

Audience Groups 1-8 (Working Together 2010)

Methods Participant's self reflection; working in pairs; whole group

Preparation

The final, large group stage of the exercise might require 1 or 3 flip chart sheets, depending on the amount of time being given to the exercise.

Links to Common Core

Common Core 2 Child and young person development (knowledge: understand how young babies, children and young people develop). Know about the Child Health Promotion Programme and Common Assessment Framework for Children and Young People (CAF) and, where appropriate, how to use them.

Learning Outcomes

To assess parents' capacity to respond to the child's needs.

Process

This exercise is quick and should be used as an introduction to help participants think about what we might need to help us feel better, and how we might feel if our supports are removed.

This exercise depends on the trainer to set it up clearly and may need to draw on examples of ways individuals have of making themselves feel better. Helpful examples might include eating chocolate; going for a long walk; listening to music; buying something new ... and so on.

Continued ↘

Time

Total : 30 minutes
Part 1 5 minutes
Part 2 10 minutes
Part 3 15 minutes

Understanding
adult substance
misuse and
dependence

G14₁

Process Continued ▾

Part 1

Each individual to reflect on the way or ways in which she or he manages difficulties or makes themselves feel better about certain circumstances that they might find themselves in.

Part 2

Working in pairs, individuals to compare notes about what they do; why they think that is helpful to them and what difference it makes.

Part 3

All individuals brought together as a big group to share a few of these examples. Group then asked to think about what would happen if their chosen way was no longer available to them - supplies disappear; facilities close down - and to consider carefully what their response might be.

Responses can either be written up in three sections on one flip chart sheet to keep the exercise short, or written up on three separate sheets to highlight the links between responses and behaviours in the general population and the responses and behaviours of individuals who depend on and misuse substances.