

ONLINE ACTIVITY – STRESS OF THE HOLIDAYS & SPECIAL OCCASIONS

YOUTH IDENTIFY STRESS THEY MAY BE
EXPERIENCING AND DISCUSS WAYS THEY CAN
MANAGE AND COPE

 **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.

Online Activity – Stress of the Holidays and Special Occasions

The holidays and special occasions can bring excitement, happiness, and joy. It is time for families to come together. The holiday season and special occasions can be times that, for many, are filled with fun and connection. Yet, for others, they can be periods filled with stress and even trauma. This time of year can bring up memories of loss, create tension in homes, and present challenges as many families struggle to make ends meet.

Objectives:

- To recognize that not only do adults feel stress during this time but acknowledge that youth also experience stress during the holidays.
- Identify different stressors that youth may experience.
- Identify ways to cope with and address healthy ways to manage the stress they may be feeling.

Procedure to Lead Activity:

- 1 Let the youth know that we will be having a discussion about the stresses associated with the holidays and special occasions.
- 2 Tell the circle participants they will need some blank paper and something to write with during these activities.
- 3 Say, “During the holidays and special occasions we can all feel some kind of stress. Stress can be different for each of us. Some examples of how individuals express stress could be:
 - Crying for seemingly minor reasons
 - Biting nails, twirling hair, or show other nervous behaviors
 - Expressing complaints about physical problems including stomachaches, headaches, fatigue, diarrhea, etc.”
- 4 Say, “Take a few minutes and think about whether either you or someone you know may experience stress during the holidays or during a special occasion. Now take a minute and on a blank piece of paper write down a list of ways that stress may be expressed.”
- 5 Ask:
 - Why do you think people may experience stress during the holidays or during a special occasion?
 - What could other people say if you verbalize that you are feeling stressed during the holidays or during a special occasion?
 - How does it feel when you hear negative comments about the stress you may be feeling?
 - How does it feel when you see others celebrating and being happy and joyful when you are feeling stressed?

Summarize the Discussion:

Take time to summarize all the key points that were shared, and thank them for their level of openness and participation.

Activity 2: Managing Stress

- 1 Let the youth know they will need a piece of blank paper, a pen, crayons, colored pencils, or a pencil.
- 2 Say,
 - Take a minute and look at the list you wrote of ways stress expresses itself.
 - There are many ways and things we can do to manage our stress examples may be getting more sleep, laughing when things get stressful, or talking to a friend or family member.
 - Take a few minutes and next to each of the ways you wrote down that stress expresses itself and think about what ways would work best for you to manage the stress. Take about 5 minutes.
 - Now that you have written down ways to manage those stressors, think about what or who you need to support you in order to be successful in managing these stressors.

Sharing of Activity

- 1 Invite all participants to take turns sharing ways they can manage their stress.
- 2 Say,
 - You have all come up with some amazing ways to manage stressors.
 - What commonalities jumped out?
 - Stress can happen at any time not just around the holidays or special occasions. These are strategies you can use at any time.
- 3 Invite each person to respond to this application question:
 - **What is one thing you can do this coming week, to manage stress you may experience?**

Closing Ritual

Thank everyone for participating. Use your circle's closing ritual.