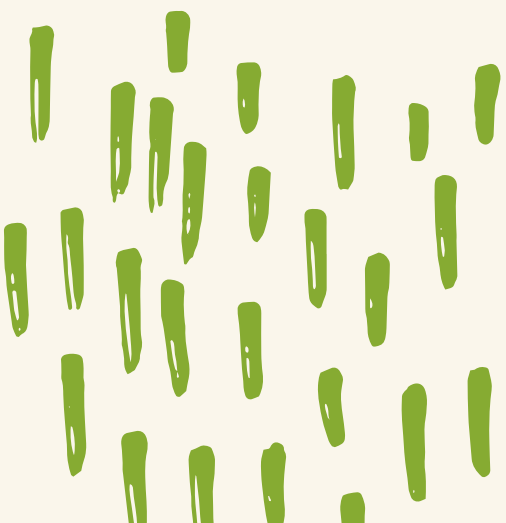




# GROWING TOGETHER CMHW 2022



## SECONDARY RESOURCE PACK



# **The aim of this resource:**

**The resource is intended to be used in form time. The session will take approximately 15 minutes. Exploring the concept of growth and resilience through Blobs and Blob trees.**

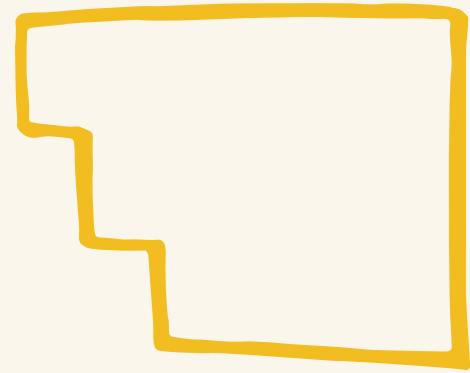
- 1. Introduce Theme of CHMW 2022– Growing Together**
- 2. ROAR Rainbow Check In**
- 3. The Socio–ecological model of resilience– with key messages**
- 4. Introduce the Blob Tree**
- 5. Use the Blob and Blobs Trees to discuss growth and resilience**
- 6. Complete the My Resilience Tree**

# **This Years Theme**

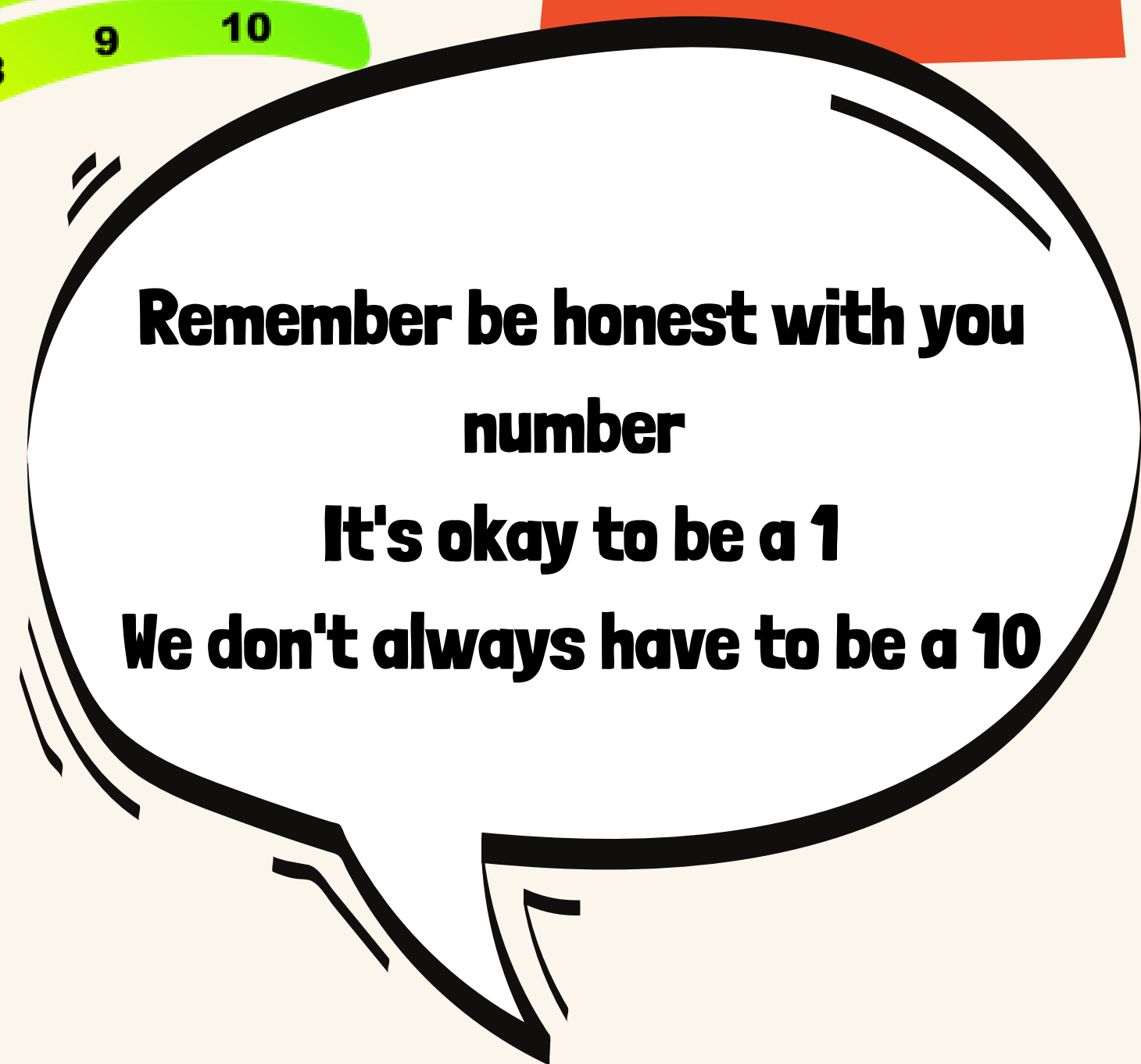
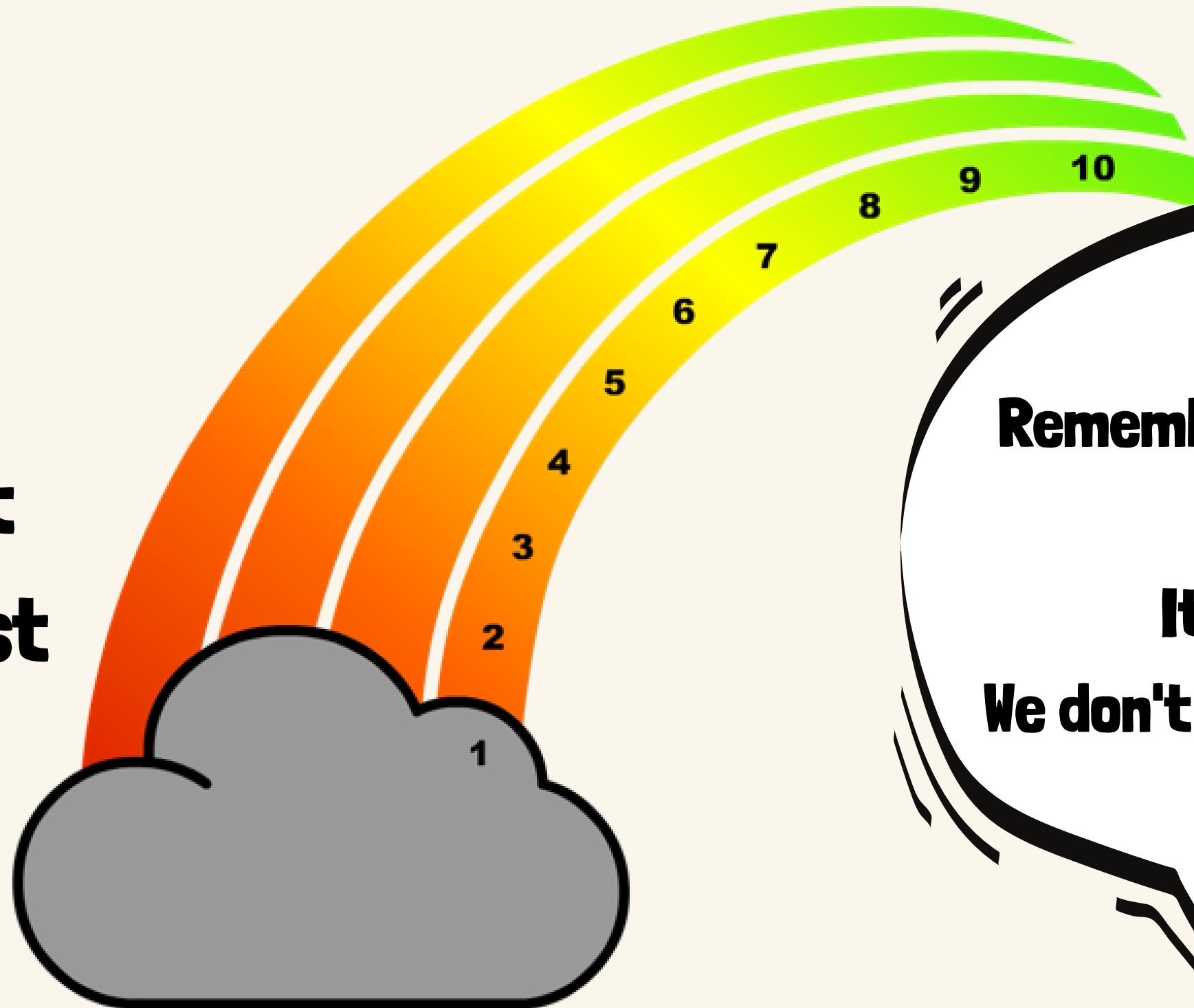
## **GROWING TOGETHER**

- **How they've grown**
- **How they can help others grow**
- **Growing emotionally**
- **Finding ways to help each other grow**
- **Challenges and setbacks help us grow and adapt and trying new things helps us move beyond our comfort zone into a new realm of possibility and potential.**
- **Emotional growth is often a gradual process that happens over time and sometimes we might feel a bit stuck.**

# Let's Check in! What number are you?

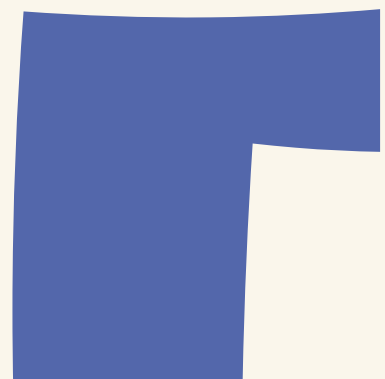


**1 Being the lowest**  
**10 Being the highest**



**Remember be honest with you  
number**

**It's okay to be a 1  
We don't always have to be a 10**



# LIFT YOUR MIND WITH S.M.A.M.I.E. CHANGES



If you or someone you know is looking to improve mental wellbeing search Reach Out Liverpool CAMHS for help and advice.



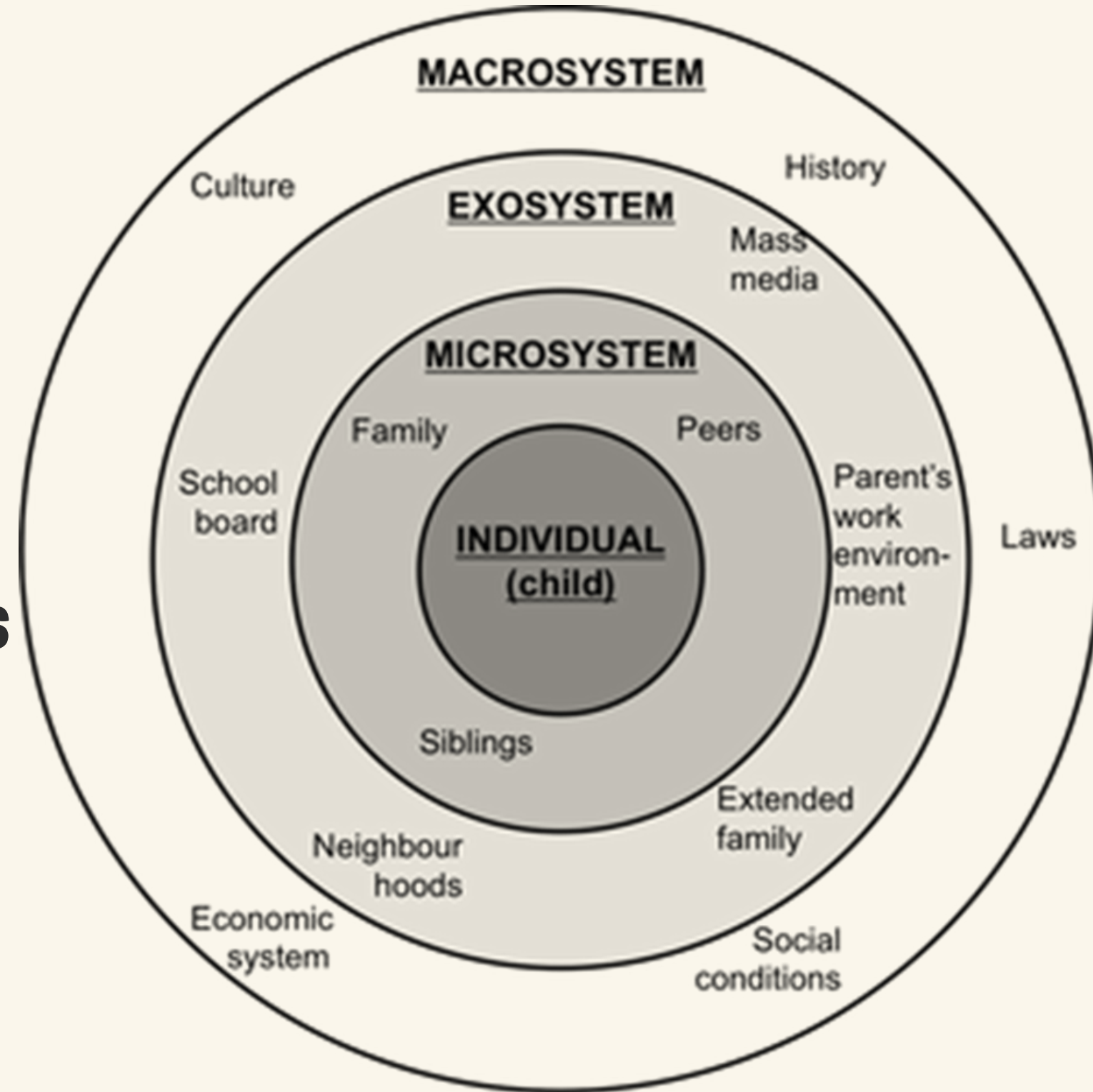
Liverpool City Council



Liverpool CAMHS  
Mental Health Services



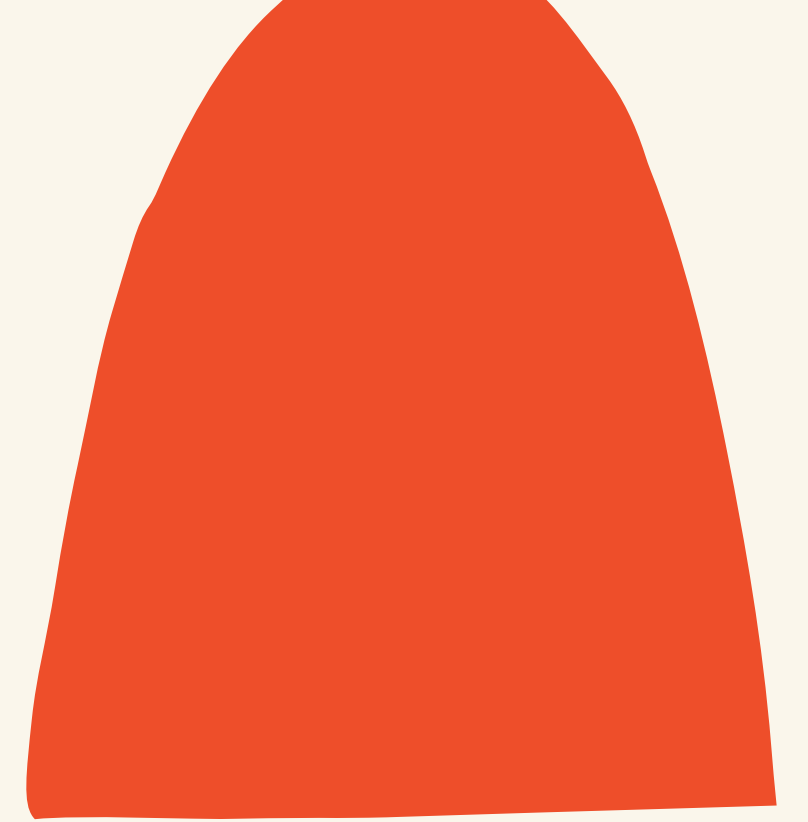
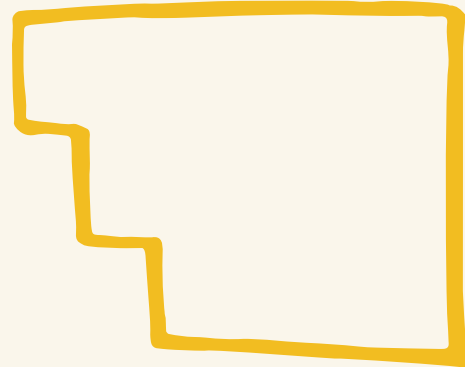
# What is resilience?



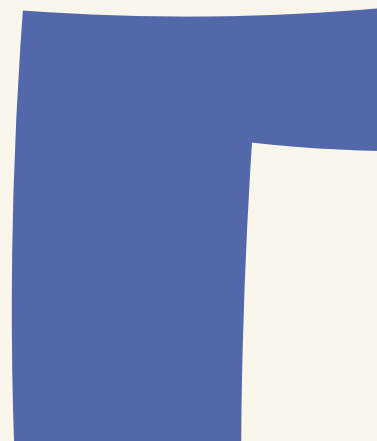
**Resilience is a tool box of social problem solving skills we develop over time. They are influenced by layers of society,**

**Resilience is not a personality trait, something we are born with. But a result of the opportunities and experiences we have and the people around us.**

# What is a blob? What is a blob tree?

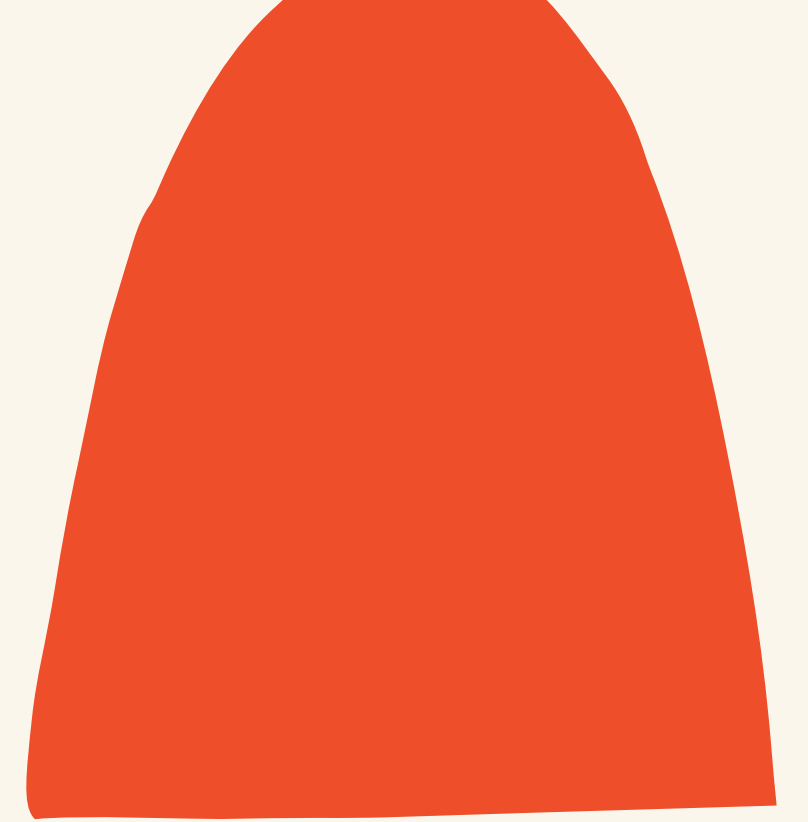
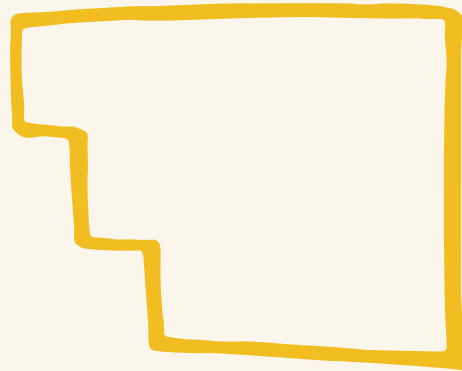


**The trees show a variety of different scenarios that people may relate to and can be used as a springboard for conversations with people of any age group. Each Blob tree comes with suggested questions that can be used to guide the discussion.**



The Big Book of Blob Trees (Blobs)  
by Wilson, Pip and Long, Ian

# Why talk about blob & blob trees?

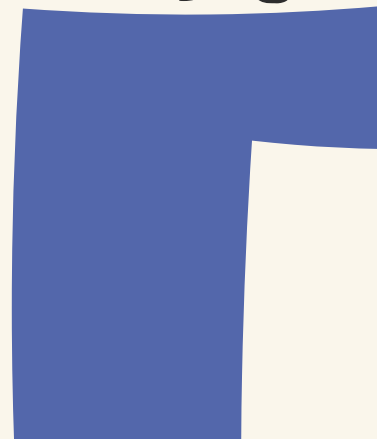


**Blob trees are a way of opening up discussions about feelings and developing understandings of emotions, empathy and self-awareness.**

**The Blobs work on the premise that there is no right and wrong. They might increase your understanding and empathy about what makes the child or young person tick.**

**The Blobs are representative of two languages ~ feelings and body language.**

**The tree stands for a group - any gathering of people, a team or a class for example.**





# Session Reflection Prompts

**Using the Blob Tree... Pick a Blob**

**How does your Blob feel?**

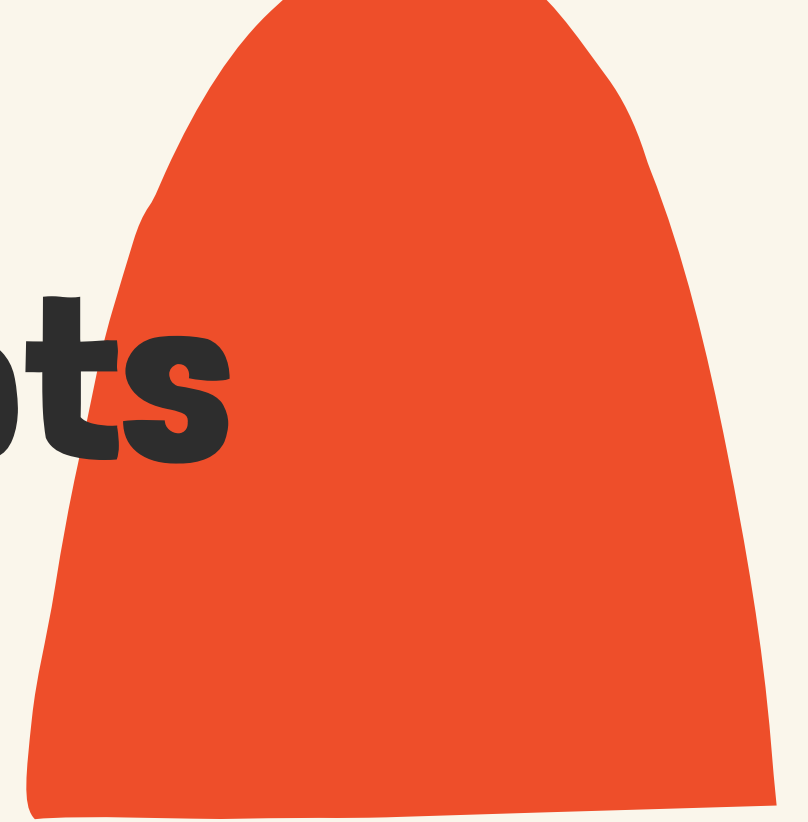
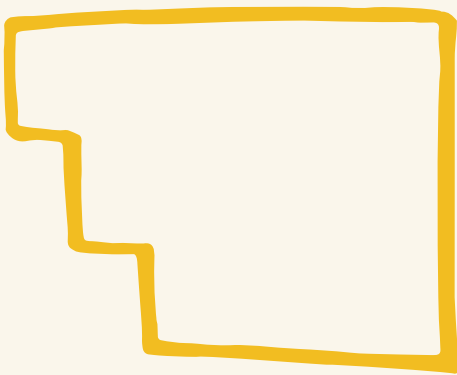
**What makes you think the Blob is feeling this way?**

**What do you notice about the two areas of the tree?**

**Which one would your blob like to be in? Why?**

**Would the Blob like to be anywhere else on the Blob tree?**

**Which part of the tree do you feel is most resilient and why?**



# Using the Blob Tree...

**Think about the micro, macro and exosystem...**

**What Can help the Blob get there?**

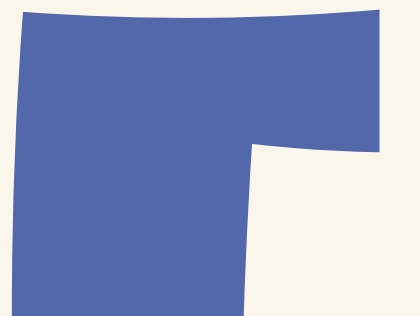
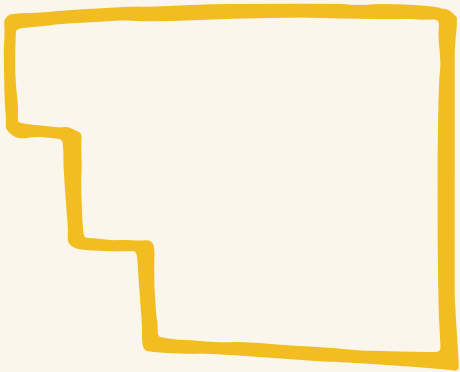
**Can any other Blobs help?**

**Do the Blobs need any tools to help?**

**Gardening tools are coping strategies or skills**

**What about the weather/ climate?**

**This represents to social environmental factors. What are they?**



# Post Session Activity

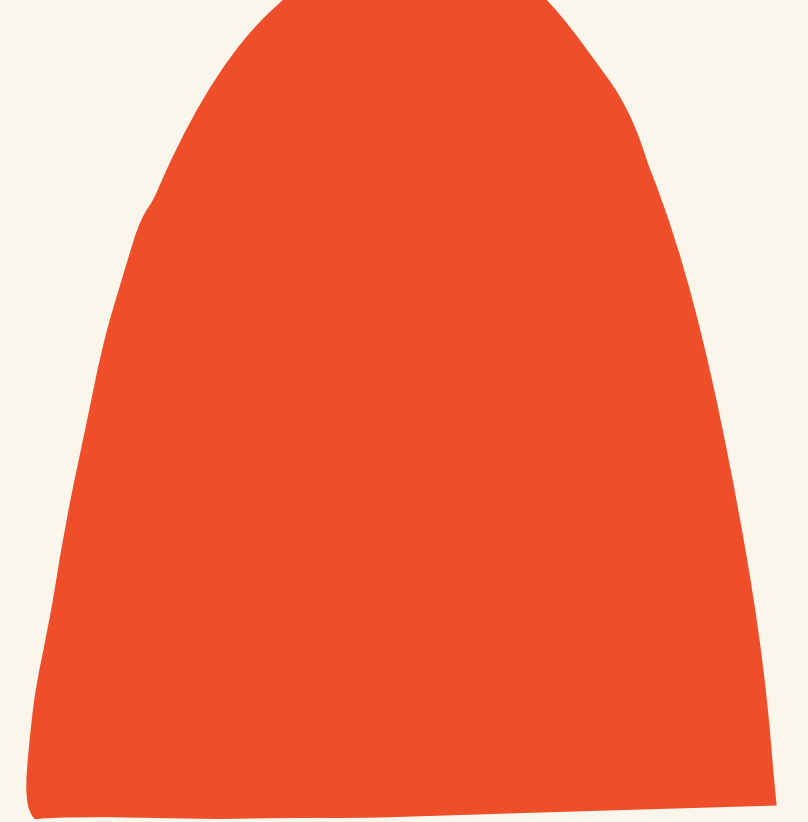
Thinking about what has just been discussed using the blobs and the blob tree. Ask the group to complete their own resilience tree:

**Roots...** Where do I come from, what has helped me grow to where I am now

**Trunk...** Who I am skills and qualities

**Branches....** What resilience factors do I have (use the resilience framework to help)

# Post Session Activity

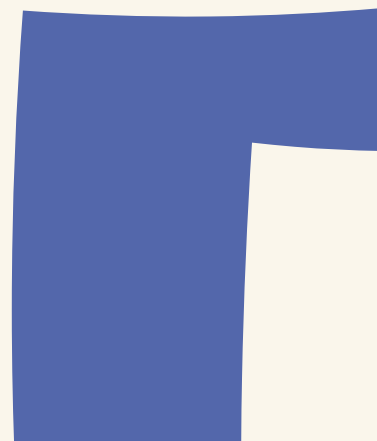


**Gardening tools...** What coping strategies do I have?


**Weather/ Climate...** What social factors or environmental factors impact in your resilience?

**Leaves...** Who are the people that can help you?

**Fruit...** What things on my tree can use to help others to grow?





BASICS		BELONGING		LEARNING		COPING		CORE SELF	
 I have a good place to live.	 I feel that I belong.	 I know my place in the world.	 I like school.	 I understand the need for boundaries and rules.	 I believe in myself.				
 Me and my family have enough money to live.	 I know what things are good for me.	 I can keep friends.	 I get on well with teachers and people who help.	 I can be brave.	 I try to empathise with others.				
 I feel Safe.	 I recognise my healthy relationships.	 I am able to maintain and keep good relationships.	 I think about my future plans.	 I am good at solving problems.	 I am self-aware.				
 I travel to where I need to go.	 I have friends who support me.	 I know my responsibilities and what is expected.	 I like to plan what I am going to do.	 I can see things from another point of view.	 I am responsible for myself and my actions.				
 I eat healthy food.	 I have good memories from my past.	 I know about my history and where I am from.	 I am proud of my achievements	 I can calm down when I need to.	 I have talents				
 I have fresh air and exercise.	 I like to try new experiences.	 I can mix with others and make friends	 I aim to develop my skills and qualities.	 I can start again because I know tomorrow is another day.	 I get medical help when I need it.				
 I sleep well.				 I have someone to talk to when I am unhappy.					
 I play and socialize with others.				 I know how to have a laugh.					
 I see that we are all equal.									
<b>ACCEPTING</b>		<b>CONSERVING</b>		<b>COMMITMENT</b>		<b>ENLISTING</b>			

# Ideas for the rest of the week



~ How have I grown reflection time



~ Book an IT suite and allow the young people explore the resilience framework app  
& Identify goals to grow

~ Growing Goals Action Plan

~ My growth gift each young person makes a pledge to help someone else grow and how





THINK IT,  
WANT IT,  
GET IT

## POSITIVE GROWTH MINDSET

Write your personal and academic goals for this term:

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# My Growth Gift

I will



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To help.....

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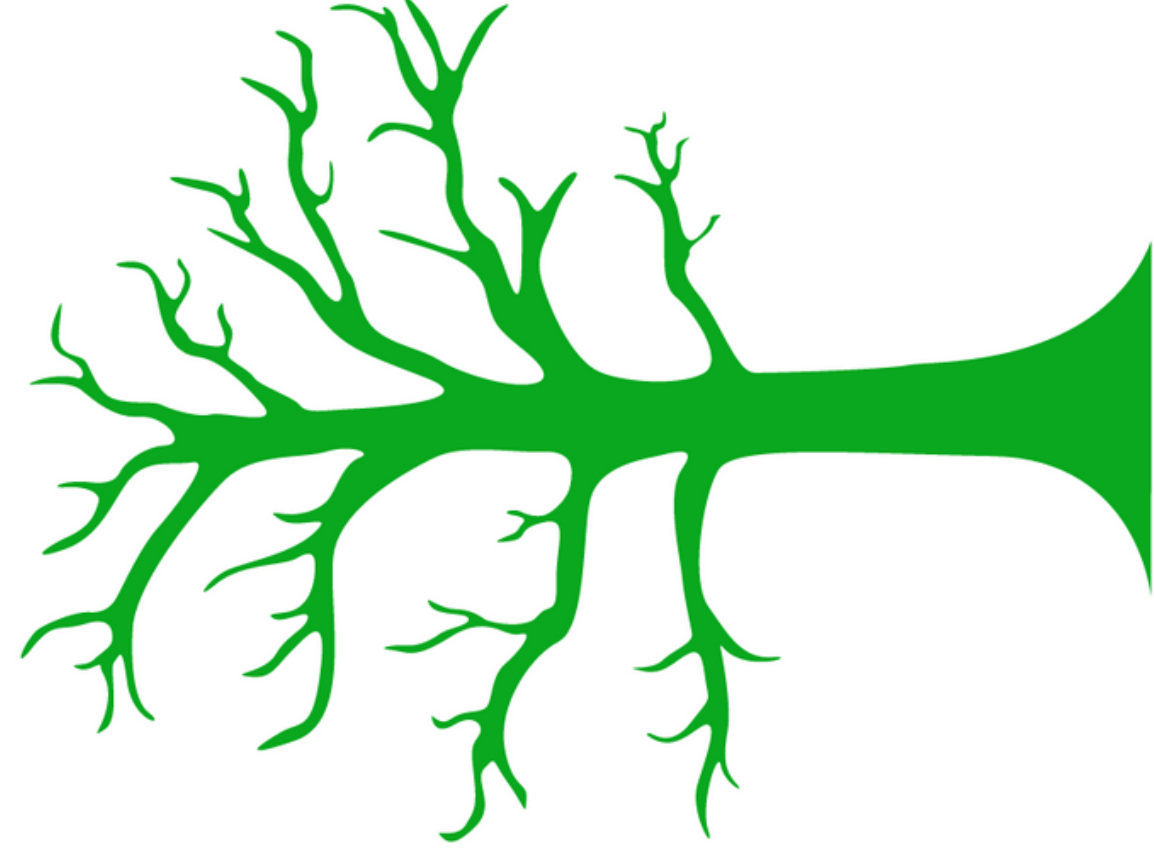
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**grow.**



**TAG US @MYARAISETEAM TO  
SHOW US WHAT YOU ARE  
DOING!!!**

