

HOW TO USE THE WELLBEING GALLERY

2 TIME NEEDED TO DO THE ACTIVITY

Recommended time: 30 minutes to 1 hour.

1 RESOURCES THAT YOU NEED BEFORE YOU START

Copies of the Wellbeing Gallery template printed out for each participant doing this activity.
We strongly recommend printing on A3 size paper.
Coloured pens.
A table/cluster of tables for participants to work on.

Safeguarding

- This activity could prompt sensitive conversations. Remind participants that they should share what feels comfortable in the group.
- Complete your Risk Assessment before doing this activity.
- Be clear about who participants can talk to in YOUR organisation if they need further time to discuss an issue of concern.
- Provide up to date information about other resources and services that young people can access if they need on going support.

ALLOW ENOUGH TIME FOR PARTICIPANTS TO COMPLETE THIS ACTIVITY AND FEEDBACK THEIR RESPONSES

3 INSTRUCTIONS FOR PARTICIPANTS

Explain the concept of the Wellbeing Gallery (see 'Concept and Results sheet').

Ask each person in your group to think about the activities they do to look after their mental health.

4 COMPLETING THE ACTIVITY

Invite each participant to fill in each of the picture frames in the Wellbeing Gallery with an activity that they do to look after their mental health.

5 DEBRIEF

Once all participants feel they have completed the task, invite members of your group to share what they included in their Wellbeing Gallery.



6 PROMPTS FOR DISCUSSION

How did it feel completing the activity?

Are there any common links across the activities that participants shared?

Are there any activities shared that participants would like your organisation to do more of/adapt to support their mental health?

Are there new activities that you and the participants could explore doing together in your organisation to support the participants' mental health?