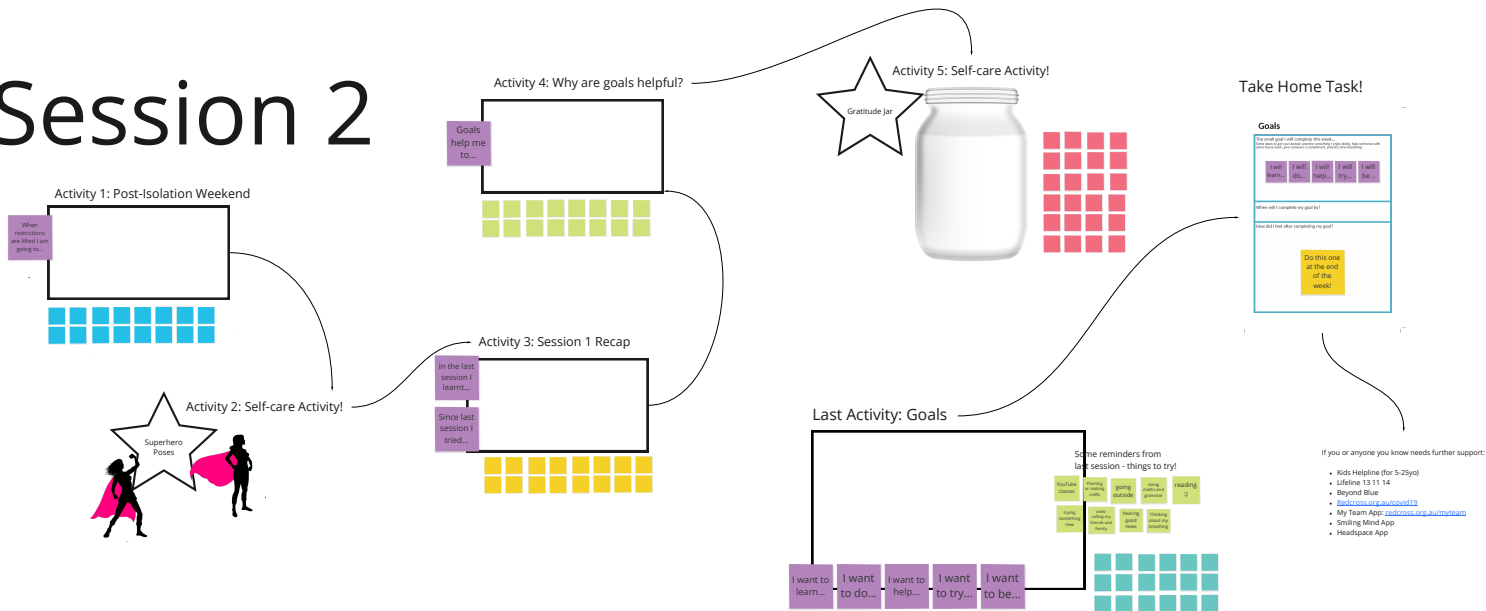


If you or anyone you know needs further support:

- Kids Helpline (for 5-25yo)
- Lifeline 13 11 14
- Beyond Blue
- <https://www.mind.gov.au/mentalhealth>
- My Teen App: <https://www.mind.gov.au/mentalhealth>
- Smiling Mind App
- Headspace App

# Session 2 Template

## Session 2



# Session 3 Template

## Session 3

### Activity 1 - Break the Ice!

If you could have an unlimited supply of one thing...

What would it be?



### Activity 2: Self-care Activity!

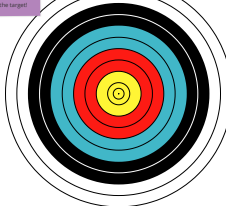


Muscle Relaxing


Feet, hands, face.

### Activity 3: Session 2 Recap

Write your goal on a sticky note and put it somewhere you can see the target.



Yellow = Goal achieved  
Red = I almost achieved it  
Blue = I gave it a good shot  
Black and white = I had a go!



### Activity 4: Self Care Activity!



### Last Activity: Goals

Wellbeing activity to do together

Goal to achieve together

Self Care activity to teach your friend



### Wellness Activity Reminders

|             |                 |                |
|-------------|-----------------|----------------|
| Take a walk | Drink water     | Get some sleep |
| Stretch     | Listen to music | Read a book    |

### Goal Setting Activity Reminders

|                        |                         |                         |
|------------------------|-------------------------|-------------------------|
| What is my goal?       | What is my first step?  | What is my second step? |
| What is my third step? | What is my fourth step? | What is my fifth step?  |

### Self Care Activity Reminders



### Take Home Task!

#### Invite a Friend!

What is my friend's name?

What is the wellbeing activity you will do together?

What is the goal you will achieve together?

What is the self-care activity you will teach them? How will you teach the lesson?

If you or anyone you know needs further support:

- Kids Helpline (for 5-25yo)
- Lifeline 13 11 14
- Beyond Blue
- [redcross.org.au/covid19](https://redcross.org.au/covid19)
- My Team App: [redcross.org.au/myteam](https://redcross.org.au/myteam)
- Smiling Mind App
- Headspace App

## Session 1 - Activity 1 - Icebreaker

Icebreakers help to get the group comfortable talking and sharing.

Ask the group to brainstorm using sticky notes based on the question "What's your favourite snack?" You can start by adding yours to kick things off

After a few minutes of sticky noting, ask each group member to share one of theirs.

Share your favorite snack!

### Activity 1 - Break the Ice!





## Session 1 - Activity 2 - Superpowers

Purpose: To connect with our strengths and how we keep them strong.

This is a strengths-based exercise. Great for starting on a positive note!

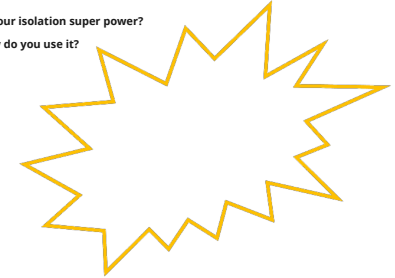
The aim is to get the group thinking about what they're good at, what they enjoy, and how they can use and improve these attributes.

Instructions: Each participant writes on a sticky note to answer each of the three questions. Share what they wrote, and why, at the end of the activity.

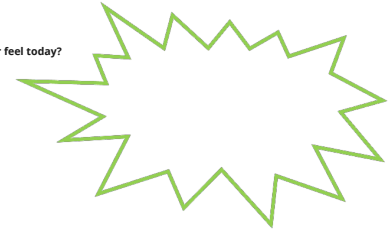
Facilitation tip: it can often help to provide some examples about yourself to get the ball rolling.

## Your Superpowers

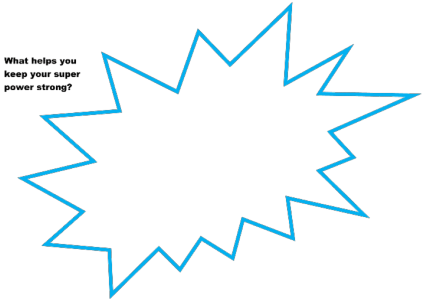
Whats your isolation super power?  
And how do you use it?



How strong does your super power feel today?



What helps you  
keep your super  
power strong?



## Session 1 - Activity 3 - Pros and Cons

Purpose: To convey that even challenging situations have pros and cons.

Focusing on the positives, while acknowledging the cons, is important during this conversation.

Instructions: Using the sticky notes, the group brainstorms as many pros and cons of isolation as possible. You may want to read some of them out, or discuss, at the end of the activity.

This activity was developed during COVID-19 restrictions. You could change pros and cons of isolation to pros and cons of another challenging scenario such as the first day of school or moving house/school.

## Pros and Cons

| Pros | Cons |
|------|------|
|      |      |



## Session 1 - Activity 4 - Breathing Self-care

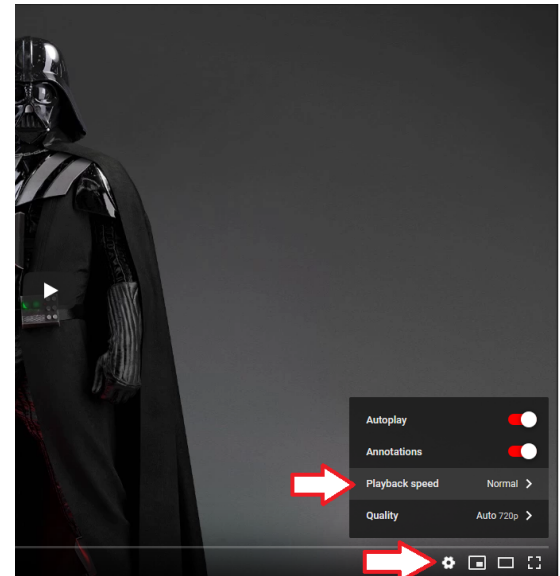
Purpose: A self-care activity to help understand how breathing can help us feel calm

Instructions: Have the group open the link. This likely will work best if everyone puts themselves on mute and does it themselves.

Speed the breathing up and down by changing the setting as per the image on the right ->  
Follow normal speed for 10-20 seconds, then 2x speed, and finally 0.5 speed.

### Self-Care Activity!

Darth Vader  
Breathing



Have a discussion with the group about which speed felt more calming (for most people the slower breathing will feel more calming)

<https://www.youtube.com/watch?v=2ri198CzQpQ>

# Session 1 - Activity 5 - Inside/Outside Signs of Stress

Purpose: To convey that everybody experiences stress differently - and all of those things are normal.

Outside signs  
- things  
others can  
see

Inside Signs  
(things we  
think or  
feel)



Symptoms of Stress

Instructions: Step 1:  
Ask/brainstorm why  
it might be helpful  
to know what  
happens to people  
when they're  
stressed?

Step 2: Brainstorm  
what happens to us  
when we're stressed  
as per the orange  
and teal sticky  
notes.

The orange sticky notes  
are 'outside' signs of  
stress. These are things  
other people can see  
us do (eg. cry,  
behaviours, facial  
expressions)

Blue sticky notes  
are 'inside' signs  
of stress (sore  
tummy, worry,  
fear)

## Session 1 - Activity 6 - 5 Senses

Purpose: Grounding exercise - this mindfulness technique brings you back into the present by identifying things from each of your 5 senses. It can be challenging - especially if you try to do 3+ things that you hear.

Instructions: tell the group to take a couple of minutes to identify something that they can See, Hear, Smell, Taste, Feel.

Explain that if we're feeling stressed, a mindfulness activity like this one can help us to feel more grounded and calm by refocusing our thoughts.

Facilitator tip: For older groups, stand up and stretch while you do this!

Something that you See, Hear, Smell, Taste, Feel

## Self-Care Activity!



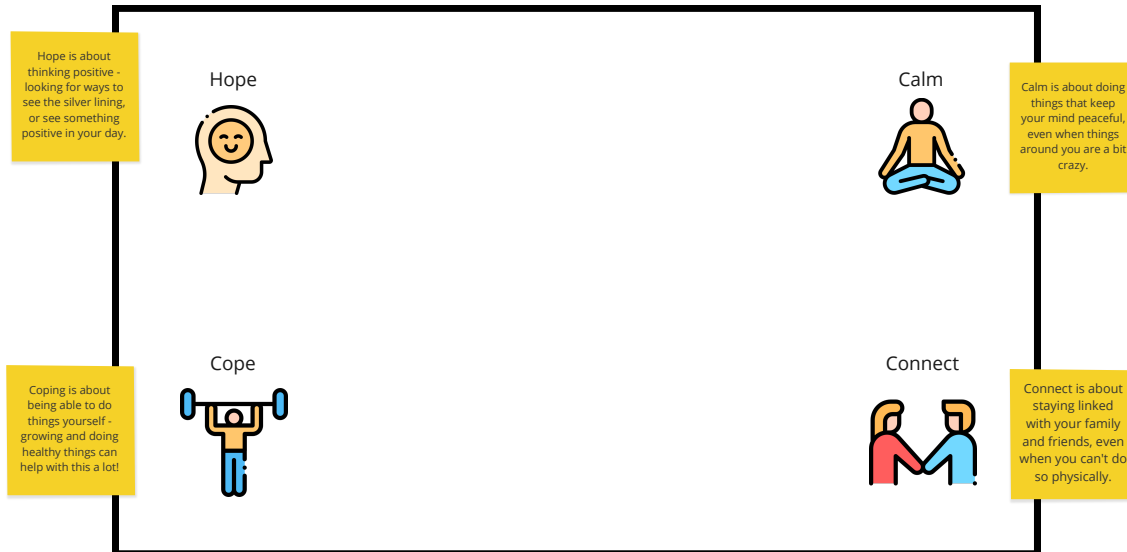
# Session 1 - Activity 7 - Wellness Activities

Purpose: Brainstorm of wellness activities - these are the things they will be doing in their Take Home Task.

Instructions: Using sticky notes, each group member brainstorms one or two wellness activities for each category - Hope, Calm, Connect and Cope. Descriptions are in the yellow sticky notes.

You may want to have some discussion around these things - or help get the ball rolling with some suggestions.

## Wellness Activity Brainstorm



## Session 1 - Take Home Task!

# Take Home Task

Purpose: Writing down activities to practice during the week helps to take the lesson beyond the session.

Instructions: Have each group member pick a wellness activity that they will try during the week.

Explain the journaling task. Take a bit of extra time to explain the 'How did I feel' questions - as these reflective exercises have high value.

Let them know that they will have the opportunity to share a bit about what they journalled in the next session.

### Journal

Self-care Activity

---

---

---

---

---

---

---

---

How did I feel before?

---

---

---

---

---

---

---

---

How did I feel after?

---

---

---

---

---

---

---

---

What did I find challenging?

---

---

---

---

---

---

---

---

What did I learn?

---

---

---

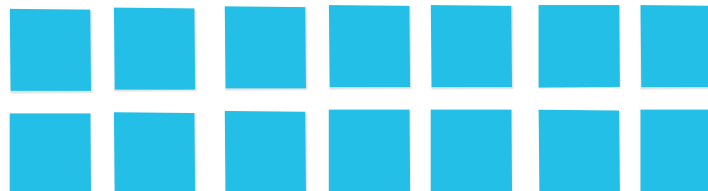
---

---

---

---

---



## Session 2 - Activity 1 - Icebreaker

Icebreakers help to get the group comfortable talking and sharing.

Ask the group to brainstorm using sticky notes based on the question "When restrictions are lifted I am going to..." You can start by adding yours to kick things off

After a few minutes of sticky noting, ask each group member to share one of theirs.

This activity was developed during COVID-19 restrictions. You can change this to any other ice breaker activity - or simply make it a 'what's your ideal weekend?' question.

### Activity 1: Post-Isolation Weekend

When restrictions are lifted I am going to...

A large, empty rectangular box with a black border, intended for participants to write their responses to the question "When restrictions are lifted I am going to...".



## Session 2 - Activity 2 - Super Hero Poses

Purpose: A self-care activity to feel strong and confident.

Instructions - it might seem silly at first, but doing super hero poses can help you feel strong and confident!

Get the group to stand up and do super hero poses - then share which one they liked best.

SuperGirl Pose: Stand up with your feet slightly wider than hip width apart, clench your fists and stretch your arms toward the sky.

Wonder Woman Pose: Stand with your feet wide apart, put your hands on your hips and stand tall and proud.



## Activity 2: Self-care Activity!

## Session 2 - Activity 3 - Session 1 Recap

Purpose: To reflect on the learnings from last session.

Instructions - have the group finish one or both of the sentences about the previous session.

Then share with the group what they wrote down.

### Activity 3: Session 1 Recap

In the last session I learnt...

Since last session I tried...



## Session 2 - Activity 4 - Why are goals helpful?

Purpose: To understand why goals are helpful for wellness.

Instructions: Using sticky notes, brain storm answers to finish the sentence.

Key point: Goals help us to feel control over our lives, make us feel calmer and less stressed.

Key point: Writing out our thoughts, feelings and goals for each day helps our mind to focus, and allows us to reflect on how our feelings and emotions are changing day to day.

### Activity 4: Why are goals helpful?

Goals help me to...



## Session 2 - Activity 5 - Gratitude Jar

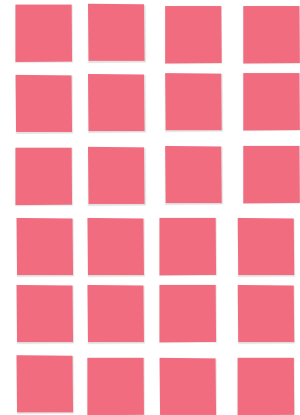
Purpose: A self care activity that helps us to feel positive, even during tough times.

Instructions: have the group write things they are grateful for on the sticky notes and place them "in" the jar.

These things can be anything! Gratitude helps us to recognise the positives in our life, and keeps us full of hope and joy.

You can ask the group to share one of the things they wrote.

### Activity 5: Self-care Activity!



## Session 2 - Activity 6 - Goals

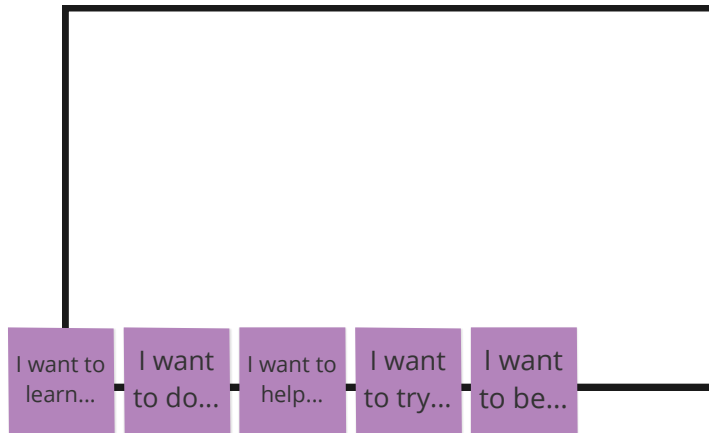
Instructions: Pull over the brainstormed wellness ideas from session 1, and have them next to this as a reminder.

Purpose: To turn wellness activity ideas into goals for practicing during the week.

Using the SMART goals framework, have the group come up with a wellness goal that they would like to work towards.

If they're stuck, they can use one of the sentence starters in purple.

### Last Activity: Goals



Specific: Well defined, clear, and unambiguous  
Measurable: Has specific criteria that measure your progress towards accomplishing the goal.  
Achievable: Attainable and not impossible to achieve  
Realistic: Within reach, realistic  
Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create a sense of urgency.

Some reminders from last session - things to try!



## Session 2 - Take Home Task!

Purpose: Writing down activities to practice during the week helps to take the lesson beyond the session.

Instructions: This is a written worksheet to help the group track and reflect on the goal they have chosen. They can simply copy the goal from the previous activity and go from there!

Remember to remind the group that they will be able to share how they went during the next session!

## Take Home Task!

### Goals

The small goal I will complete this week...

Some ideas to get you started: practice something I enjoy doing, help someone with some house work, give someone a compliment, practice slow breathing.

I will  
learn...

I will  
do...

I will  
help...

I will  
try...

I will  
be...

When will I complete my goal by?

How did I feel after completing my goal?

Do this one  
at the end  
of the  
week!

## Session 3 - Activity 1 - Icebreaker

Icebreakers help to get the group comfortable talking and sharing.

Ask the group to share using sticky notes based on the question 'If you could have an unlimited supply of one thing what would it be? You can start by adding yours to kick things off

After a few minutes of sticky noting, ask each group member to share their answer.

If you could have an unlimited supply of one thing...

What would it be?

### Activity 1 - Break the Ice!



## Session 3 - Activity 2 - Muscle Relaxing

Purpose: A quick self care activity that can help when people feel stressed.

Explain that when we're feeling stressed or worried our muscles can get tense. This activity helps us to relax physically, which can also help us to feel calmer.

Let the group know we're going to practice relaxing our feet, hands and face.

Step 1. Ask the group to close their eyes, and scrunch their feet up for the count of 5, and then say relax.



Feet, hands, face.

Step 2. Ask the group to scrunch their hands tightly for the count of 5, and then relax.

Step 3. Ask the group to scrunch their face tightly for the count of 5, and then relax. (you might get some giggles with this one!)

Step 4. Ask the group how it felt when they tightened their muscles, and when they relaxed them.

Remind the group that this is a good activity to practice any time they are feeling stressed.

Activity 2: Self-care Activity!





## Session 3 - Activity 3 - Session 2 Recap

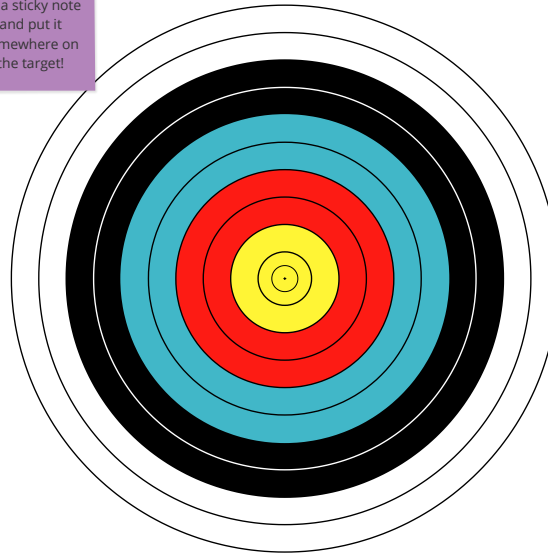
Purpose: This is a review activity for the goals the group has worked on since last session.

Have each of the individuals write the goal they worked on since the last session on a sticky note.

Then have them put the sticky note somewhere on the target, in one of the colours. The colour explanations are to the right.

Write your goal on a sticky note and put it somewhere on the target!

### Activity 3: Session 2 Recap



Yellow =  
Goal  
achieved!

Red = I  
almost  
achieved it!

Blue = I  
gave it a  
good shot.

Black and  
white = I  
had a go!

You can ask some of the group to share why they put the sticky note where they did, and perhaps ask them what they could do better, or what they would like to try next!

Remind the group that its good to look back on goals - so we know where we might have faced some barriers, or where we learnt something for next time.

## Session 3 - Activity 4 - Breathing in Colour

Purpose: Breathing in colour is an activity Red Cross uses in our Pillowcase Program which supports young people to prepare for emergencies.

### Activity 4: Self Care Activity!



#### STEP 1: PREPARE YOUR MIND

You can select which sentences you would like to use when introducing this activity, or use your own!

"One good way to prepare your mind is by learning to breathe slowly and relax."  
"People naturally breathe faster when they are worried or scared. Breathing slowly will help those feelings leave."  
"You are going to learn a special way to breathe slowly that's called "Breathing with Colour." It's a way to relax your body and your mind."

#### STEP 2: BREATHING

Tell the members to choose a colour that makes them feel calm and relaxed.

First, we need a colour to hold our good, relaxed feelings. You can pick any colour you want, any colour that makes you feel nice and happy. Maybe yellow, the colour of the warm sun. Or blue, the colour of a beautiful, clear sky. Today, I'm going to use green, because that's my favourite colour, and it reminds me of the leaves on trees.

#### Step 3.

Tell them to choose a different colour for the uncomfortable feelings they want to get rid of.

Next, we need a colour to hold our uncomfortable feelings.

Today, I'm going to use grey, because that's my least favourite colour, as it reminds me of the sky during a storm.

#### Step 4.

So we have our two colours. Now we're ready to start. Close your eyes and take a long, slow breath in through your nose. Imagine that the air you are breathing in is your good colour and say to yourself, "In with the [colour] air."

Hold the good air inside for a few seconds and let it fill you with good feelings.

Now slowly blow the air out through your mouth, as if you were blowing out a candle in slow-motion. Imagine that the air coming out of your mouth is [colour] and that you are slowly blowing those uncomfortable feelings away.

#### Step 5.

Lead practising Breathing in Colour:

In with the [good colour] air...out with the [bad colour] air...very, very slowly. Feel your arms and legs start to relax...  
In with the [good colour] air...out with the [bad colour] air. Now your stomach and shoulders are feeling relaxed...  
In with the [good colour] air...out with the [bad colour] air. Now your head, face and neck are feeling relaxed...  
Now open your eyes and keep those good, relaxing feelings inside you.

#### Step 6. DEBRIEFING

Ask members how they went with the activity:

What did you think/see/feel?  
Did anyone else feel this way too?

Did your breathing change?  
What did you find easy/challenging/interesting?

## Session 3 - Activity 5 - Goals with a Friend

Purpose: This activity is about connecting our previous goal setting, to connecting with, or helping out a friend.

We have spent the last few sessions brainstorming and learning a bunch of new wellness activities.

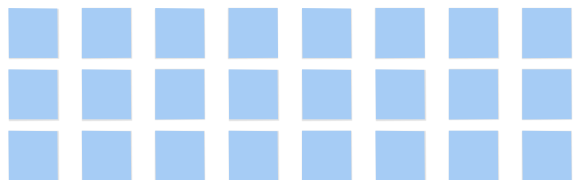
Now its time to come up with a wellness activity to do with a friend, a goal to achieve together, and a self-care activity that they can teach a friend.

Step 1: Have the group all think of a friend they would like to connect with in these things.

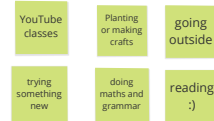
Step 2: Come up with one activity that fits under each of the purple sticky notes.

### Last Activity: Goals

| Wellness activity to do together | Goal to achieve together | Self Care activity to teach your friend |
|----------------------------------|--------------------------|---|
|                                  |                          |   |



#### Wellness Activity Reminders



#### Goal Setting Activity Reminders



#### Self Care Activity Reminders



Pull over the wellness activity brainstorming, and the goal brainstorming for inspiration.

## Session 3 - Take Home Task!

Purpose: Writing down activities to practice during the week helps to take the lesson beyond the session.

This is a written plan for the group to do after the session. Writing these things down will help them remember, and will hopefully motivate them to actually do what they've come up with!

You could add some reflective questions for your group to engage with after they have achieved each of the tasks.

### Take Home Task!

#### Invite a Friend!

What is my friend's name?

What is the wellbeing activity you will do together?

What is the goal you will achieve together?

What is the self-care activity you will teach them?  
How will you teach it to them?