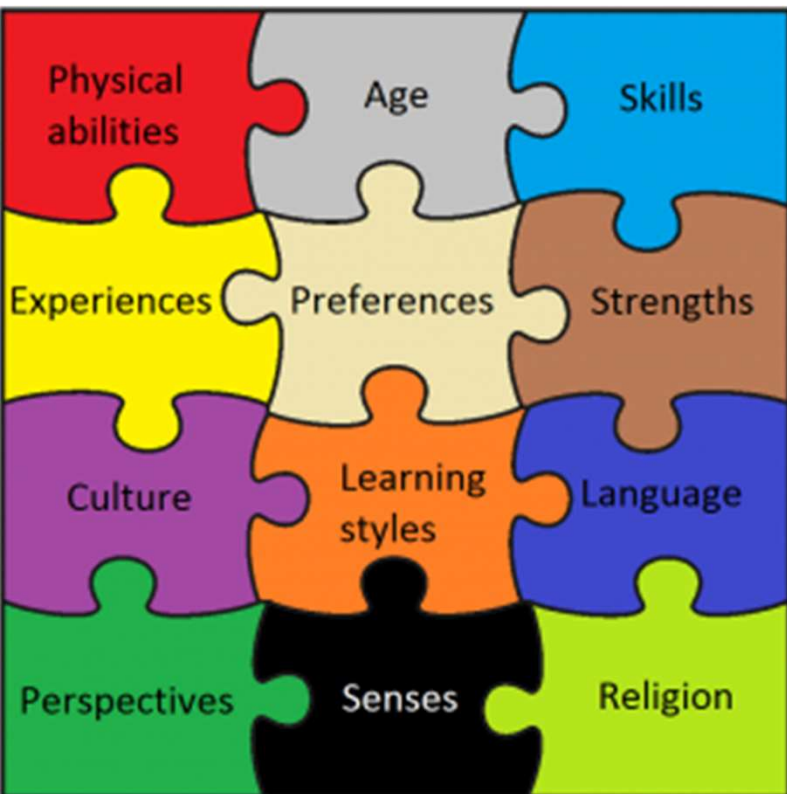


Empowering  
YOUTH  
Program

# Acknowledgement of Country



# Acknowledgement of People with Diverse Abilities



# Your facilitators



Bronwen

Noelene





# Some important things to know



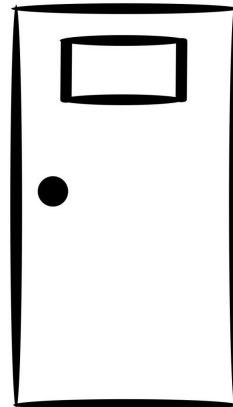
In case of  
emergency,  
follow me.



We will have  
a Snack Break  
during the  
afternoon.



Toilet  
Location



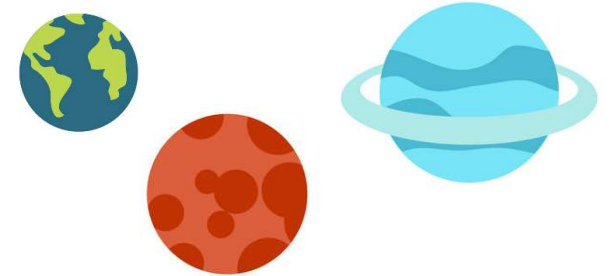
If you need a  
break in the  
courtyard, let  
us know.

# Program overview

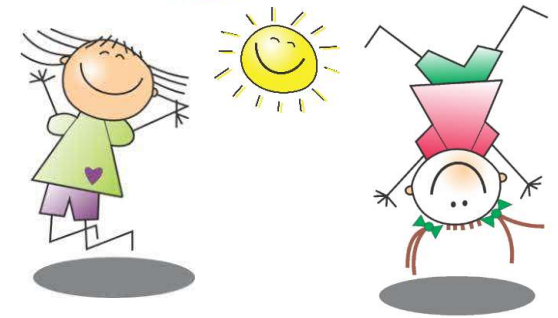
Session 1: Coming together & celebrating our diversity



Session 2: Creating our ideal planet



Session 3: Feeling good & Living well



Session 4: Celebrating our achievements



# Overview of Session I

## Coming together & celebrating diversity



1. Introductions
2. Paper person activity
3. "Would you rather" game
4. Diversity & inclusion
5. Find your tribe activity
6. Calming your brain
7. "Did you know" activity
8. "Who am I" activity



# What will the program be Like?



Colourful  
Pictures  
Movement



Stories  
Laughing  
Strengths



Fun  
Safe

These numbers  
match the page  
number in your book.

# What will the program be Like?



Your feedback helps us to improve the program. Please Let us know what you Like & what we can do better.



# Your resources for the program



# Choosing how you want to participate



Quiet  
Zone

Sensory  
Items



Sensitive  
Ears



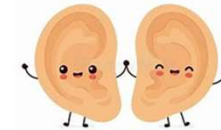
Right to  
Pass

We have lots of sensitive ears.

Some of us can be overwhelmed by sudden noises, loud noises, and crunchy scratchy noises.

Please remember to:

1. Turn your phone to silent.
2. Do your hole punching at the 2 nominated hole punching stations.
3. Try not to bang objects around.
4. Prevent doors from slamming.
5. Remove food from crackly packaging in the kitchen.

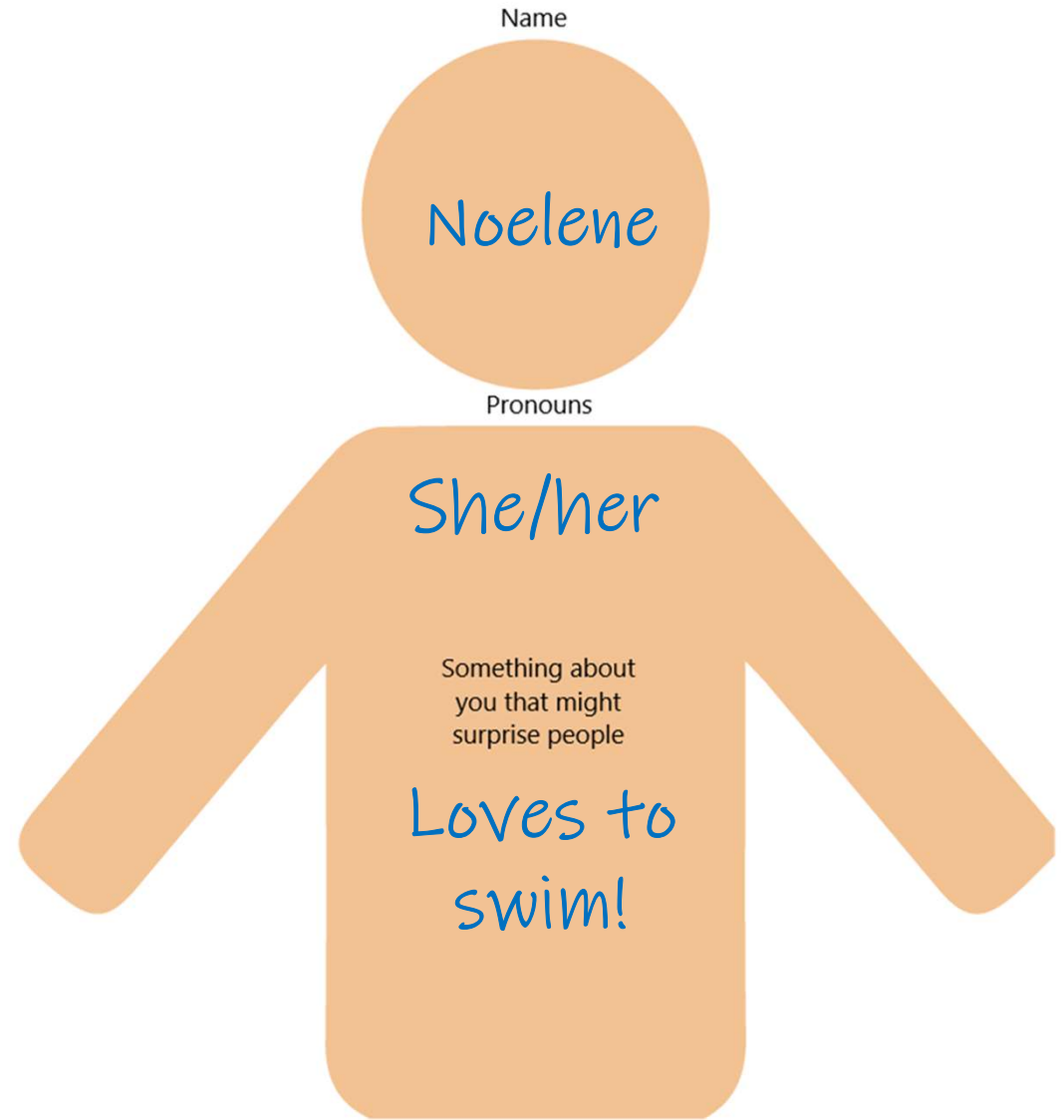


Thank you ☺

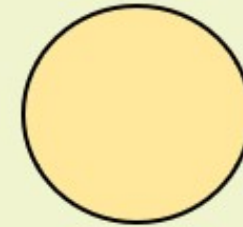
# Paper person

Make your own paper person to introduce yourself to the group.

1. Name
2. Pronouns
3. Something about you that might surprise people.



# Feelings check-in: How are you feeling?



Draw your own  
or choose one  
from below.



# Would you rather game

We will ask you whether you rather one thing over another.

- If you Like the item on the Left, then go to the Left of the room.
- If you Like the item on the right, then go to the right of the room.
- If you cant decide or don't Like either, then stay in the middle of the room.

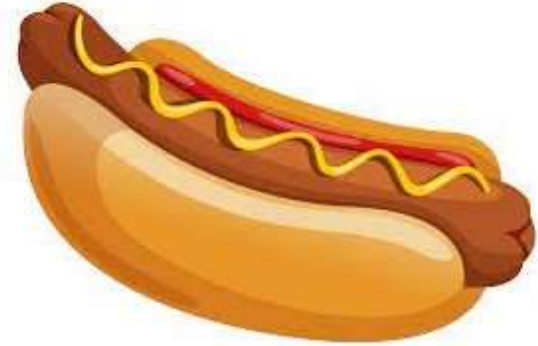




Pizza



or



Hotdogs





Cats

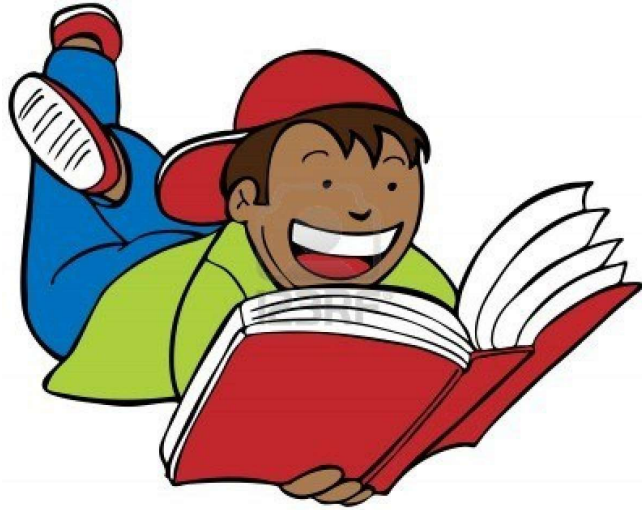


or



Dogs





or



Books



Movies





or

Inside



Outside





or

Calm



Active







or



Wet season

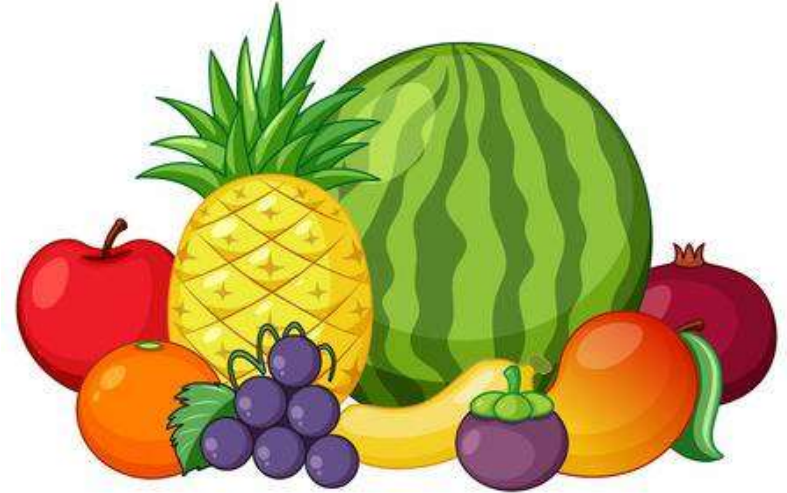


Dry season





or



Vegetables



Fruit





or

Ice-cream

Cake





or



Board Games

Video Games





Hot



or



Cold







Marvel



or



DC





or

Walk



Ride



# Different but the same

The 'what would you rather' activity showed that we have similarities and differences.

Despite our different preferences, we all have the same needs.

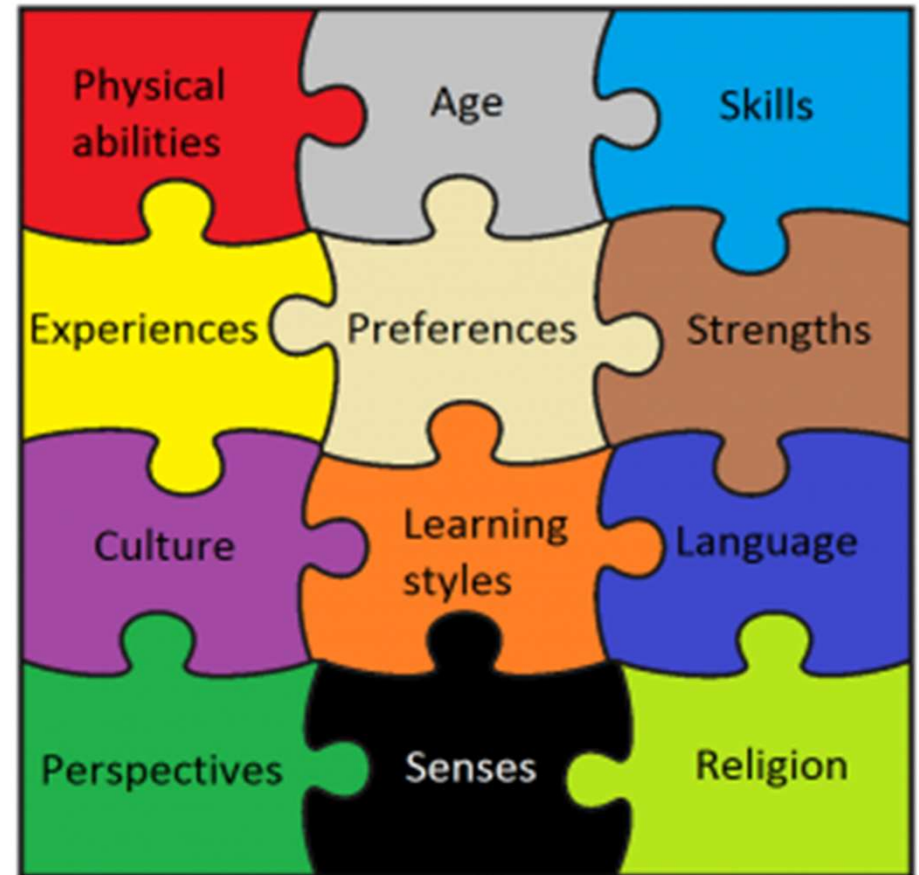


For example, we like different foods, but we all eat food.

# Understanding diversity

We use the term 'diversity' to represent the range of 'things' that makes us different and unique.

This includes our age, gender, abilities, way of thinking, language, culture, preferences and experiences.



Some of the things that make us diverse are visible, and some are invisible - Like an iceberg.



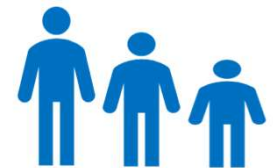
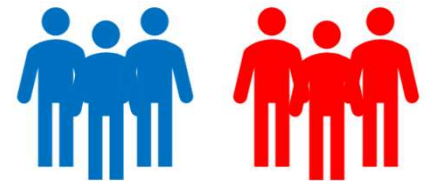
Less visible with depth

age      Language      race  
physical abilities  
culture      Likes & dislikes  
gender  
wealth      sensory needs  
way of thinking      values  
experiences      Learning styles



# Find your tribe activity

1. You will be given a small piece of paper.
2. Your job is to not show the piece of paper to anyone else - it's a secret.
3. As quickly and as quietly as possible, find the rest of the people in the room with the same coloured paper as you.
4. Arrange yourselves from tallest to smallest while waiting for the end of the activity.





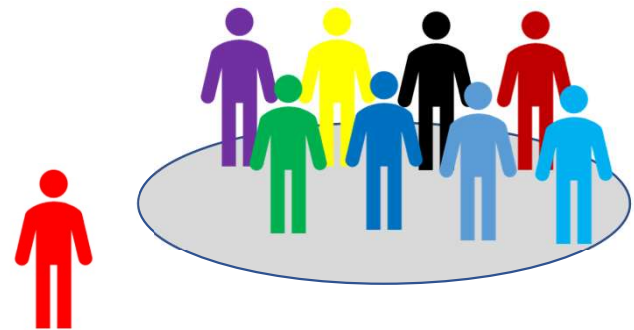
# Find your tribe activity

What did you notice?



# Find your tribe activity

What was it like for the person who could not find a group? The person that was 'excluded'.



# Find your tribe activity

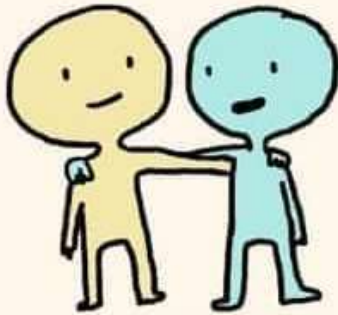
How did it feel for everyone else who could find a group? The people who were 'included'.



# When included, you should feel ...

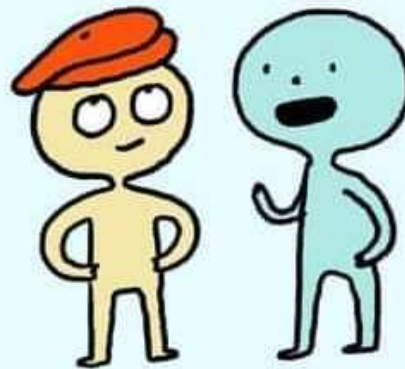
## SAFE

You can count on me!



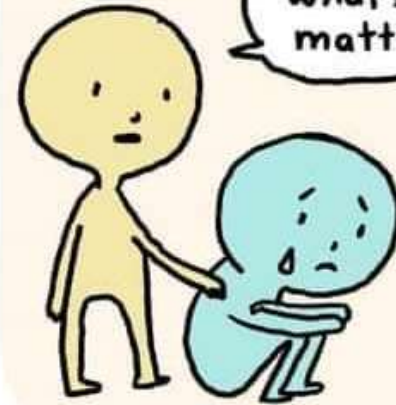
## Free to be YOURSELF

I like your hat!



## SUPPORTED

What's the matter?

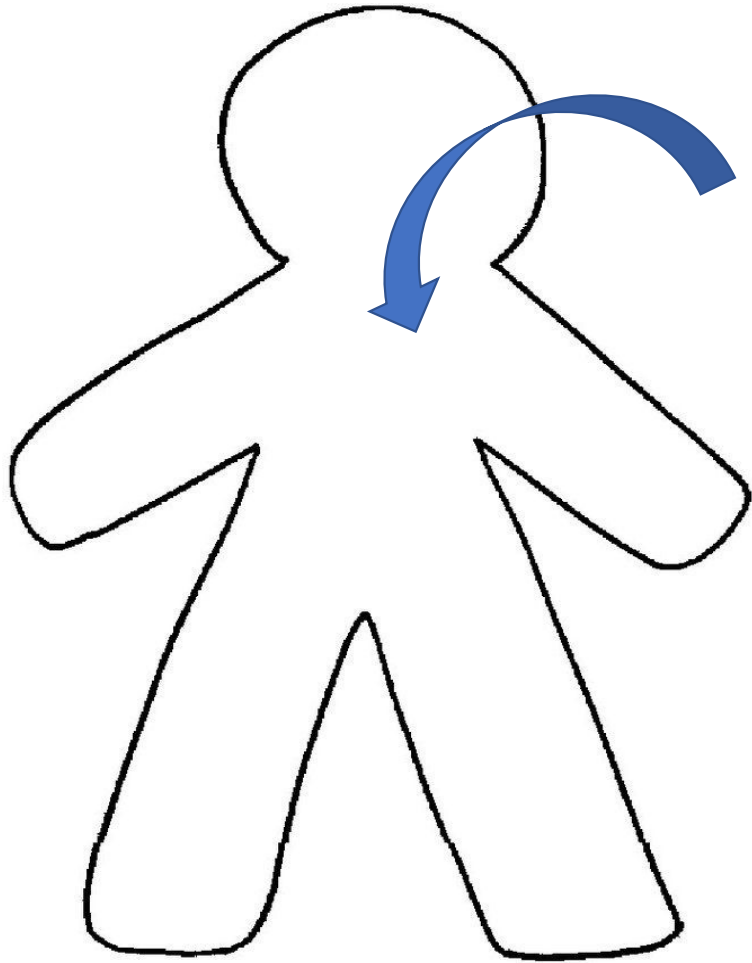


We are going to do an activity to understand how we can create an environment that is inclusive.

It starts with understanding values and behaviours ...



# Values & Behaviours

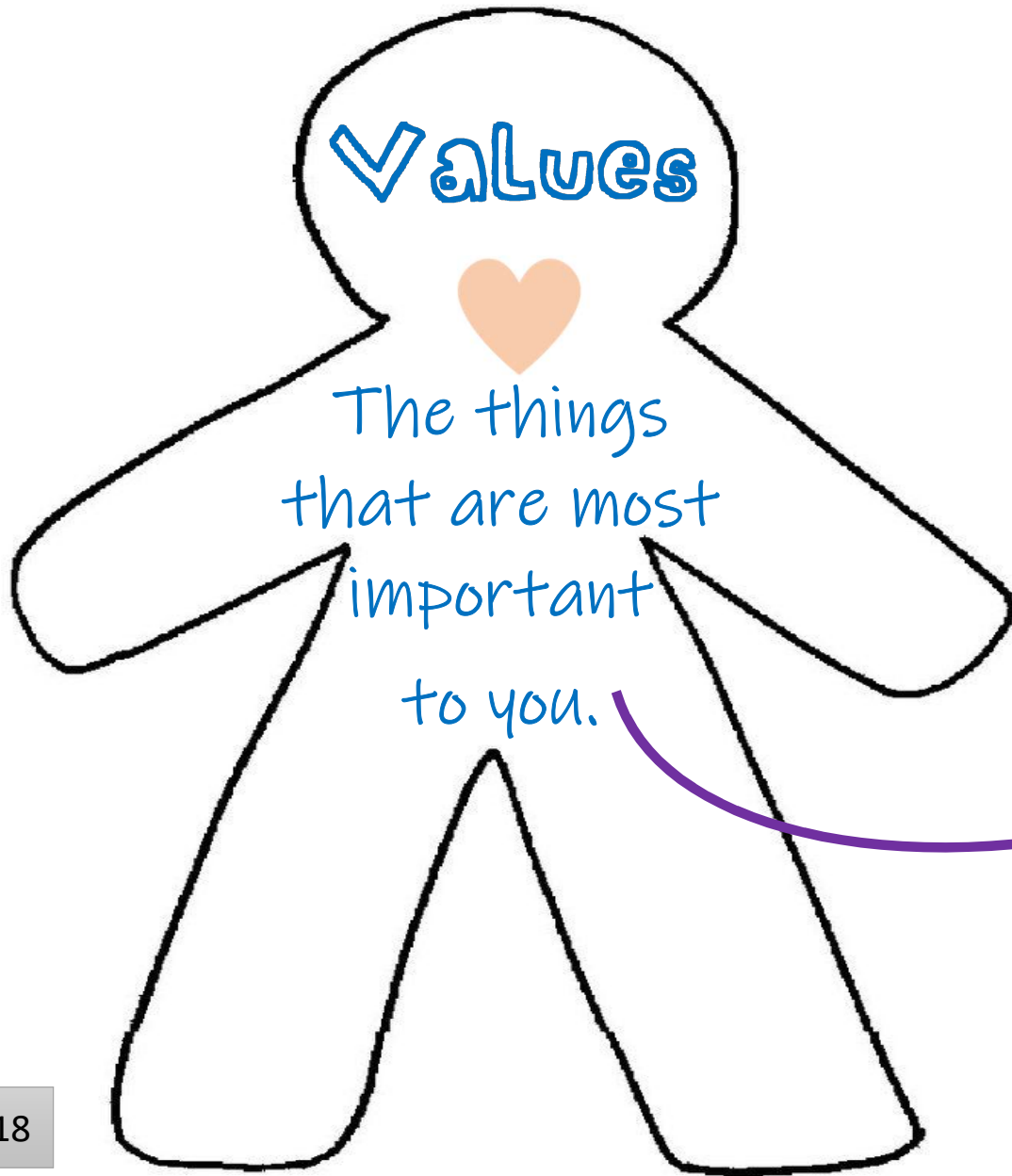


Which one comes from inside of us and is not visible to others?

Which one can others see and/or hear?







## Behaviours



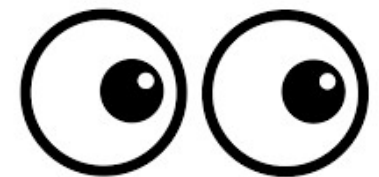
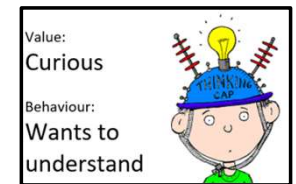
The things that other people hear you say or see you do.

Behaviours are influenced by values.

# What values and behaviours are important to you, to make this an inclusive environment?

1. Look at the cards which each show a different value & behaviour.
2. Choose 4 cards which YOU think are important and will help to make this an inclusive environment.
3. Glue the 4 cards in your book.
4. At the end we will walk around to see what values and behaviours other people have selected.

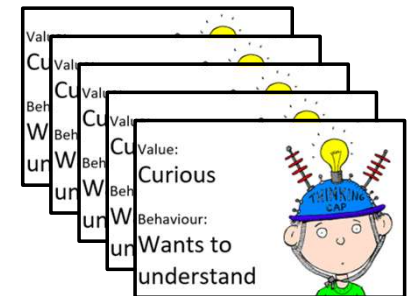
4x



What did you notice about the cards other people selected?

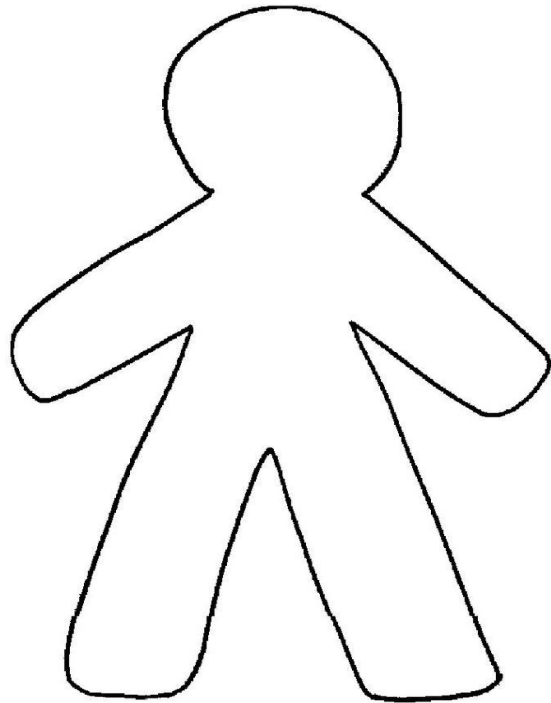


Were there some cards that appeared a lot?



# Let's put everyone's answers together to make a Group Agreement to guide our way of working together.

We will use the values and behaviours that you selected in order of their importance to the group.



1. Value Behaviour
2. Value Behaviour
3. Value Behaviour
4. Value Behaviour
5. Value Behaviour
6. Value Behaviour

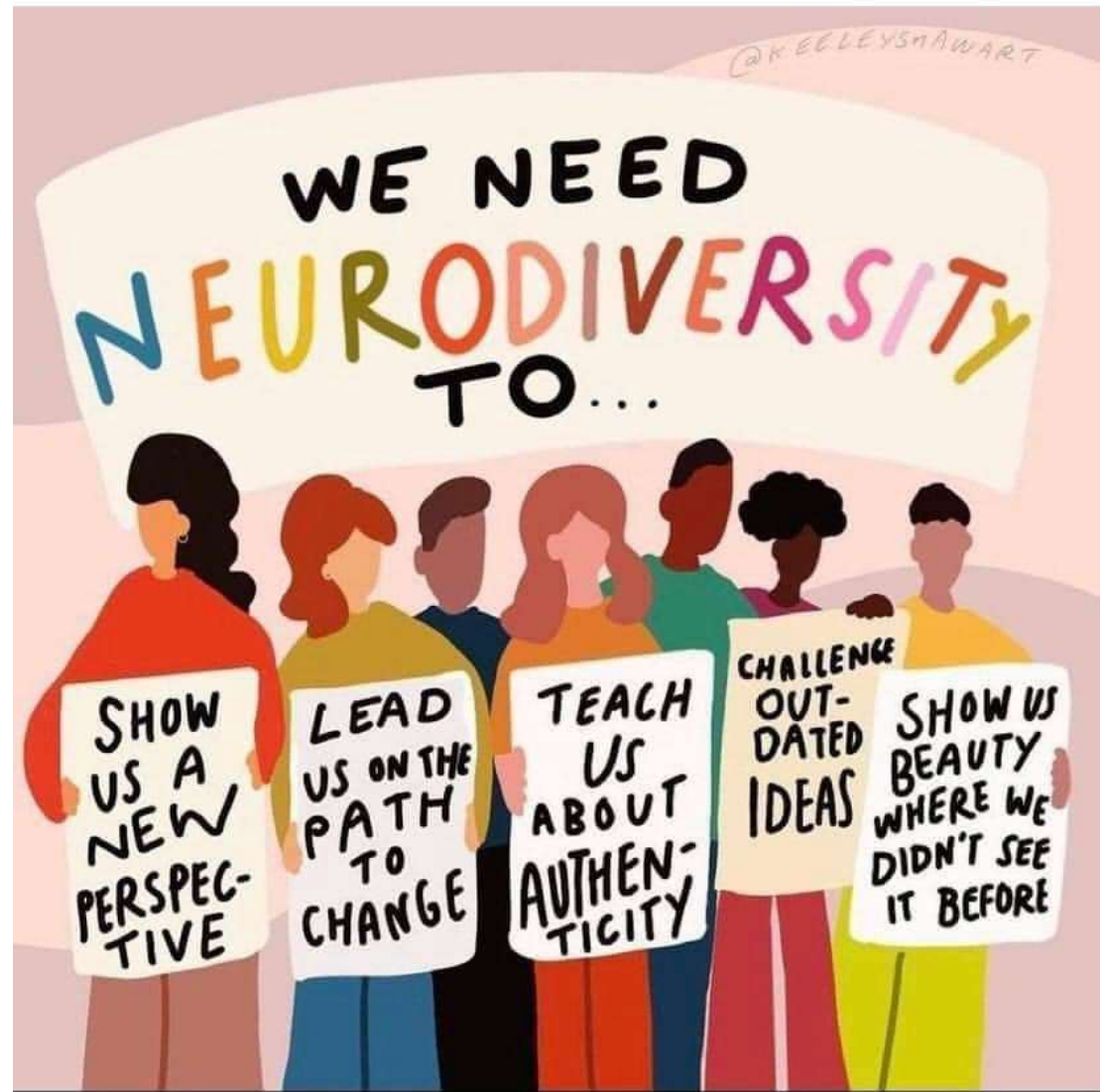
We all have the right to be included !



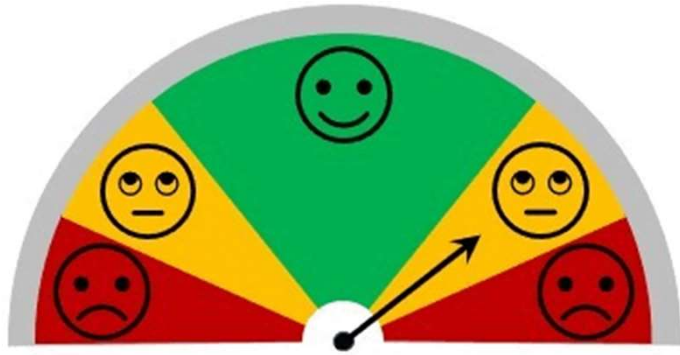




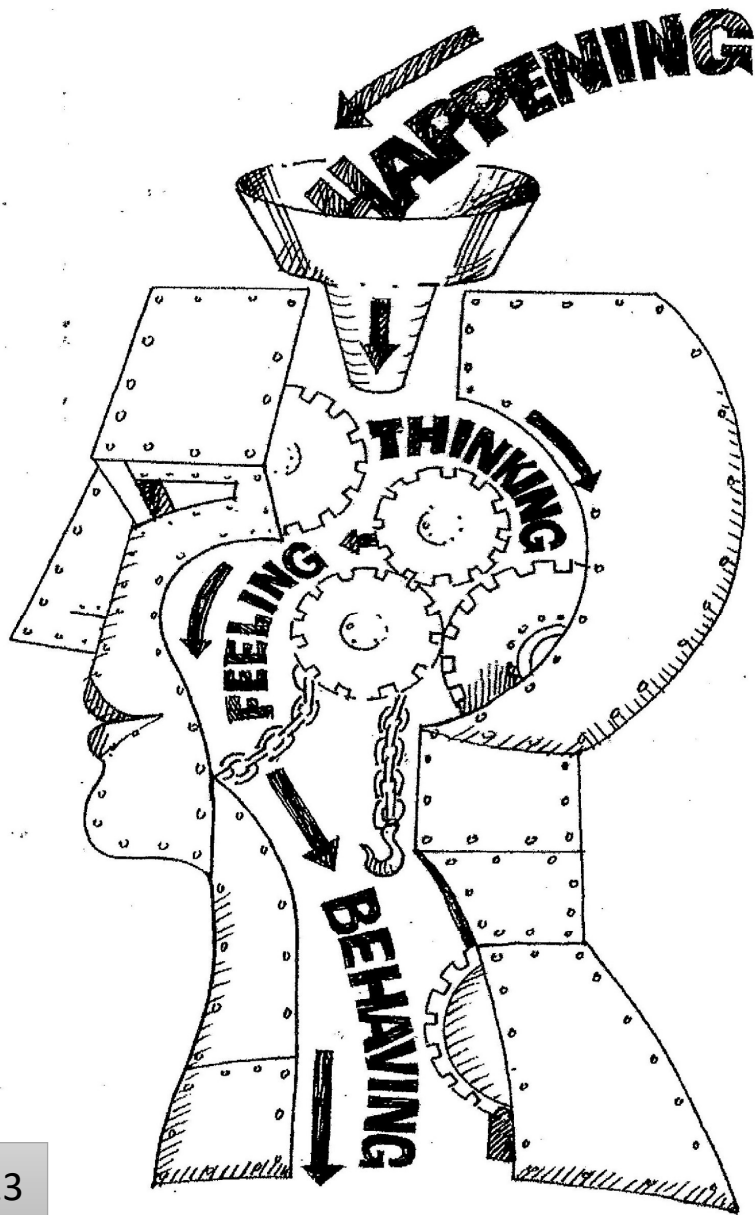
Diversity & Inclusion make the world a better place.







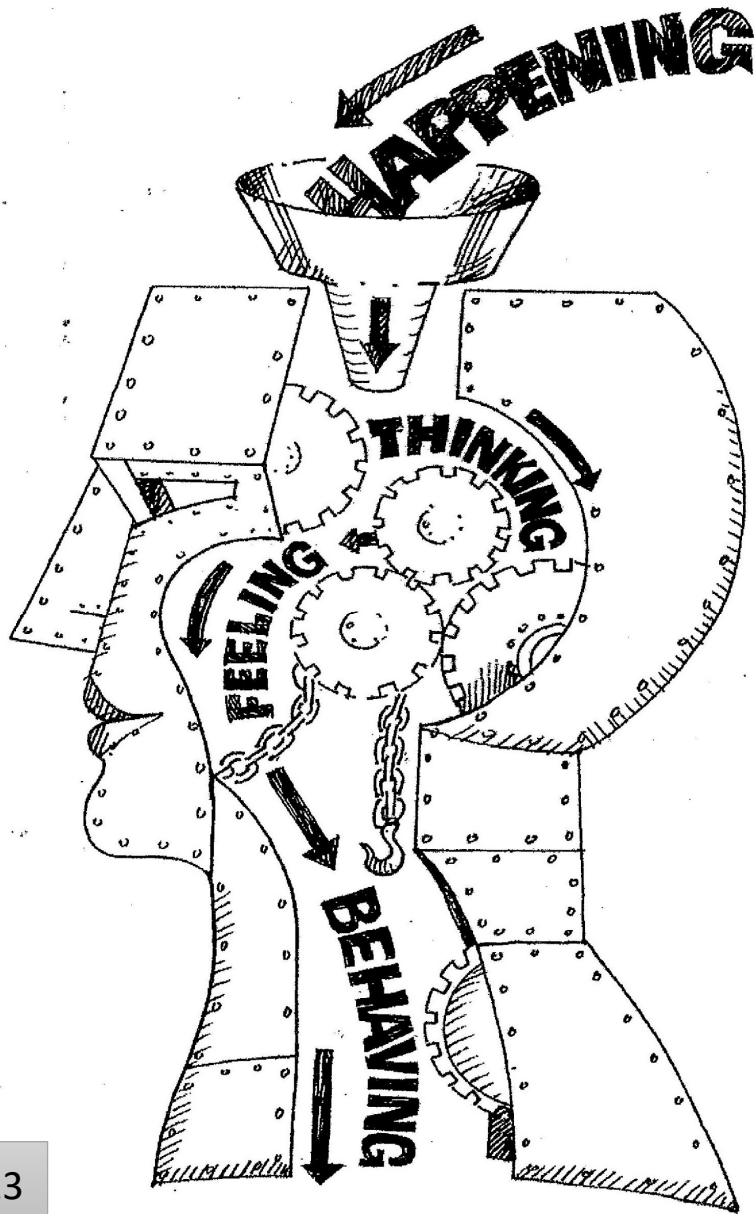
CALMING  
your brain



Sometimes things happen to us, or around us, that change how we think, feel & behave.

We can find ourselves moving from calm - green zone to out of control - red zone, very quickly.



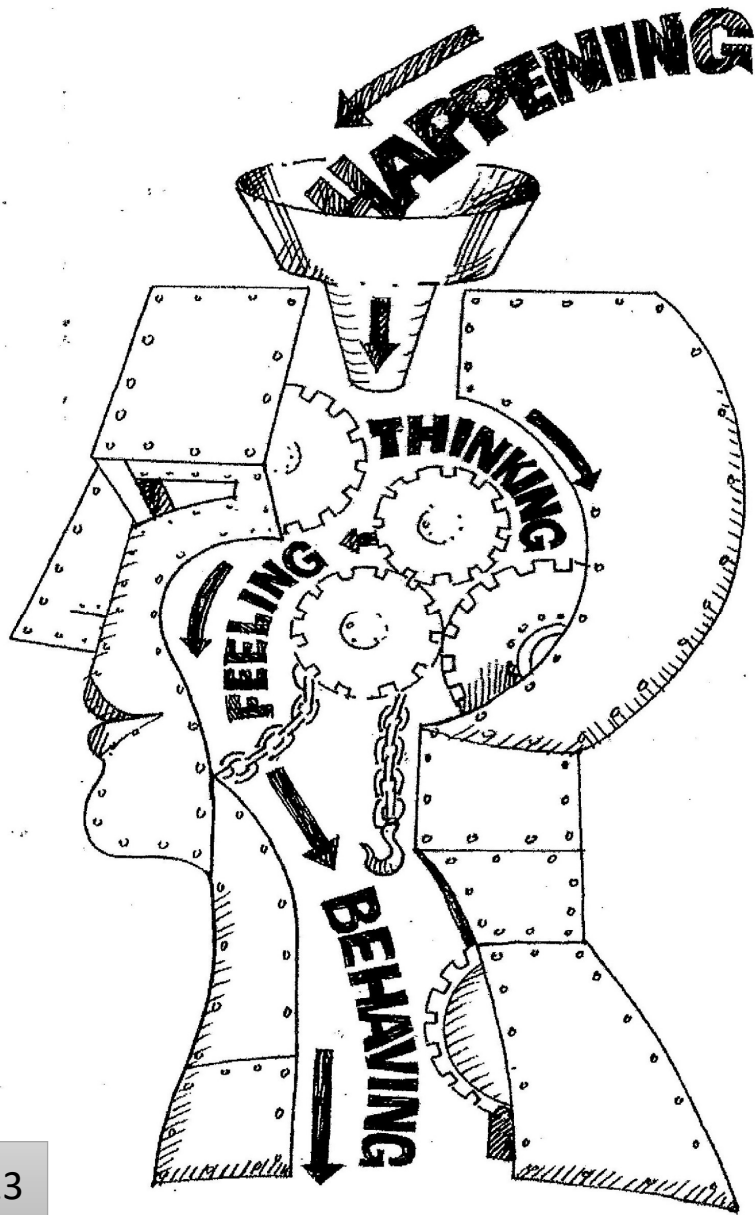


Before we Lose control, there is a window of warning - yellow zone.

This is an important time to tune into what we are thinking, feeling & doing.

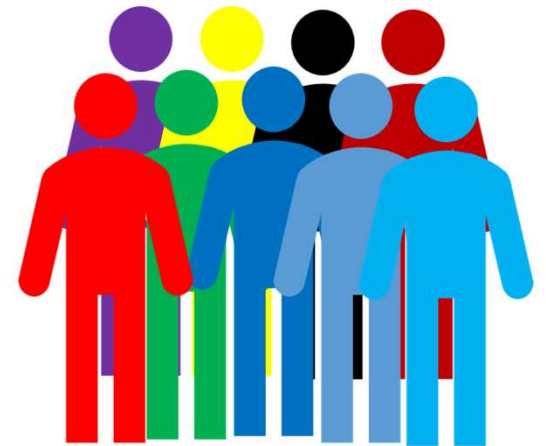
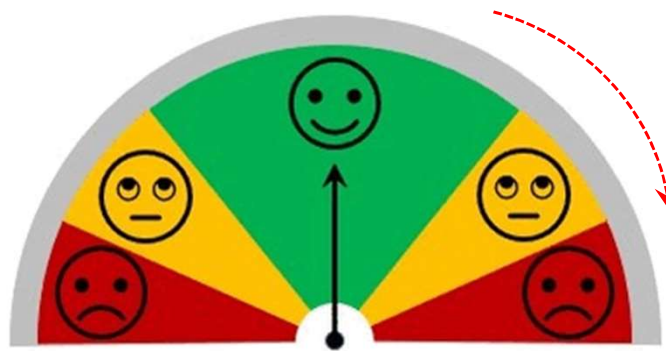
Then we can apply strategies to calm our brain.



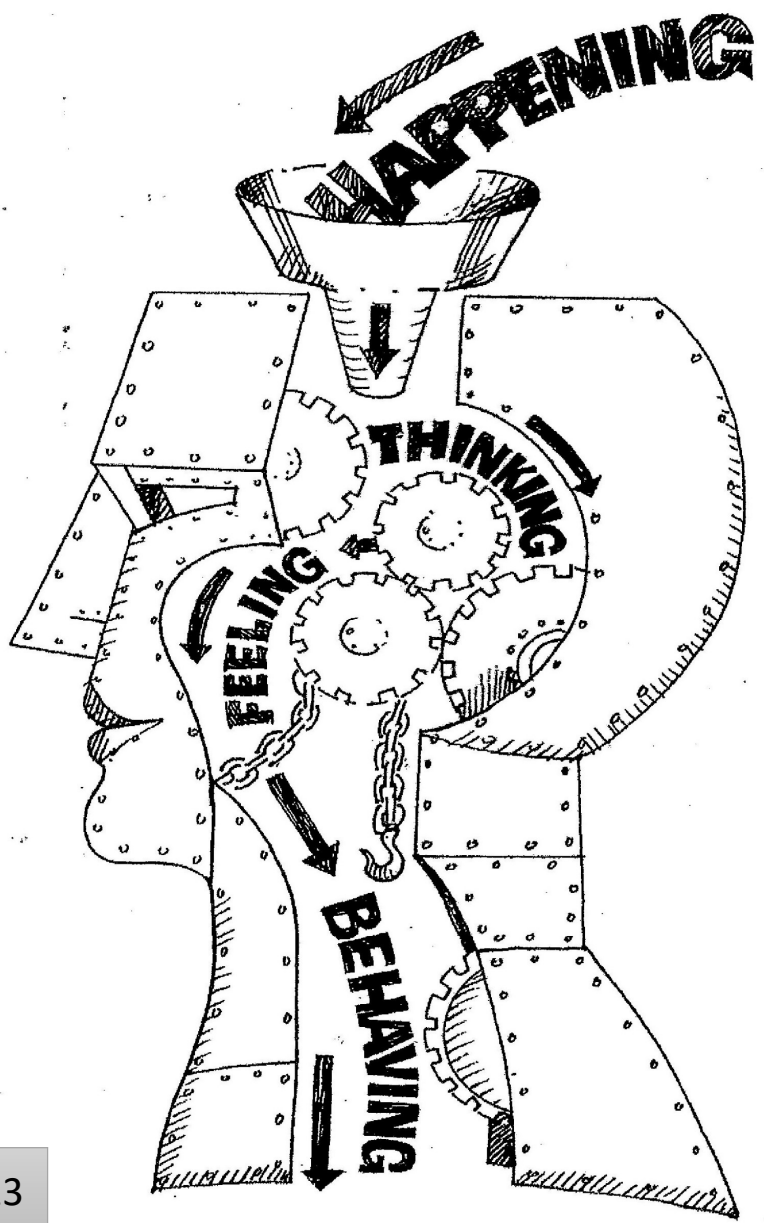


Different people react in different ways. This is because we are diverse.

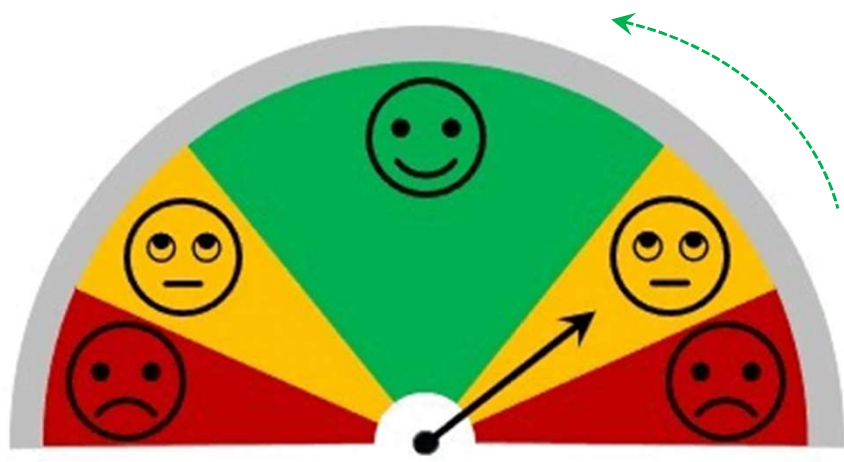
Our experiences are diverse. Our responses are diverse.







Our warning signs and strategies to calm our brain will be diverse too.





# Let's BRAINSTORM!

We are going to brainstorm **warning signs**, e.g. thoughts, feelings & behaviours. Then we will brainstorm ideas to **calm our brain**.

Hearing **other people** share their experiences and ideas can help us to **learn things about ourselves**.



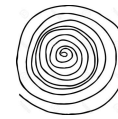




# What changes can happen in our body which are warning signs?



Sweaty  
Heightened senses  
Clenched teeth

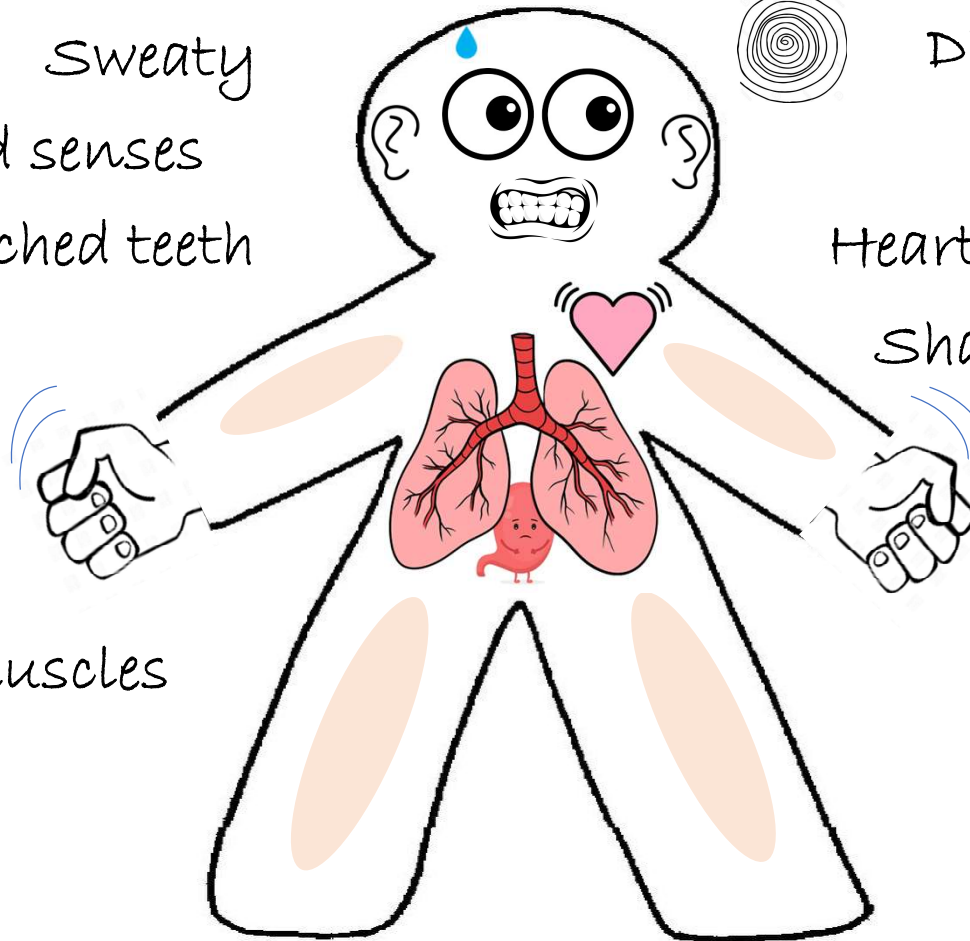


Dizzy / faint

Shaking

Feel sick

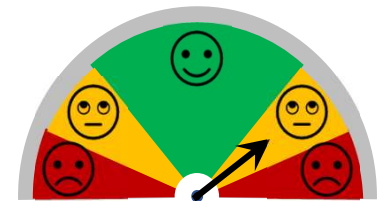
Tense muscles



Heart rate increasing

Shallow / rapid breathing

Clenched fists





# What changes can happen to our feelings or emotions which are warning signs?



Scared



Panicky



Annoyed



Cranky



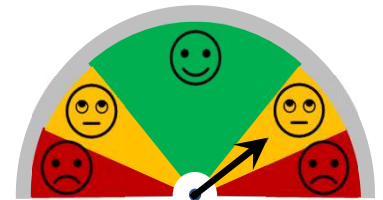
Confused



Overwhelmed



Frustrated





What changes can happen to our thoughts? What might we say or do?



I don't know what to do

I have got to get out of here.

What's happening?!?

Why are they doing this to me!

I can't stand this

I have had enough!

I am NOT doing this anymore!





# What do you do to calm your brain?



Take a break



Have a drink



Splash your face



Go for a walk



Take 3 deep breaths



Ask for help



Squish or fidget



Stimulate your senses



Play some music



Name your feelings



Stretch



Scribble on a piece of paper



Clench & relax your muscles



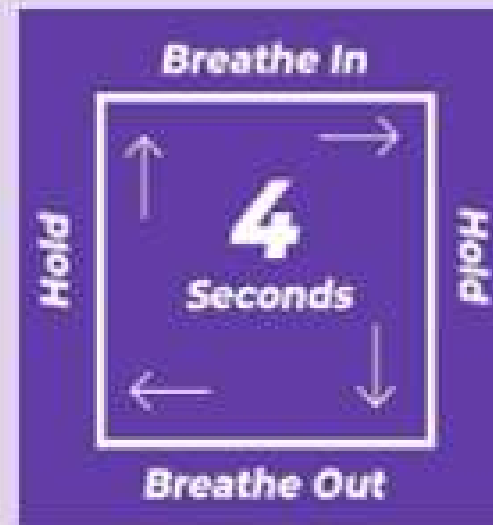
Rub your bare feet on the floor



## Box Breathing

Focus on breathing from your diaphragm - your stomach should move, not your chest.

Imagine tracing the sides of a box as your breath-in, hold, breath-out, hold - each for the count of 4. Repeat as required.





Identifying your **warning signs** and implementing strategies to **calm your brain** can be tricky.



Its **normal** to try Lots of strategies to **calm your brain** before you find the ones that work for you.



# This is why we have these options ...



Quiet  
Zone

Sensory  
Zone



Right to  
Pass

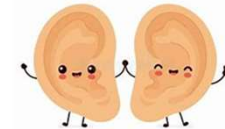
Sensitive  
Ears

We have lots of sensitive ears.

Some of us can be overwhelmed by sudden noises, loud noises, and crunchy scratchy noises.

Please remember to:

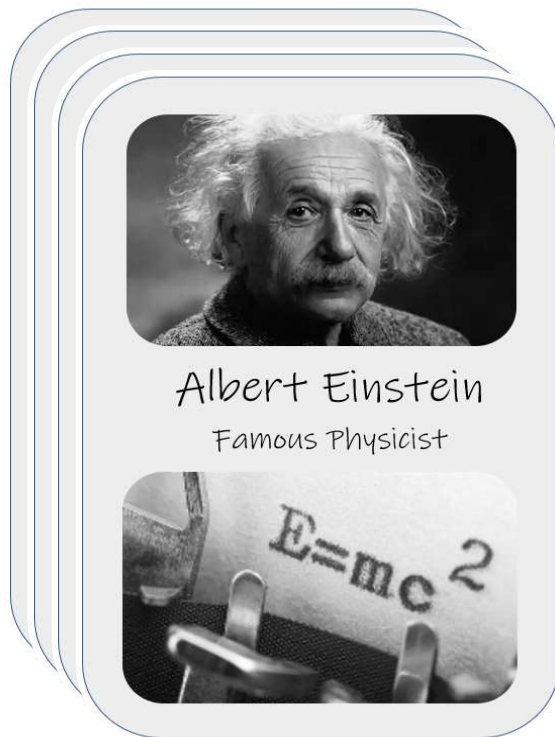
1. Turn your phone to silent.
2. Do your hole punching at the 2 nominated hole punching stations.
3. Try not to bang objects around.
4. Prevent doors from slamming.
5. Remove food from crinkly packaging in the kitchen.



Thank you 😊

# 'Did you know' activity

In small groups, match each famous person with an interesting fact about them.

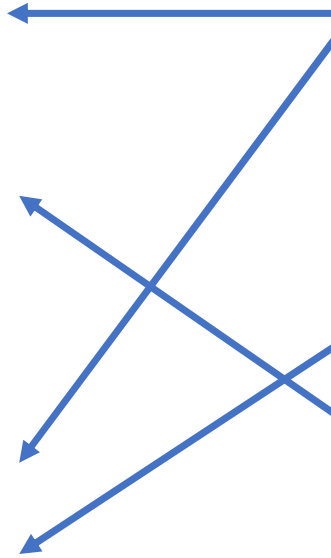


Albert Einstein  
Famous Physicist

$E=mc^2$



Had a passion for collecting & studying bugs as a child.



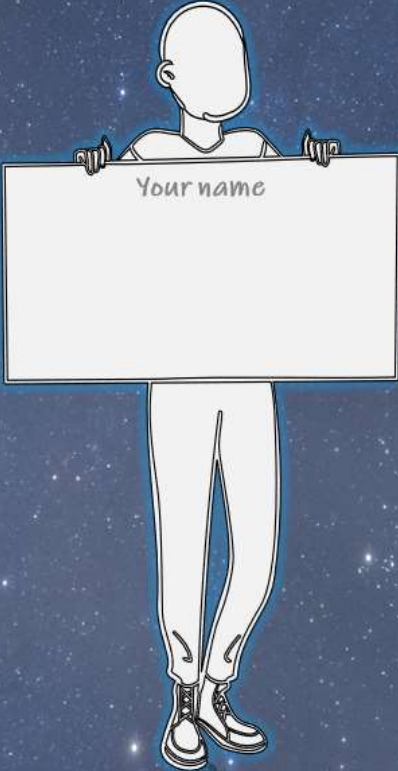
# 'ALL about me' activity

This activity is ALL about you.

It's an opportunity to capture some interesting facts about you.

# ALL about ME

ALL About Me



Who are some of your Favourite Friends & Family members?

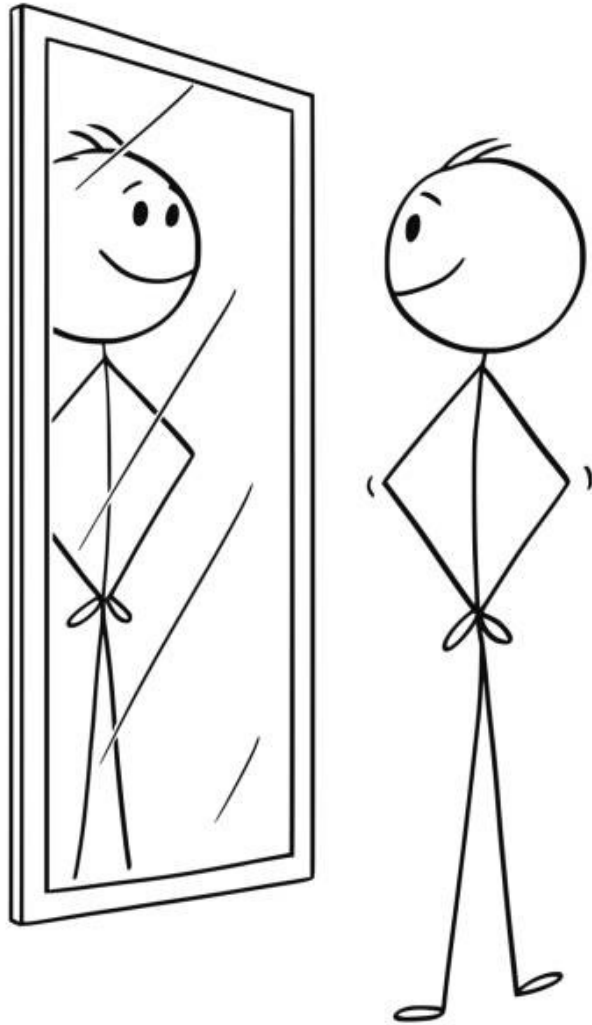
Who do you admire?

What are some of your favourite things to do?

What is your nickname?

Where are some of the places you enjoy spending time?

What is something that you have done that you are proud of?



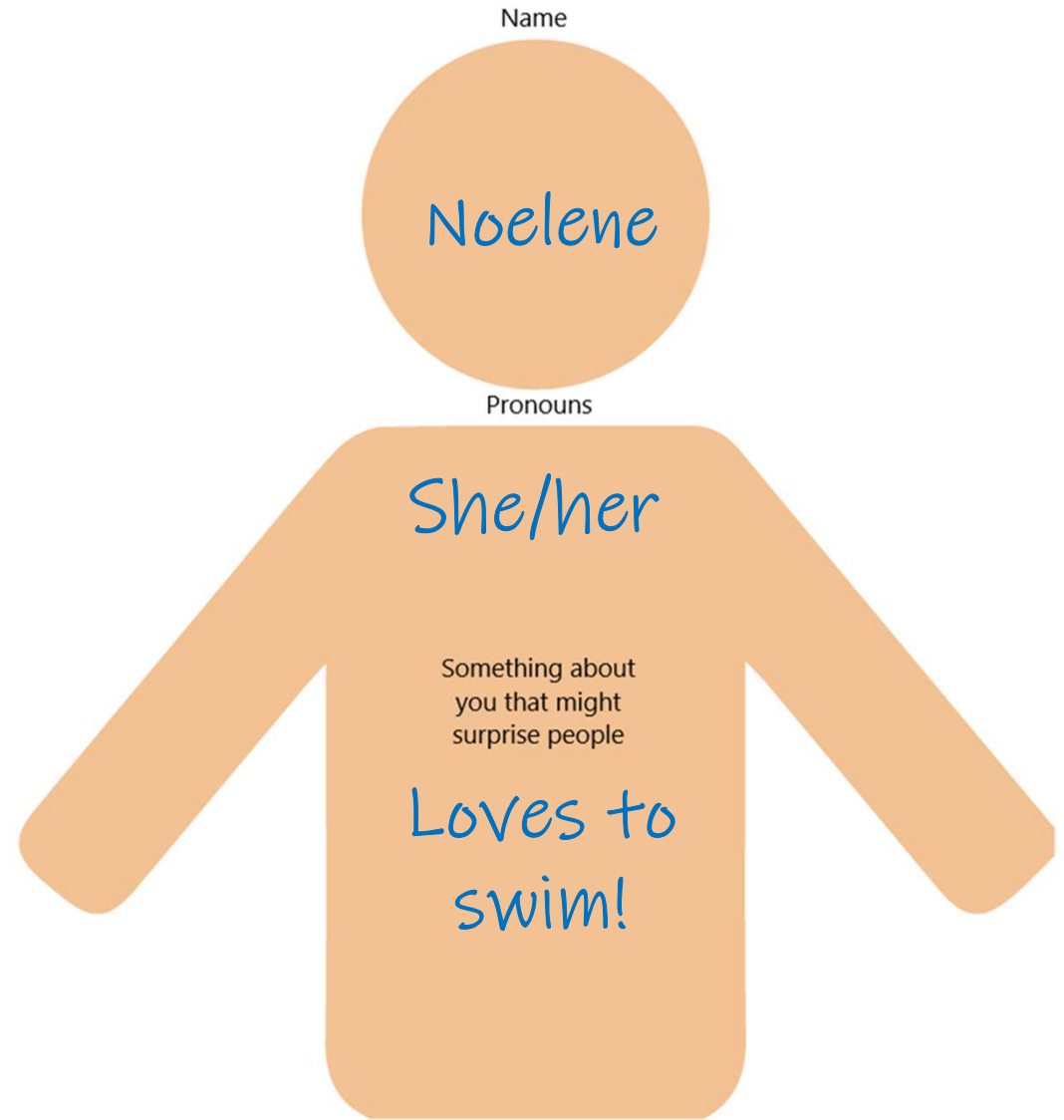
# Session Reflection

"Vote with your  
feet!" on each of  
today's activities

# Paper person

Make your own paper person to introduce yourself to the group.

1. Name
2. Pronouns
3. Something about you that might surprise people.





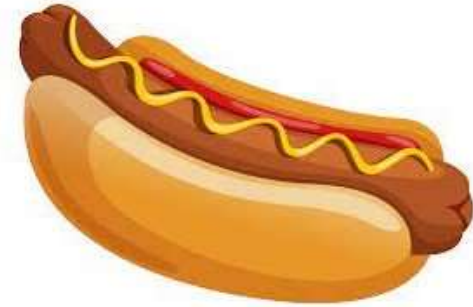
Would you rather game



Pizza



or



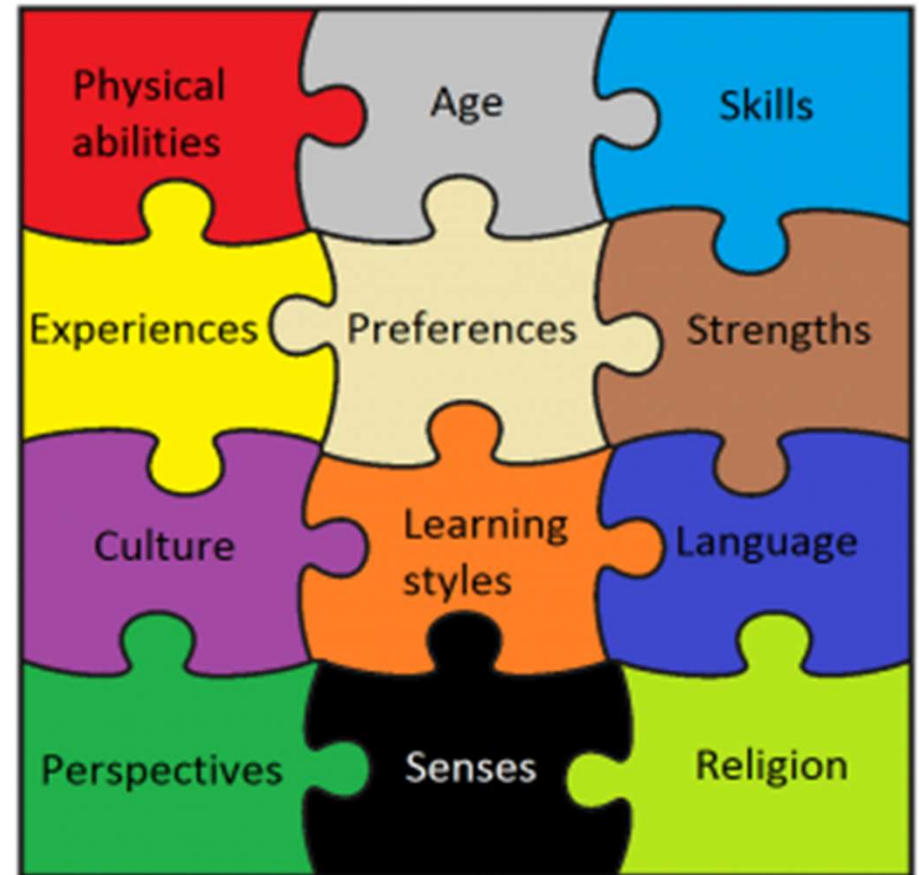
Hotdogs



# Understanding diversity

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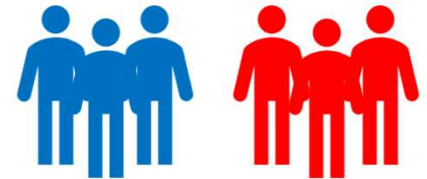


SNACK

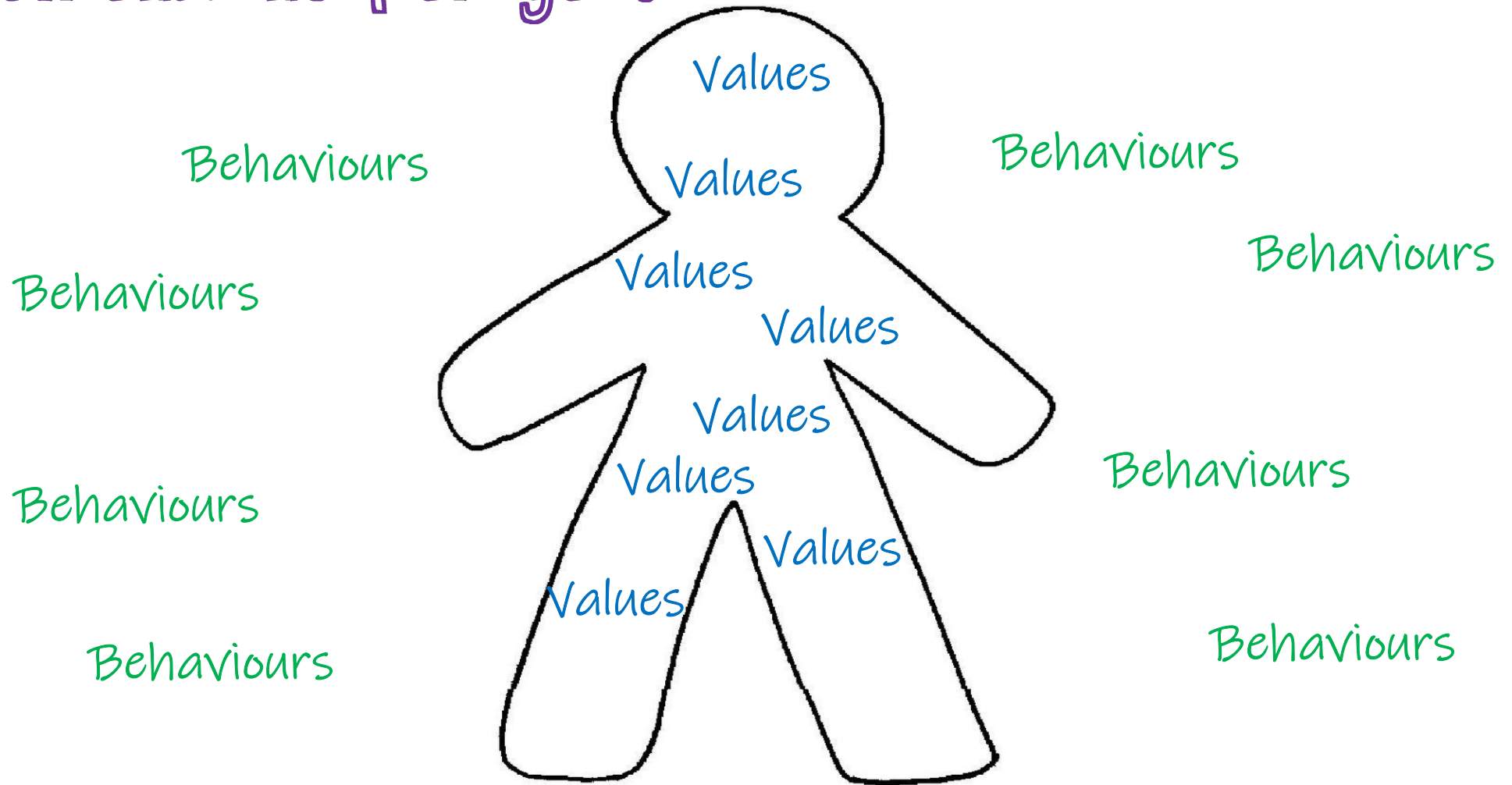


# Find your tribe activity

1. You will be given a small piece of paper.
2. Your job is to not show the piece of paper to anyone else - it's a secret.
3. As quickly and as quietly as possible, find the rest of the people in the room with the same coloured paper as you.
4. Arrange yourselves from tallest to smallest while waiting for the end of the activity.



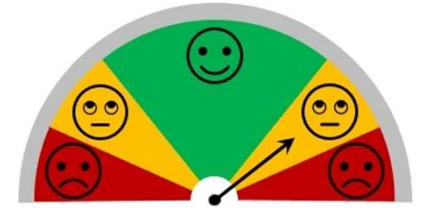
Values and behaviours to make this an inclusive environment for you.







# Let's BRAINSTORM!

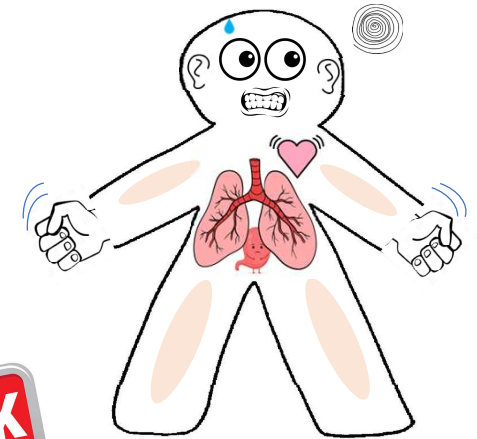


We are going to brainstorm **warning signs**, e.g. thoughts, feelings & behaviours.



feelings

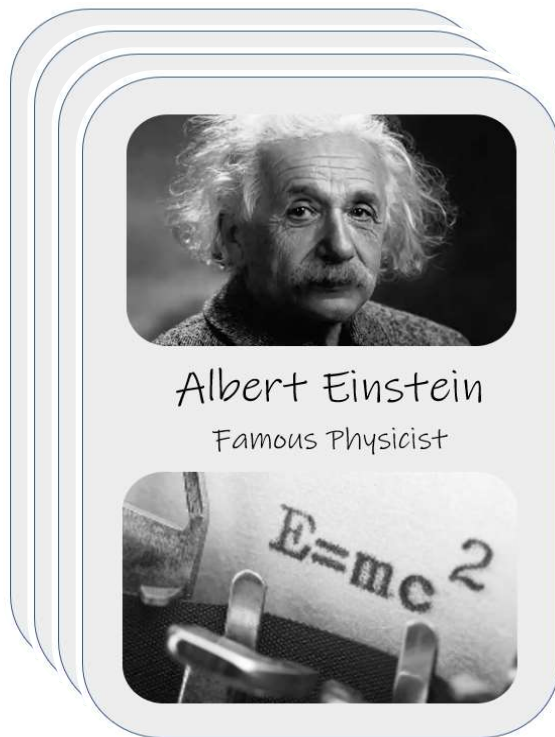
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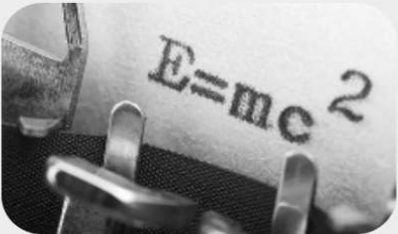


# 'Did you know' activity

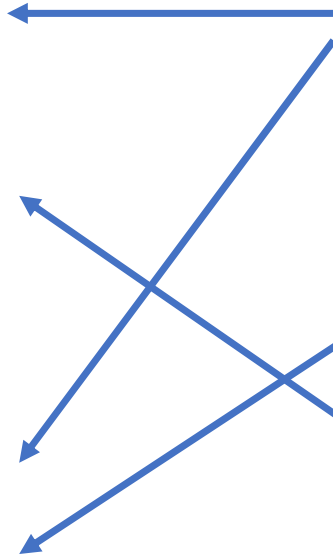
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Albert Einstein  
Famous Physicist

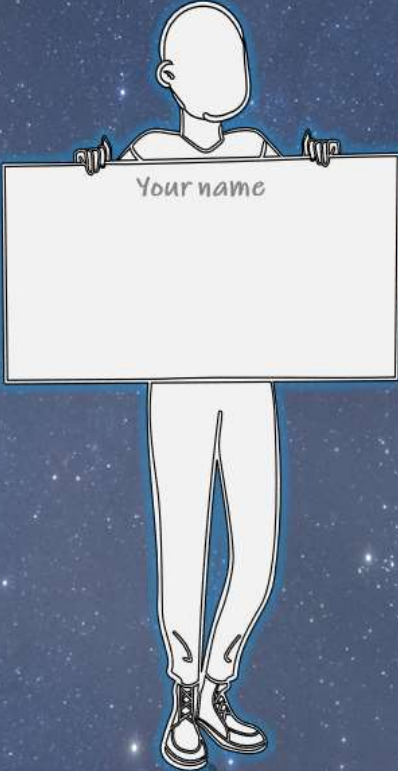


Had a passion for collecting & studying bugs as a child.



# ALL about ME

**ALL About Me**



Who are some of your Favourite Friends & Family members?

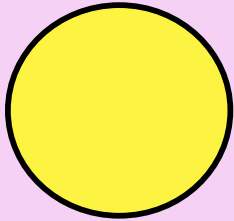
Who do you admire?

What are some of your favourite things to do?

What is your nickname?

Where are some of the places you enjoy spending time?

What is something that you have done that you are proud of?



1. Draw an emoji which represents how you are feeling right now.



3. What is something we did today that you enjoyed?

2. Write down something fun you plan to do in the next week:



4. What is something new that you have learned?



5. What would you do differently if you were running the program?

Next week ...

Session 2: Creating our ideal planet



What kind of world would you create to live in if you could.