

Teacher

Good Relations Digital Resource



Dear Teacher

Welcome to Antrim and Newtownabbey Borough Council's Good Relations Digital Resource. This resource aims to promote personal well-being and connecting with others.

The themes included within this resource are;

- Connecting with Others
- Promoting Respect and Understanding of Others
- Emotional Resilience
- Affirmations
- Positive Self-Image

At times within the videos, you will be asked to pause the video for your pupils to draw or write something. You will find the Help Now! Stations that go with the Emotional Resilience video at the back of this booklet.

We hope you and your pupils find these resource useful, and would welcome your feedback via goodrelations@antrimandnewtownabbey.gov.uk

Kind regards,

ANBC Good Relations Team



Connecting With Others

Link to Volunteer Now

<https://www.volunteernow.co.uk/volunteering/youth-volunteering/>

What to do if you are being bullied online:

<https://www.bullying.co.uk/cyberbullying/what-to-do-if-you-re-being-bullied-on-a-social-network/>

There is a link below to another short video that may be useful. Please review before showing it to your pupils to ensure it is age appropriate:

<https://www.youtube.com/watch?v=MV5v0m6pEMs&t=2s>

Promoting Respect and Understanding Others

You can find more information about the Global Village Concept at:

<https://www.nationsonline.org/oneworld/global-village.htm>

There are several short videos about the Global Village Concept on you tube:

<https://www.youtube.com/watch?v=A3nllBT9ACg>

or

<https://www.youtube.com/watch?v=FtYjUv2x65g>

or

<https://www.youtube.com/watch?v=jmRjxtti4g4>

For more information on the Gall Peters Map please follow the link:

<https://www.oxfordcartographers.com/our-maps/peters-projection-map/>

Another useful video clip about Diversity is '3 Beautiful Human Minutes', please preview this whole video to ensure it is suitable for the age group you are working with, thank you:

<https://www.youtube.com/watch?v=HcwjkalM718>

Emotional Resilience

The Community Resiliency Model (CRM)® Training was created by Elaine Miller-Karas, LCSW, the co-founder and Director of Innovation, Vision and Creativity of the Trauma Resource Institute (TRI).

You will find the Help Now! Stations that go with the Emotional Resilience video at the back of this booklet. Usually, we would ask you to print these and display them around the room or school so the young people can access them whenever they need to – however with covid restrictions this might not be possible. People should be invited to explore each of these. There will be some stations that people do not like, for example anyone that has experienced violence may not like the one where they are invited to push either their hands or their back against the wall. Likewise, people that have difficulty with textures may not like the touch a surface station or people that don't like maths may not like counting backward from 20. This exercise should be by invitation only, let the young people explore the stations they want, to enable them to find what works for them.

The Community Resilience Model® is programme of the Trauma Resource Institute <https://www.traumaresourceinstitute.com/> They also have an app called iChill that you or your pupils might find useful.

The Six Skills



*Created from idea by Nobuko Hattori, PhD and Certified CRM Teacher

Affirmations

If your pupils need help creating their affirmations please see the tips below:

1. Start with the words "I am." These are the two most powerful words in the English language. If this seems too far for the pupil to go try "I can" or "I am learning to".
2. Use the present tense.
3. State it in the positive. Affirm what you want, not what you don't want.
4. Keep it brief.
5. Make it specific.
6. Include an action word ending with-ing.
7. Include at least one dynamic emotion or feeling word.
8. Make affirmations for yourself, not others.

Or you can find 101 examples for young people at:

<https://www.thepathway2success.com/101-positive-affirmations-for-kids/>

Positive Self Image

Please see below links to more information regarding some of the topics covered in the presentation. We have also provided a workbook for the young people to work through. Please help them to find positive, empowering, present tense statements when they are creating their new self-image sentences. If you need any help, please feel free to contact Valerie Crozier-Nicholl at: valerie@kaleidoscopevcn.co.uk

1:400 Trillion video:

<https://www.youtube.com/watch?v=KFkEGGNYS4k>

Why the 1:400 trillion statistic is actually wrong!

<http://www.davidtaylorblog.com/a-statistic-i-have-been-quoting-that-is-completely-wrong/>

Super hero pose:

<https://www.psychologytoday.com/gb/blog/the-superheroes/201107/why-you-may-want-stand-superhero>

Super hero pose:

<https://fusionpta.com/superhero-pose-increases-confidence/>

Help Now Skill: Station

1

Drink a glass of water



What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

2

Name six colors you see in the room (or outside).

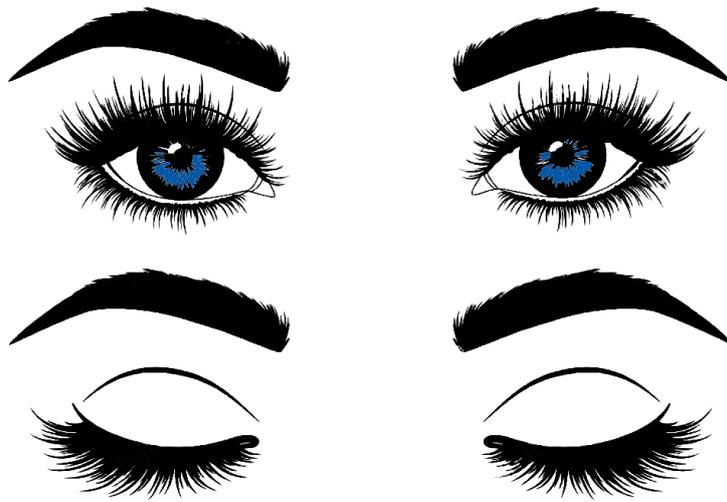


What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

3

Open and close your eyes

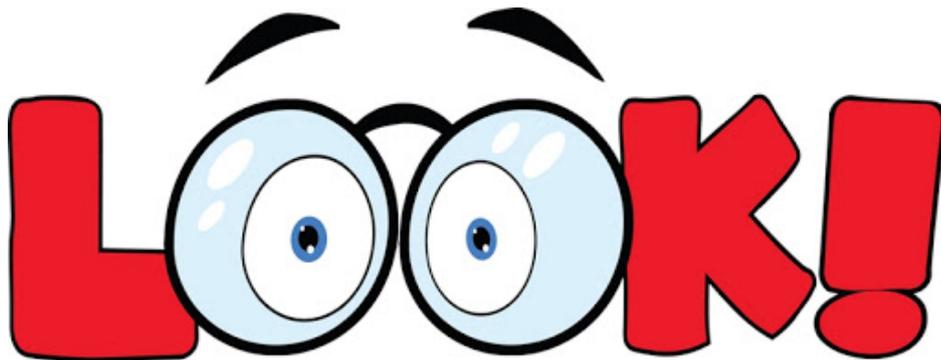


What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

4

Look around the room
or wherever you are,
paying attention to
anything that catches
your attention.



What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

5

Count backwards
from 20 as you
walk around the
room.

TWENTY

NINETEEN

EIGHTEEN

SEVENTEEN

What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

6

**If you're inside or outside,
notice the furniture, tree,
wall, a surface..and touch
the surface, noticing if it is
hard, soft, rough, etc...**

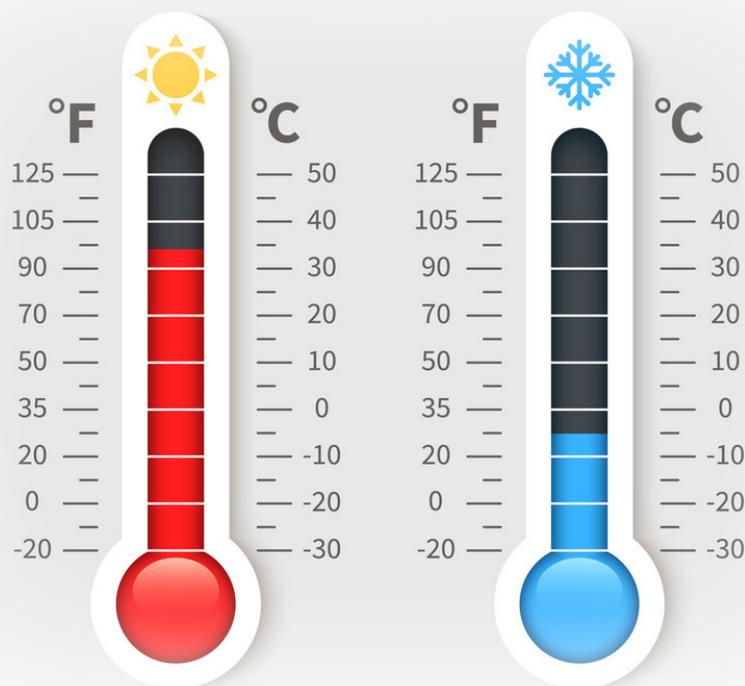


What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

7

Notice the temperature in the room.

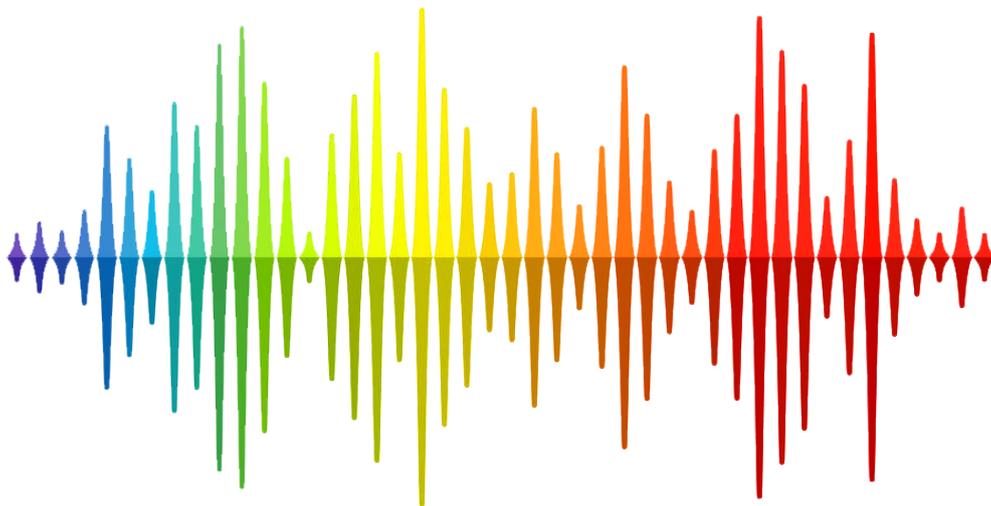


What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

8

**Notice the sounds
within the room
and outside.**

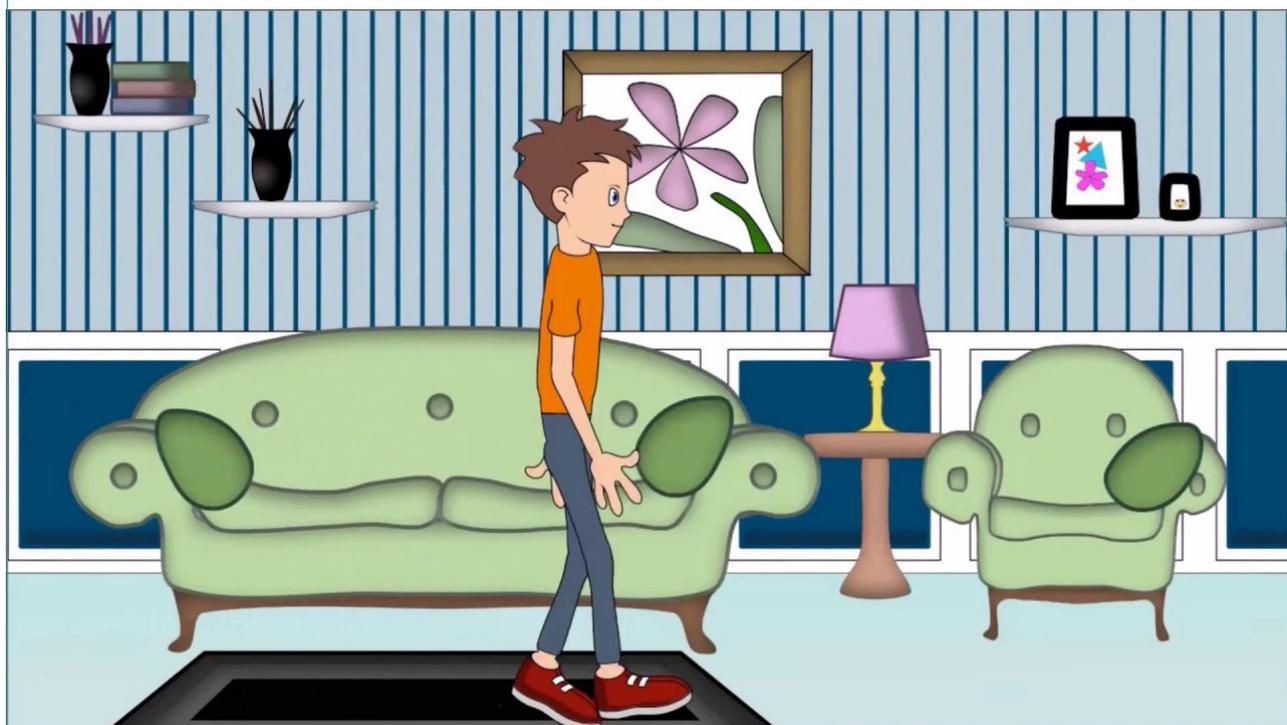


What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

9

Walk around the room.



What do you notice in the inside?
Is it pleasant, unpleasant or neutral?

Help Now Skill: Station

10

Push your hands/
back against
the wall or door
slowly.



What do you notice in the inside?
Is it pleasant, unpleasant or neutral?



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