

VIRTUALLY ADAPTED ACTIVITY – COPING THROUGH HARD TIMES

ACTIVITY TO ADDRESS GENERAL COPING
SKILLS THAT YOUTH OF ALL GENDER IDENTITIES
USE TO MANAGE HARD TIMES

From the Girls Circle Activity Guide, “Wise & Well” (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 – Coping Through Hard Times

Adapted from Wise & Well Session Four, Activity One: What Youth Do to Cope & Activity Three: Things I Want to Keep

Topic: Coping Through Hard Times

Youth experience difficult times. During the COVID-19 pandemic these difficult times increased for a lot of youth. In this session, youth will learn the significance of making it through past and present difficulties and challenges and explore the different ways they have learned to cope.

Objectives:

- To understand the different ways youth cope with past and present difficulties
- To identify coping styles that are healthy and/or not-so-healthy
- To explore the healthy and safe coping styles youth want to keep and continue to use
- To honor all the coping skills youth have utilized in order to survive

Key Learning Points:

- To explore the healthy and safe coping styles youth want to keep and continue to use
- To help youth identify what hard times they are having and healthy ways to cope with those difficulties
- Explore what support youth need when dealing with hard times

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

Procedure to Lead Activity:

- 1 Let youth know we will be having a discussion today about the coping skills they use when dealing with difficult times. Following the discussion, we will do a creative activity.

Say: We all experience difficult times. During the COVID-19 pandemic these difficult times increased for a lot of us. During this activity we will learn the significance of making it through past and present difficulties and challenges and explore the different ways we have learned to cope.

2 Tell the circle participants you will be asking them a few questions in regards to general coping skills that people use.

Ask the youth the following questions:

- When things get hard, what kinds of things do people do to cope under stress? *Invite the youth to share their thoughts. Give them a few minutes to respond.*
- Who do you know that copes with things really well amongst your friends or family? What do you admire about the way they cope with things? *Invite the youth to share their thoughts. Give them a few minutes to respond.*
- Think to yourself about someone you know that doesn't cope with things very well amongst your friends or family. Without identifying anyone, what do you see that person do to cope? *Invite the youth to share their thoughts. Give them a few minutes to respond.*
- What makes a "coping style" healthy? What makes a coping style not-so-healthy? *Invite the youth to share their thoughts. Give them a few minutes to respond.*
- Are there times when you've seen someone cope in an unhealthy way, but had compassion and forgiveness for them because you understand what they were going through? Tell me about a time like that.. *Invite the youth to share their thoughts. Give them a few minutes to respond.*

3 Move now to a discussion about the type of coping skills youth have used during challenging and difficult times. Say;

- Many youth cope with difficult things that happen in their lives in different ways.
- The difficult things that could be challenging for youth vary - it could be stress with school, or family problems, relationship problems or even more serious difficulties like abuse, neglect or witnessing violence, substance abuse, etc.
- Some youth may feel proud of the things they've done to cope.
- Some youth may feel ashamed of the things they've done to cope.
- We are going to do an activity next where we look at all the different coping styles with NO JUDGEMENT because the main thing is to HONOR whatever youth do to cope in VERY difficult situations just so they can go on with their lives.

4 Using the white board, invite the youth to write with the "annotate" tool any coping behaviors they have used or have seen others use. Let the youth know they will have about 5 minutes.

5 Debrief the activity:

- What kind of coping behaviors have helped you in the past?
- What kind of coping behaviors would you have liked to use in the past?
- What unhealthy coping behaviors have you used in the past and would like to replace with healthy behaviors?

Creative Activity: Things I Want To Keep

- 1 Have each youth reflect on their own experiences of coping and getting through tough times. Ask the youth to think about one coping behavior that they would like to try that they haven't used before or one that they have been successful using in the past.
- 2 Invite them to participate in a Creative Activity. On a blank piece of paper, ask the youth to reflect and draw what coping behaviors they want to add or keep. They can use words, drawings, symbols, poetry or pictures.
- 3 Give the youth 10 minutes to draw their picture.
- 4 After they have completed the drawing, ask the youth to raise their hand and you will call on them to share their drawings by holding the drawings up to their camera.
- 5 After each youth has shared, thank everyone for sharing.
- 6 Invite the youth to place their drawing somewhere so they can review their coping styles when challenges happen.

Say: You have all shared some challenges you have experienced. Please remember you can use your coping styles to navigate these challenges.

- 7 Share the following quote:
 - *"Stressed spelled backwards is desserts."* Loretta Laroche
- 8 Go around the circle one last time. Ask the Application Question:
 - **What one coping behavior can you use this week if you experience a tough time?**
- 9 Thank everyone for their ideas and participation.

Complete the session with your closing ritual.