

VIRTUALLY ADAPTED
ACTIVITY 2 –
THROWING STRESS AWAY
(STRESS POPPER)

ADAPTED TO ADDRESS STRESS DURING THE
COVID-19 PANDEMIC, FOR ALL GENDERS

From the Girls Circle Activity Guide, “My Family, My Self” (Session 4)

**ONE CIRCLE**
FOUNDATION

We are all connected.

To All One Circle Facilitators,

With these difficult times, One Circle Foundation wants to acknowledge you for the great work that you continue to do with youth.

In an effort to make that a little easier for you, we are adding Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and The Council for Boys and Young Men sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We began adapting these activities so the youth could participate from the safety of their homes. These adaptations are made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described. However, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback. We also want to hear of any adapted or original activities you are doing online with the youth that you serve. Please email info@onecirclefoundation.org to share the online adaption work that you’re doing, and we invite you to share with one another in our Facebook Facilitator Support Group. Visit @onecirclefoundation on Facebook to join the conversation.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Virtually Adapted Activity 2 – Throwing Stress Away (Stress Popper)

From the Girls Circle Activity Guide, My Family, My Self, Session 4

Topic: Coping With Stress

Exploring coping strategies that youth utilize when under stress as well as discussing ways to cope with stress in healthy and positive ways.

Objectives:

- To encourage youth to share how they currently cope with stressors.
- To identify ways of coping that are most effective and helpful for youth.
- Developing tools to deal with future stressors.

Key Learning Points:

- To help youth identify positive and healthy ways to deal with stress.
- How to use relaxation tools to relieve stressors.
- Explore and identify what they have learned from their families about ways to cope with stress.

Prior to the Activity: Let the youth know they will need 2 pieces of blank paper, a pen or pencil, and either some crayons or colorful markers.

Procedure to Lead Activity:

- 1 Let youth know that we will be having a discussion today about the ways that people choose to cope with stressors in their lives, especially during the pandemic.
 - **Say:** *We all feel stressed at different times, and we all learn different ways to cope, some of which are more effective than others. Sometimes we are able to cope in more healthy ways that we feel good about, and sometimes we choose ways that aren't as healthy or that we don't feel as good about afterwards.*
- 2 Tell them you will be asking them a few questions in regards to stress. If they would like to share, they can share by raising their hands. Following the discussion, we will be doing a creative activity in order to "Throw Away" the stressors they are feeling.

3 Ask the youth the following questions:

- Since the Covid pandemic began, what are some of the things that have stressed youth out? Invite the youth to share their thoughts. Give them a few minutes to respond.
- What are some of the challenges you or your friends have experienced with not being able to go to school in person and attending online? Invite the youth to share their thoughts. Give them a few minutes to respond.
- How have youth handled the stress of not going to school in person and attending online? Invite the youth to share their thoughts. Give them a few minutes to respond.
- How do you feel about going back to school in person? Do you think there will be stress with returning to school? Invite the youth to share their thoughts. Give them a few minutes to respond.
- What kinds of stress have you or anyone you know experienced having to be at home? Invite the youth to share their thoughts. Give them a few minutes to respond.
- What are some of the things that cause you to feel stressed or worried while having to stay home? Invite the youth to share their thoughts. Give them a few minutes to respond.
- What do you usually do when you feel stressed? Invite the youth to share their thoughts. Give them a few minutes to respond.
- What about people in your family and other people you know? How have they coped with stress during the Covid pandemic? How has this affected you? Invite the youth to share their thoughts. Give them a few minutes to respond.

4 Invite them to participate in a Creative Activity that is related to stress. Have the youth write on one piece of paper in pen or pencil all of the things that make them feel stressed. *See optional whiteboard alternative below for steps 3 - 9.

Let them know that after they write down the things that make them feel stressed, that they will share them with the group. Give the youth 10 minutes to write.

- 5 After they have completed the list, ask the youth to raise their hands in the chat box so that you may call on them to share.
- 6 After all of the youth have shared, ask them to take the other piece of paper and with crayons or colorful markers, make a sign with the things that help them to reduce stress. Let the youth know that they should decorate the sign however they would like. Allow about 10 minutes for them to complete their signs.
- 7 After the youth have completed their signs, ask them to raise their hand to share their sign.

- 8 After each youth has shared, thank everyone for sharing.
- 9 Next, invite everyone at the same time to take the paper with the things that cause them stress, and on the count of 3 they will collectively tear them up in small pieces. Tell them they can now get up and go to a wastebasket and throw away all the things that stress them out and then return.
- 10 Acknowledge participants for taking part in that shared stress and coping activity.

**Alternative: Use the whiteboard function with screen share and invite them to write and draw all those stressful things together and fill up the white board. After they have filled up the whiteboard as much as they can, invite them one by one to share with the group what they wrote/drew.*

Then, invite them one by one to use their “eraser” or “clear” tool from the menu bar above the screen, and to remove their stressors. Their erasers or clear tools will only remove their own text/drawings.

Once all have removed their stressors, invite them to once again use their drawing tools and colors of choice to draw a sign on the whiteboard with the things that help them to reduce stress. Once they’ve completed their signs, invite each participant to describe their sign.

Thank everyone for their participation and SAVE the whiteboard image. Let the group know that you will email or text the image to them so that all can keep this collective sign for reducing stress. They can also take a screen shot or a picture of the whiteboard to refer to when they’re feeling stressed out.

Acknowledge participants for taking part in this coping activity.

Sharing of Activity:

Invite the youth to share how it felt to **Tear Up and/or Throw Away** (or erase) the things that cause them stress.

Ask the youth to raise their hands if they would like to share. Once each person has an opportunity to share, ask them the following questions:

- What was it like getting rid of the things that cause you stress?
- What was similar or different with the things that caused stress in your life?
- How will the sign that states stress relievers help you to reduce stress?
- What do you need from the adults in your life to help support you during these stressful times?

Read the following quote:

“Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference.” – Virginia Satir

Reflection Questions:

- What do you think or feel about this quote? Invite participants to share their thoughts.
- What are some ways you can cope with stressful things in the future?
- Who has been the best role model for you in terms of positive and healthy ways to deal with stress?
- Where will you post your sign on ways to handle stress?

Application Question: *What is one thing you can do this coming week if/when you feel stress?*