

Travellers™

On the road to RESILIENCE

**SUPPLEMENTARY
BOOKLET**

**A huge THANK YOU to
Orongomai Marae.**

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USING THIS SUPPLEMENTARY BOOKLET

This Supplementary Booklet is
a guide and a resource.

Facilitators are invited to use the
activities as they are, or to adapt
them to their particular young
people's needs.

Contents

Introduction	1
SESSIONS 1 + 2	4 - 15
Bingo	5
Travelling Safely	6 - 9
Paired Interviews	10 - 11
Diaries	12 - 15
SESSION 5	16 - 24
Feelings, Thoughts & Behaviours	17 - 19
Snakes & Ladders	20 - 23
Thinking Positively about Myself	24
Notes	25

SESSION 6	26 - 31
Time Spent Over Week	27
Muscle Relaxation Exercise	28
Visualisation	29
Breathing Exercise	30
Distraction	31
SESSION 7	32 - 35
Your Support Team	33 - 34
Scenario Cards	35
SESSION 8	36 - 39
What's in the name "Travellers"?	37
Replacement Activity Ideas	38
Celebration	39
Notes	40
ACKNOWLEDGEMENTS	41

Getting Started



BINGO

Write their name in the box, if you find someone who...

Has a pet...



Likes fruit...



Has been to movies in last week or watched a DVD...



Had a birthday in the last four months...



Has a hobby...



Chilled out with friends...



Travels by bus...



Was born in another country...



Skates...



Enjoys music...



Plays sport...



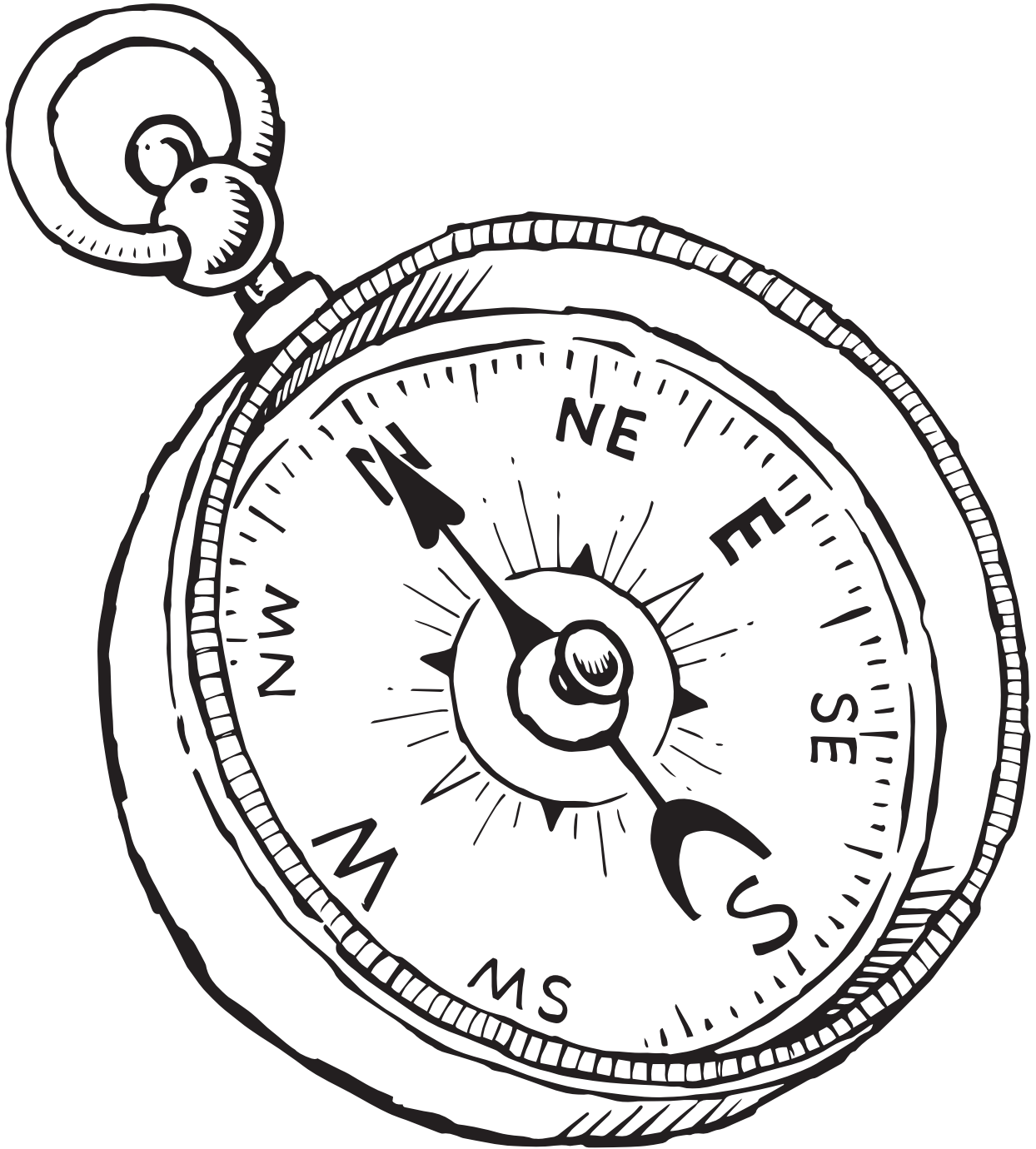
Has a brother...



Travelling Safely

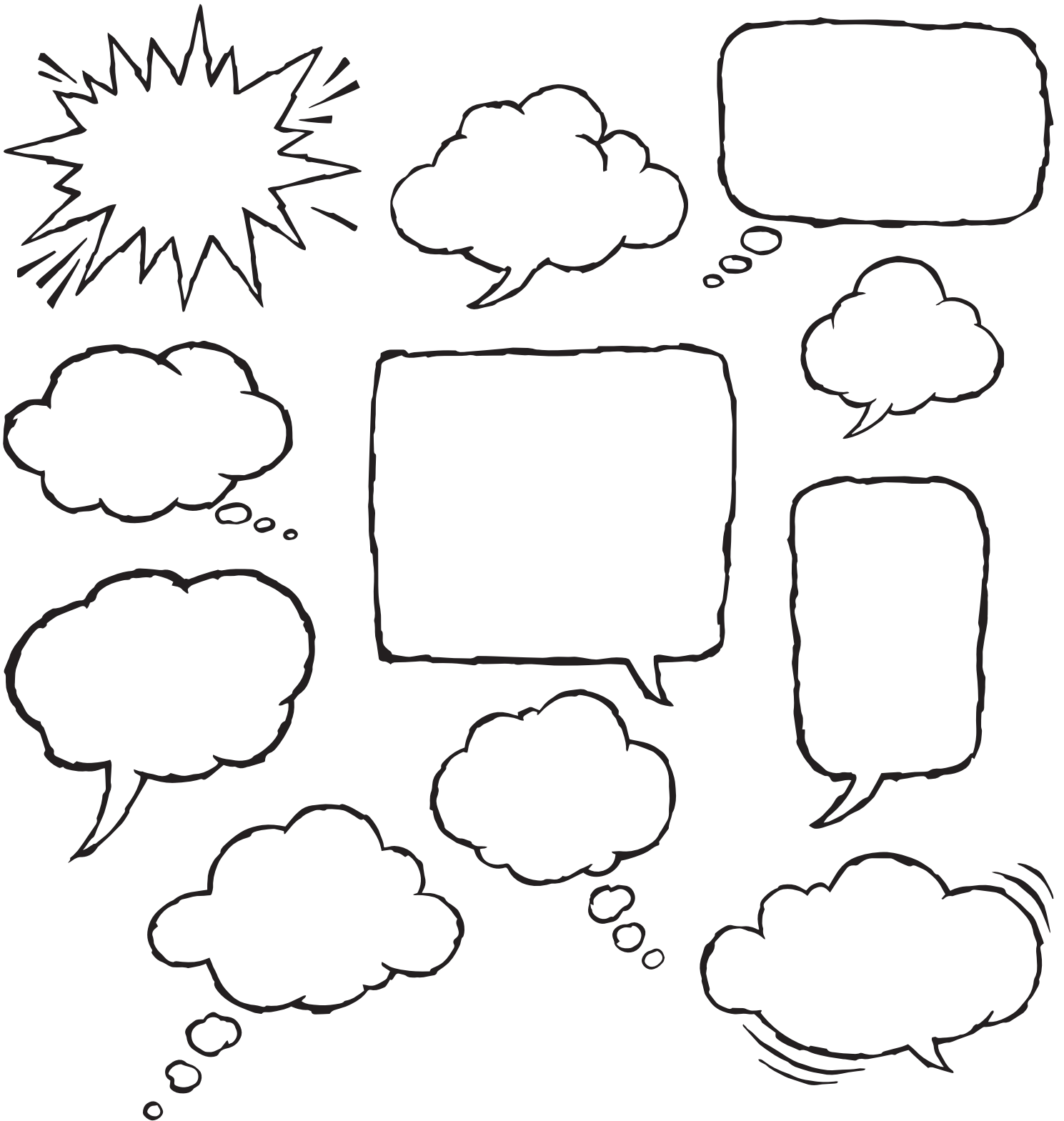


Travelling Safely



Compass can be used with or instead of suitcases.

Travelling Safely



Travelling Safely



Map of Island can be used instead of the bus, plane, waka or canoe.

PAIRED INTERVIEW

Please reiterate to your young people that questions don't have to be answered if they're too personal.

Paired Interview



Do you know what your name means?

Who is in your whānau?

Who are your friends?

Who do you live with?

What do you like doing in your spare time?

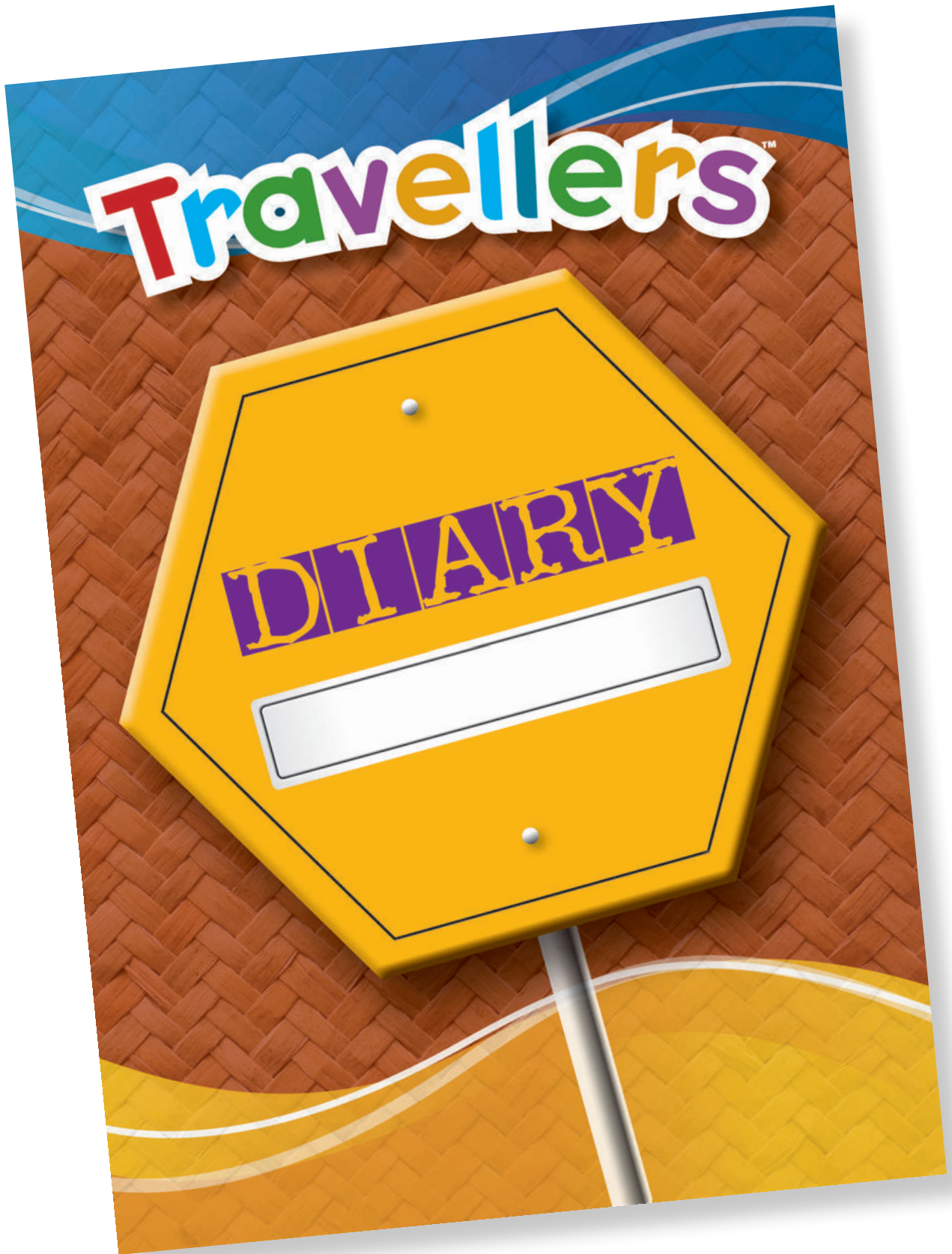
What is your hobby?

What has been the biggest change in your life so far?

What are some things you like doing with other people?

What makes you happy?

What do you do that is healthy?



Different versions of diary layout.
Photocopy them or contact Travellers to order.



Think about these things

How I felt today...

happy confident calm friendly confused anxious
satisfied bored despondent disappointed angry
sad enthusiastic relaxed energetic lonely tired
incredible sensitive overwhelmed furious isolated
beautiful special exhausted bored unfriendly
hateful bubbly fantastic curious lucky grateful

Today I felt...

Today I thought...

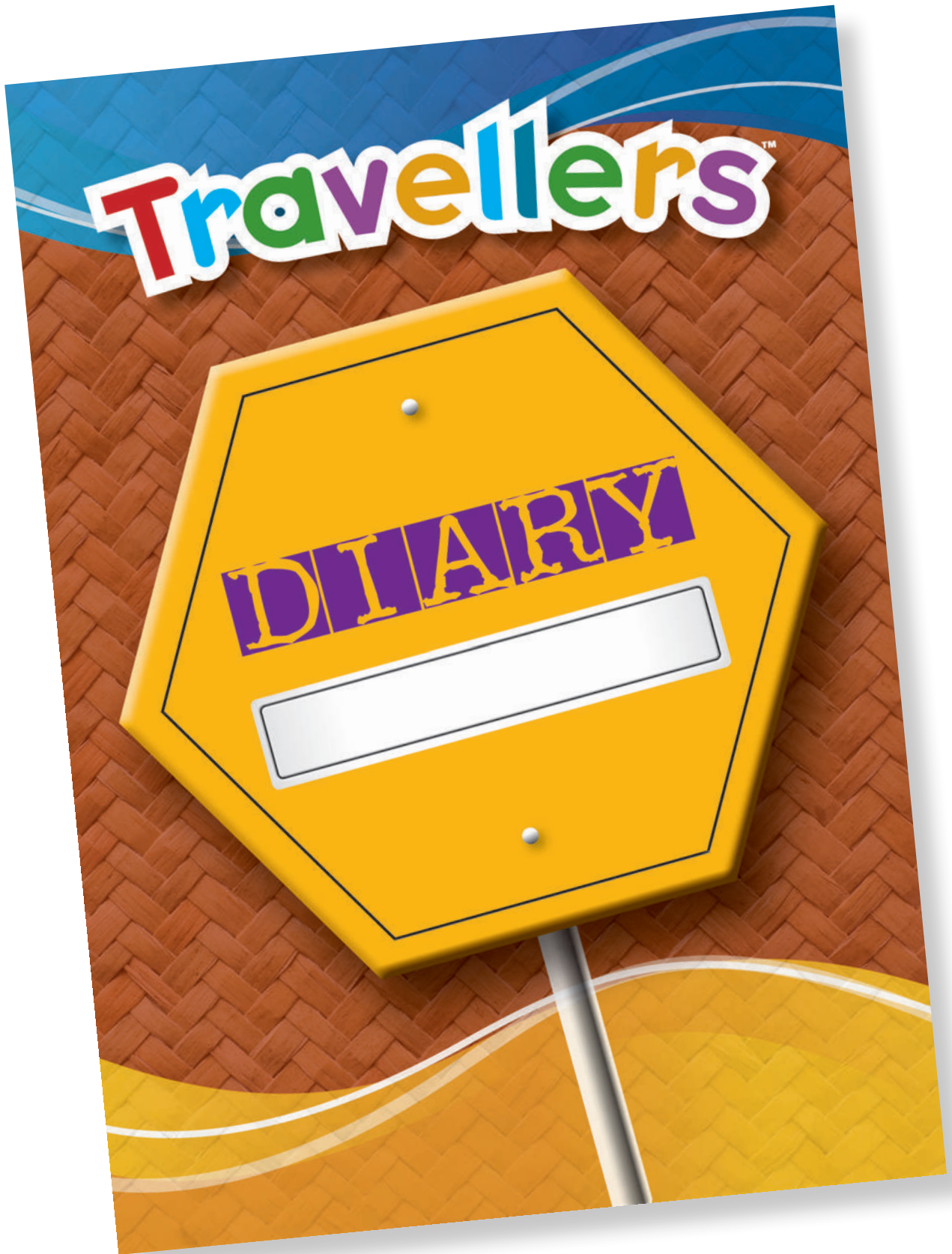
The best part was...

The most difficult part was...

Something I'd like to talk about in travellers...

Facilitator feedback...

Other things I'd like to say...



Different versions of diary layout.
Photocopy them or contact Travellers to order.





Think about these things

Today I felt...

Today I thought...

The best part was...

The most difficult
part was...

Other things I'd like to say...

15

How I felt today...

happy confident calm friendly confused anxious
satisfied bored despondent disappointed angry
sad enthusiastic relaxed energetic lonely tired
incredible sensitive overwhelmed furious isolated
beautiful special exhausted bored unfriendly
hateful bubbly fantastic curious lucky grateful



facilitator feedback...

Identifying Thoughts



**Feelings,
thoughts,
and behaviours...**

**Show the group the following
pictures and ask questions like :**

What's happening in this picture?

What's she/he thinking?

What's she/he feeling?

What's happening in her/his body?

What could you do to help/support them?

feelings, thoughts and behaviours



feelings, thoughts and behaviours



Snakes and Ladders

I walk past my friend and said "Hi", they didn't respond.

They don't like me anymore.

I walk past my friend and said "Hi", they didn't respond.

It's OK they are having a bad day.

I sent a text to my friend and he didn't respond.

He hates me now.

I sent a text to my friend and he didn't respond.

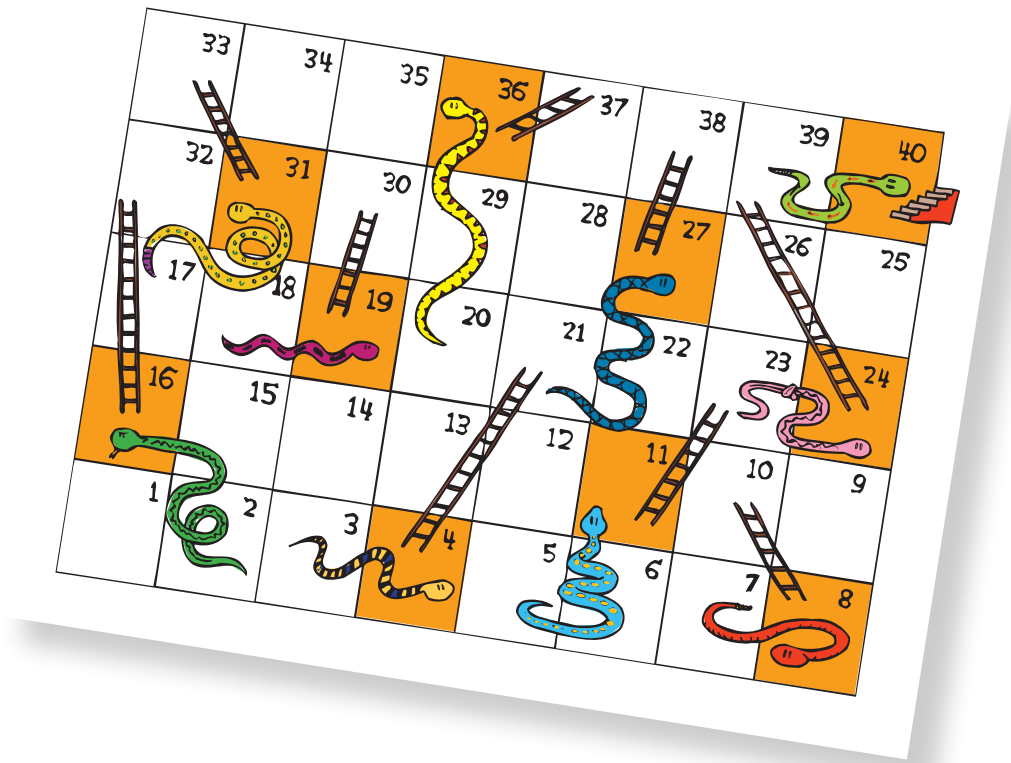
He is busy at soccer so it is all good.

My best friend is hanging out with my ex.

They must be getting together.

My best friend is hanging out with my ex.

My best friend and my ex are just friends and are actually finding a way for him to make amends with me.



Late to a course.

My tutor is going to be mad with me because I am constantly late.

Late to a course.

I rang in to inform the tutor that I'm going to be late, they said thanks for calling.

I go to the shops and the shop keeper is rude to me.

I will be be rude back.

I go to the shops and the shop keeper is rude to me.

They must be having a bad day - it's not about me.

Snakes and Ladders

Continued...

I applied for a part time job and didn't get it.

That's it, I'm useless! What's the point in applying for jobs!

I applied for a part time job and didn't get it.

I think I need to have someone look at my C.V. and practice interviews with me.

My teacher shouted at me.

I'm out of here! It's not my fault!

My teacher shouted at me.

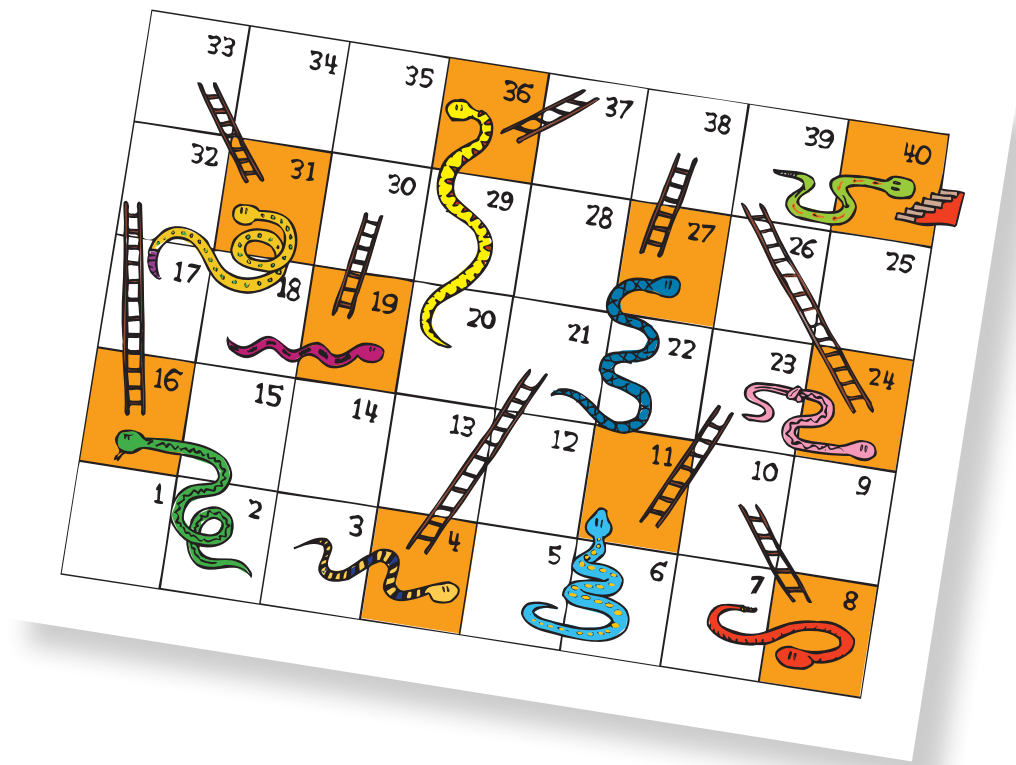
I'll wait until they are calmer and try talking again.

Everyone is wearing new label shoes and I can't afford them.

I'll never fit in and people will think I'm a loser.

Everyone is wearing new label shoes and I can't afford them.

I need to think about how I can earn some extra money. Maybe I'll ask if people have some odd jobs for me.



I didn't achieve my latest unit standard.

What's the point of trying - I'll never pass it!

I didn't achieve my latest unit standard.

I need to talk to my teacher and sort out what I need to do to pas it.

Blank thought bubble for writing a scenario.

Blank thought bubble for writing a scenario.

Some **blank cards** for writing their own scenarios...

Thinking Positively about Myself

Negative Self-talk	Identify the Feeling (behind the statement)	Positive Self-talk
No one will ever understand me.		
I will never be good enough for my parents.		
Boys see me as an object - they don't even like me. Girls only go out with guys for cars and money.		
If I don't do things my friends do they will hate me and I will have no friends.		
I will never know what to do for a job or career for the future.		
Nothing ever works out for me.		

Notes

A series of horizontal dotted lines for writing notes, arranged in a vertical column within a white rectangular frame.

Taking Action



Time spent over a week

School/Course		Homework	
Eating		Jobs	
Hygiene <small>Washing/Cleaning Teeth etc</small>		Activities/Interests	
Sleeping		Friends	
Online		Sport	
Whānau/Family		Community/Church	
Chilling Out		Other	

Muscle Relaxation Exercise...

Sit or lie down in a comfortable position. Relax yourself to the best of your ability. Consider the various muscle groups one at a time, and aim to learn the difference between tight and relaxed muscles. Try constantly to concentrate on the feeling in the muscle as it gets from tight to loose. Try to hold the tension for a slow count of five, and then relax. Avoid tensioning areas you have had problems with, or old injuries.

Hands and Arms - Clench your fists and tense your arms; feel tightness in your hands and arms, then slowly relax them. See how far they will go but do not push. Do not hold on at all; let everything go.

Shoulders - Hunch your shoulders as if you are pulling them up to your ears then gradually let them settle down. Proceed as above.

Forehead - Pull your eye brows together, then gradually let your forehead smooth out.

Eyes - Screw your eyes up tight, then gradually let them smooth out, leaving your eyes closed, feeling your eyeballs sink, and your eyelids droop. Let them get really heavy.

Jaw - Bite your back teeth together, then gradually ease off, and let your jaw get heavy.

Back of neck - Pull your chin forward on to your chest, feel tightness, then relax.

Front of neck - Pull your head back, feel tightness, then relax.

Breath - Slow and steady, letting yourself go each time you breathe out.

Tummy - Pull in your tummy tight, then gradually let it go, feeling it relax.

Thighs - Push your heels down hard against the floor, feeling the tightness in your thighs, then gradually let that feeling go.

Calves - Point your toes, then gradually let that tightness go.

Let everything go, further and further, and think about a really relaxing scene, for example, lying in the grass by the river, under a warm sun and a blue sky, or sitting by a fire in a big, comfortable chair, feel yourself getting heavier and heavier.

Visualisation...

This involves thinking of an image that you find particularly calming and soothing and imagine yourself there, for example, lying on a deserted beach or floating on a feather mattress through the clouds.

If going through a visualisation with participants, it would be useful to try to create a complete sensory experience by asking participant **questions like:**

- ★ Imagine what it would be like to touch objects in your calm scene
- ★ Imagine what smells would be around you
- ★ Imagine the different noises you would hear, like the wind whistling through trees, or waves breaking on a beach
- ★ Imagine the different colours, textures and brightness of objects in your scene
- ★ What emotions would you feel?

Visualisation could also be used to help with thoughts:

You could encourage them to think of their thoughts as clouds floating across a sky and gently drifting away.

You could encourage them to imagine a stream, with trees on its banks and leaves floating down into the water.

They can imagine placing their anxious thoughts on a leaf that falls down from a tree, into the water and gently floats away downstream.

In these exercises it is important for participants to try and create as much detail as possible in their images.

Breathing Exercise...

Often people who are anxious or stressed breathe shallowly into their chest, rather than deeply into their diaphragm. One way to breath from your diaphragm is to put your hands up behind your head with fingers interlinked. Then breathe deeply through the nose for the count of four, and out through the mouth for the count of four.

Distraction...

Distraction techniques:

Mental Games: Doing puzzles, crosswords or other word games, reciting a poem, singing a song or counting backwards from one hundred, are all useful distraction exercises. The important thing is that they take your attention away from the negative thoughts.

Environmental Focus: Concentrating on a specific detail of the world around you, for example, making words from the number-plates of cars or guessing what people do for fun. Focusing on the outside world will prevent you thinking about what is going on inside.

Using a bridging object: This might be a photograph or a special belonging or a souvenir from a happy time. Looking at the object generates positive thoughts.

Physical activity: Giving yourself a task to do takes your mind off worrying thoughts, for example, making a hot chocolate, changing the music or washing up after a meal. Keeping yourself physically active and mentally distracted from worrying thoughts by engaging in sporting activities is one of the best insulators against stress.

Mobilising Your Support Team

SESSION

7



Me

Your Support Team

Write down the name of the person who you can call on to be your support team, in these situations...

- ▶ you're having difficulty with your course work
.....
- ▶ you hear that you are going to receive a special award
.....
- ▶ you hear that someone has spread a nasty rumour about you
.....
- ▶ a group is threatening to fight you
.....
- ▶ you feel really ill
.....

Someone who...

- ▶ I have fun with
.....
- ▶ really listens to me
.....
- ▶ makes me feel good about myself
.....
- ▶ I can be myself around
.....
- ▶ can give me practical support
.....
- ▶ I can rely on in a crisis
.....
- ▶ introduces me to new ideas, new interests, new people
.....
- ▶ helps me to make sense of things
.....
- ▶ helps me to look at things positively
.....

My friends might realise I need support when...

Scenario Cards.

You have friends who do not attend any course.
They keep telling you to wag your course and you don't want to.
Who will you talk to about this?

You are feeling really low because your parents have been fighting and this has upset you.
You want to talk to a friend about it and also to get out of the house for a few hours.
How will you approach your friend?

Your older sister has been very sick in hospital and you have had to stay home to look after your younger brother. You are not coping with your course work and cannot get your assignments done on time.
How will you approach someone for help?

You are behind in your work for your course.
Your tutor has said you might not achieve your unit standard.
How will you approach your tutor for help?



Think about other situations for your students and ask them as well - write them on the blank cards provided.

Making Sense of the Journey So Far



What's in the name "Travellers"?

Write the letters of the word Travellers on the board or on a large sheet of card and ask the group to come up with ideas for a word for each letter that reflects some of the key concepts and ideas they have learnt in the Travellers group.

Here's an example :

T - take time to think about things calmly

R - resilience

A - ask for help when you need it

V - value your support network

E - enthusiasm

L - life is do-able

L - like yourself

E - enjoy life

R - respect yourself

S - seek real friends

Replacement Activity Ideas

Other activity ideas throughout the programme :

- Do the Life Map with objects around the room i.e. obstacles in life could be represented by a table which signifies bullying.
- Use doors as a metaphor for choices and risks we take in life.
- Include poems in the programme e.g. The Road Less Travelled, Footprints etc.
- Use Psychodrama.
- Giant life size snakes and ladders drawn with chalk and using door snakes.

Celebration

To celebrate the Travellers journey at the end of the final session do one or more of the following :

- A proper Travellers certificate.
- A photo collage of the overall experience.
- Help them come up with their own personal affirmation.
- Medals.
- Make a timeline around the walls of the students journey.
- Photo of class, scrap book/photo album.
- Awards at the end as you go through song about journey.
- Group trip.
- End of course feed.

Notes

A series of ten horizontal dotted lines for writing notes.

**This resource was
made possible by the
following contributors
and funders:**

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Skylight



Travellers™

www.travellers.org.nz

