

SHAKEN

YOUTH LEADER
RESOURCE

WHAT IS SHAKEN?

Shaken is a resource for young people to support them in exploring healthy coping mechanisms which they can use regularly to deal with difficulty in their lives.

It is a **workbook** for young people, each using an individual copy to **complete with their own reviews** of each coping mechanism as they try them out. We have included a **20-sided dice** for each young person so they can choose which coping mechanism they try out at random.

The purpose of the **reviews** is to allow young people ownership over how they deal with difficulty, understanding that not all coping mechanisms will be best for all young people. We want to encourage young people to try out lots of different ideas and then have their own personal set of tools to use.

BENEFIT OF COLLECTIVE AS WELL AS PERSONAL

The benefit of using this resource in your group is to have **your input as the leader**. You will help guide your young people through this resource and your role is to keep things positive and supportive. You might feel unequipped for using a resource like this, but we will be provided help and support for how to guide the conversations. **The resource is aimed to be a positive, supportive and prayerful approach leading to hope-filled conversations with young people** as they consider their capacity to choose healthy responses to difficulty in their own lives. We believe that you, as local and consistent adult leaders, are best placed to support them in these discussions.

Through using it as a group you will facilitate young people creating a network amongst themselves to discuss such an important issue and developing accountability in caring for ourselves and one another. We believe **as conversations happen in a supportive youth group context** that young people will be more likely to continue sharing together about their coping mechanisms in the rest of life.

FOR YOU AS A LEADER

We would love you to use this in your youth gatherings as a way to **develop positive spaces for young people to discuss these issues** both with their peers and with trusted adults like you! We are encouraging the young people to speak to an adult that they trust. In these moments, **we encourage you to listen well and refer on.**

Listening well means:

- Being present with the young person as they speak to you
- Prioritising the conversation over whatever else may be happening
- Not waiting for your turn to speak

As leaders, we **don't need to be the expert in everything**. It might be the young person just wants someone to hear them, we don't need to fix things. Alternatively, there might be something happening in the young person's life, which means we need to intervene – it might be that they are at risk or someone else is. We encourage you to follow all the **Safeguarding Procedure** appropriate and pass on information in line with the policy.

It is also important for us as leaders to continue to listen, value, care and pray for the young person.

HOW TO USE IT IN YOUR GROUP

We would love you to use the resource to fit with the group of young people and your context, but we have a few suggestions as how we might see it work really well.

We would love to see young people see the resource used in a collective group, then as a personal experience for them, followed by coming back together as a collective experience again. This would work through having a taster experience of some of the coping mechanisms during your youth group, then young people go out on their own during the week to try them out themselves. Finally, when the group meets again, you can discuss your reviews of those coping mechanisms and try out a few more.

OPTION 1

We have created a one session stand alone to introduce the core concepts to the young people and encourage them to keep using the resource in their own time.

OPTION 2

We have developed a four session programme to guide you through the full resource, with coping mechanisms to try out together, teaching, discussion and prayer points as well as encouraging the young people to keep trying them at home.

Session	Full Session Theme	Content
1	Talking	The following coping mechanisms will be included in this session: Talk (planned and unplanned) / Pray / Say No / Exercise
2	Listening	The following coping mechanisms will be included in this session: Explore what Jesus says about your situation / Eat, Relax and Sleep well / Make some noise / Move
3	Spotting	The following coping mechanisms will be included in this session: Regular Time with God / Create / Bless / Explore Counselling
4	Coping	The following coping mechanisms will be included in this session: Enjoy (planned and unplanned) / Dream of what is to come / Fresh Air / Breathe / Stress Ball / Cry

FINISHING THE RESOURCE

Once you've gone through the resource with your group, contact Christina and she will send you out personalised certificates for each member of your group.

Once the resource is completed as a group, you could encourage the young people in your group to share it with other friends. They could take copies of the book and try some out with their friends in school or as part of another group they attend.

As a group you could follow up together every couple of months, this might be part of small group sessions or as a whole group checking in with how often young people are using the coping mechanisms they found helpful.

SESSION PLANS

SHAKEN

Shaken Stand Alone Session

5 mins	Introduction to session and resource	<p>Welcome the group and explain the session will be considering the Shaken resource.</p> <p>Read through pages 2-5 together. You could ask some of the young people to read out a section. Get them to write their names into their books.</p> <p>Encourage them to use their 20-sided dice at home as they to continue to explore coping mechanisms.</p> <p>Share with the young people that all of us go through good times and bad times in life, so we use coping mechanisms to help us. You might want to invite your leaders to identify one or two healthy coping mechanisms they use in their lives and the impact that it has.</p> <p>We invite you to pray together before you start into exploring different coping mechanisms.</p>
5 mins	Introduction to Talking	<p>Using pages 6 & 7 for inspiration, share with the group about the purpose of talking.</p> <p>We think this is one of the most important things and foundational to a lot of the elements of the resource.</p>
5 mins	Importance of Talking Activity	<p>Set the group a series of challenges that they must complete without speaking at all. They are allowed to communicate in other ways but must not speak. If one person speaks, the whole group loose the task!</p> <p>Challenges could include:</p> <ul style="list-style-type: none"> Order your whole group by their birth date Get into groups with those who share their favourite colour Order themselves alphabetically by their surname

<p>5 mins</p>	<p>Introduction to Listening</p>	<p>Using pages 8-9 introduce the idea of listening as a way to live well. Encourage the young people to start thinking about who they listen to and whether that has a positive impact upon them.</p>
<p>10 mins</p>	<p>Listening to Jesus</p>	<p>Using point 3 on pages 11-12 to discuss listening to Jesus. You could get young people to read parts of this from the book aloud.</p> <p>As a way for you to explore listening to Jesus, why not look through Mark 1:29 - 2:17? This book was written by Mark, one of Jesus' friends.</p> <p>In pairs or small groups, spend some time reading through this passage and pick out two things which are relevant to your life.</p> <p>You can give the young people time to review this under 'Explore what Jesus says about your situation'.</p>
<p>5 mins</p>	<p>Spotting</p>	<p>Using page 13 in your books to explain the purpose of spotting our feelings. You could encourage them to spot how they are feeling at this moment in time.</p> <p>Encourage them to use the chart and directions on pages 14-15 over the next week.</p> <p>As a way to introduce the idea you might want to consider statements like:</p> <p>If this feeling was a colour, it would be...</p> <p>If this feeling was weather, it would be...</p> <p>If this feeling was music, it would sound like...</p>
<p>5 mins</p>	<p>Coping</p>	<p>Explain planned and unplanned coping mechanisms using pages 16, 17 and 42. Ask them to think of coping mechanisms they've already tried, and which ones fit where. Allow your group to try out one or two coping mechanisms at the end of the night. Encouraging them to go and try more at home.</p>

<p>10 mins</p>	<p>Move – In The Moment 4</p>	<p>Play Everyone’s It - Get everyone to put one hand on their head. Then, everyone has to run around in the hall and get other people out by touching their elbows. Last one in wins.</p> <p>Ask all the young people to go to page 25 and review Move.</p>
<p>10 mins</p>	<p>Breathe – In The Moment 6</p>	<p>Using the breathing example in the book, lead your young people to practice their breathing. Why not encourage them to come up with their own wording to breathe in and out to?</p> <p>For example, breath in “Abba Father”, breath out, “I am your beloved”.</p> <p>Alternatively, you could spend some time using the 5 Senses Exercise.</p> <p>Once you’ve done this, give them the chance to review it.</p>
<p>5 mins</p>	<p>Close and plan for week ahead</p>	<p>Finish up the time together by reminding the young people to use the resource as it is helpful and supportive to them.</p> <p>Allow time for young people to speak with you about the session once you have officially ended the session.</p>

Shaken 4 Session Plan

Session 1: Talking

5 mins	Introduction to session and resource	<p>Welcome the group and explain the next 4 sessions will be considering the Shaken resource.</p> <p>Read through pages 2-5 together. You could ask some of the young people to read out a section. Get them to write their names into their books.</p> <p>- The sessions will lead the group systematically and thematically through the coping mechanisms to try. Encourage them to use their 20-sided dice at home if they want to continue to explore coping mechanisms.</p> <p>Share with the young people that all of us go through good times and bad times in life, so we use coping mechanisms to help us. You might want to invite your leaders to identify one or two healthy coping mechanisms they use in their lives and the impact that it has.</p> <p>We invite you to pray together before you start into exploring different coping mechanisms.</p>
5 mins	Introduction to Talking	<p>Using pages 6 & 7 for inspiration, share with the group about the purpose of talking.</p> <p>We think this is one of the most important things and foundational to a lot of the elements of the resource.</p>
5 mins	Importance of Talking Activity	<p>Set the group a series of challenges that they must complete without speaking at all. They are allowed to communicate in other ways but must not speak. If one person speaks, the whole group lose the task!</p> <p>Challenges could include:</p> <p>Order your whole group by their birth date</p> <p>Get into groups with those who share their favourite colour</p> <p>Order themselves alphabetically by their surname</p>

<p>15 mins</p>	<p>Talking Discussion</p>	<p>Read Acts 2:38-47.</p> <p>When the church is described in Acts it shows all people together, living alongside one another for the benefit of others. We can imagine here problems are shared, as well as the joyful stories.</p> <p>Discuss together:</p> <ol style="list-style-type: none"> 1. What is the importance of speaking to someone you trust when things are difficult? What might someone else be able to do? 2. Who can be a trusted adult for a young person? 3. Do we share different information to different people? 4. How does this reflect how God made us? 5. Why can young people be hesitant about talking to someone when things are difficult? How would you answer these concerns? <p>Allow young people to think about times they have spoken with someone they trusted. You might want to facilitate opportunities for young people to meet with leaders as a result of this discussion.</p>
<p>5 mins</p>	<p>Talk – In the Moment 2 & Planned Choice 13</p>	<p>Talk is Number 2 in 'In The Moment' Choices and Number 13 in Planned Choices. Familiarise yourself with the two sections.</p> <p>Ask the young people to think of a time where they have spoken to someone they trust either a friend or an adult.</p> <p>Invite them to review this coping mechanism, either under the in the moment or planned choice. Reviewing means them writing a personalised thought on whether it would be helpful for them in future, if they would do it differently and give it a score out of ten. This allows them to gauge how helpful it is as a coping mechanism. We will encourage for this to be personal to each young people and not request feedback.</p>

<p>5 mins</p>	<p>Exercise – Planned Choice 18</p>	<p>To try out this coping mechanism, allow space for 5 minutes of exercise. You could combine this into a regular activity which you play in your group or try out one of the suggestions below:</p> <ul style="list-style-type: none"> - Create an invisible assault course: have two teams and a relay race to see which team completes it first. Have a leader demonstrate the different invisible tasks. - Search YouTube for Christian Zumba Dances! For example, Hillsong Young and Free songs with choreography. Get the video on a screen in your hall and turn the music up loud. - Plan some silly relay races, for example egg and spoon, three legged.
<p>20 mins</p>	<p>Pray – In The Moment 3</p>	<p>Split the young people into small groups and give them each one of the passages below, without the description:</p> <p>Luke 11:1-4 – Jesus taught and gave an example of prayer</p> <p>Matthew 26:36-42 – Jesus prayed in his darkest moment</p> <p>Mark 1:35-37 – Jesus prayed in preparation</p> <p>John 17:20-21 – Jesus prayed for all believers</p> <p>Ask the young people to summarise what Jesus teaches us about prayer in their passage. Ask for feedback from each group.</p> <p>Have a leader explain the importance of prayer in their personal discipleship, it might be sharing about the comfort they have received from prayer or an answered prayer they have seen.</p> <p>Allow the young people to spend time praying. You could set up a few prayer stations with different ideas or encourage them to write prayers to God. You may want to gather as a group together and say</p>

		<p>short prayers out loud. Allow young people an opportunity to review this on their own in their books.</p>
5 mins	Say No – In The Moment 1	<p>Play the Yes or No game together. You might want to get the whole group to play in small groups or invite 2 young people up to the front to play against each other.</p> <p>The Yes Or No game works by asking a young person a long series of questions that would normally require that they answer “Yes” or “No”; however, the young person isn’t allowed to say either of these words. They’re also not allowed to nod or shake their head. Don’t just ask closed-ended questions – throw in some open-ended questions to try to catch them off guard. You could keep playing for as long as it takes for the young person to say “Yes” or “No”, or instead set a time limit of 1 or 2 minutes – if they manage to go that long without saying either of these words, they win (or the next person gets a chance to play).</p> <p>Once you’ve played the game, encourage them to think about times where it is easy to say No, also to think of times which are more difficult.</p> <p>Now invite the group to use page 18 and the first In The Moment choice to allow you to remind them when it is good for them to say no. Remind the young people of the importance of talking to someone they trust and how these coping mechanisms link.</p>
5 mins	Close and plan for week ahead	<p>Finish up the time together by reminding the young people to re-read through the coping mechanisms covered during the session.</p> <p>Allow time for young people to speak with you about the session once you have officially ended the session.</p>

Shaken 4 Session Plan

Session 2: Listening

5 mins	Welcome and recap of session 1	Welcome everyone and explain what happened in the first session to recap and for any young people who missed it.
5 mins	Introduction to Listening	Using pages 8-9 introduce the idea of listening as a way to live well. Encourage the young people to start thinking about who they listen to and whether that has a positive impact upon them.
10 mins	Listening to others who love God	<p>Moving onto point 2 of listening and considering pages 9-11 in the books.</p> <p>Give the young people 2 minutes in pairs/threes to make a list of everything they know about David who wrote most of the Psalms, what happened in his life, how did he respond to God. Take some feedback.</p> <p>Split the group into 3 groups and give each group a Psalm using Psalms 30, 66, 136.</p> <p>Ask each group to read their Psalm and consider the questions below;</p> <ol style="list-style-type: none"> 1. What does the Psalm thank God for? What is the main point of the Psalm? 2. When in your life could you imagine reading a Psalm like this? 3. Could you use any of the phrases in your thankful prayers to God? 4. If you could write a Psalm, what you want to be thankful to God for? <p>Take some time to feedback together as one group.</p>

<p>10 mins</p>	<p>Listening to Jesus</p>	<p>Using point 3 on pages 11-12 to discuss listening to Jesus. You could get young people to read parts of this from the book aloud.</p> <p>As a way for you to explore listening to Jesus, why not look through Mark 1:29 - 2:17? This book was written by Mark, one of Jesus' friends.</p> <p>In pairs or small groups, spend some time reading through this passage and pick out two things which are relevant to your life.</p> <p>You can give the young people time to review this under 'Explore what Jesus says about your situation'.</p>
<p>5 mins</p>	<p>Explore what Jesus says about your situation Planned Choice 16 & Testimony</p>	<p>Alternatively read pages 49-50 together.</p> <p>Invite a youth leader or member of your parish to share part of their testimony where they have listened to another Christian about difficulty in their life and listening has had a positive impact. Ask them to reflect some of the themes on page 50 as a guide.</p> <p>Once you've done this, encourage the young people to take time to review this on page 51.</p>
<p>15 mins</p>	<p>Eat, Relax and Sleep Well - Planned Choice 17</p>	<p>Get lots of post its and 3 signs saying eat, relax and sleep. Give the young people 3 minutes and ask them to write their positive suggestions for each of these headings. You could get them started with a few suggestions for each.</p> <p>Eat: Reducing fizzy drinks / Learning to bake or cook one healthy meal / Planning your lunches for school</p> <p>Relax: Spending one minute in silence before bed / Making a hot water bottle / Prioritising time for a project each evening</p> <p>Sleep: Relaxing music / Sweet smelling incense / Screens away / Reading a positive story</p>

		<p>Give the young people time afterwards to look at all the ideas and write down some which they could use in the coming week.</p> <p>Ask them to plan to do this and review it during the week.</p>
5 mins	Eat, Relax and Sleep Well Challenge – Planned Choice 17	<p>Get everyone to estimate how much time they spend using technology. Ask them to split that time into different elements, like gaming, communication, homework.</p> <p>Ask the young people:</p> <ol style="list-style-type: none"> 1. What would it look like for you to take a break from technology? 2. What would be a reasonable thing to try? Would it be reasonable to delete an app for a week? Or limit the time you spend on your phone with an app like Moment? Or leave all technology out of their bedroom overnight? <p>Ask each young person to set a reasonable target to try over the next week, share it with one other person to increase accountability. Get them to try it during the week and review it before your next session.</p>
10 mins	Make some noise – In The Moment 7	<p>The challenge is to make the best and loudest noise. Be aware of young people in your group who may find this stressful or overwhelming. You might want to discuss this activity with them in advance and make a plan.</p> <p>Split the group into 2 teams and give them some time to think through how to make the loudest noise. They might use their voices or things they find around them.</p> <p>Use www.bouncyballs.org to show the biggest reaction to the noise and therefore the winning team.</p>

		Allow some time for feedback and young people to write their own reviews.
10 mins	Move - In The Moment 4	<p>Play Everyone's It - Get everyone to put one hand on their head. Then, everyone has to run around in the hall and get other people out by touching their elbows. Last one in wins.</p> <p>Ask all the young people to go to page 25 and review Move.</p>
5 mins	Close and plan for week ahead	As you close, reflect on the things you have learnt about each other and about who God is.

Shaken 4 Session Plan

Session 3: Spotting

5 mins	Welcome and Warm Up	<p>Welcome everyone. Spend a few minutes having a warm up game. Why not play the Human Knot Challenge? Everyone grab two hands and see how quickly you can get untangled.</p>
5 mins	Spotting	<p>Using page 13 in your books to explain the purpose of spotting our feelings. You could encourage them to spot how they are feeling at this moment in time.</p> <p>Encourage them to use the chart and directions on pages 14-15 over the next week.</p> <p>As a way to introduce the idea you might want to consider statements like:</p> <p>If this feeling was a colour, it would be...</p> <p>If this feeling was weather, it would be...</p> <p>If this feeling was music, it would sound like...</p>
15 minutes	Regular Time with God – Planned Choice 15	<p>Read through page 47 together.</p> <p>Why should we read the Bible regularly?</p> <p>Get the young people into pairs and ask them to read 2 Timothy 3:10-17.</p> <p>Consider what this passage tells us why reading the Bible is valuable?</p> <p>Which thing is most exciting in what they could learn from the Bible?</p> <p>Why should we pray regularly?</p> <p>Read Ephesians 6:14-20, 23-24 together.</p>

		<p>How does this passage build on what we talked about regarding the Bible?</p> <p>What does this passage tell us about prayer?</p> <p>What does Paul ask people to pray for?</p> <p>What does he pray for them?</p> <p>Take a moment individually to consider why spending time with God is important for you. You could ask them to finish the sentence – “I think I will plan regular time with God because...”</p> <p>It could be helpful to have some of your leaders reflect on the difficulties they have experienced around this and how they’ve sought to prioritise it. Why not have some devotional books available for them!</p>
20 mins	Create - In the Moment 9	<p>Creating something can help us when life is difficult. We can create lots of different things in different ways.</p> <p>Revelation 4:11 says, “You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they were created and have their being.”</p> <p>Spend some time allowing the young people to create something. Set up a range of different stations where they can use a variety of things to create.</p> <p>Suggestions include: Paint and paper / Clay / Lego / Build a Fort / Mosaic Crafting / Create your own secret code alphabet / Build a Blackboard</p> <p>Once you’ve spent some time on this, encourage your young people to take a moment to review it in their books on page 35.</p>

5 mins	<p align="center">Explore Counselling – Planned Choice 14</p>	<p>Take some time to read through page 45 together. You could highlight different counselling options that you know would be available to your young people. For all young people they can speak to Childline, who have a great introductory video here: https://youtu.be/fCA6EhBhiC8</p> <p>Encourage the young people to save Childline’s number in their phone together.</p>
10 mins	<p align="center">Bless – In The Moment 10</p>	<p>Proverbs 12:25 says, “Anxiety weighs down the heart, but a kind word cheers it up.”</p> <p>Question for Discussion: Has anyone ever done a random act of kindness for you? If so, how did it feel?</p> <p>You could check out the Random Acts of Kindness Foundation website for ideas or inspiration as well as videos to play. Or there are fun videos by SoulPancake on YouTube.</p> <p>Get young people to pair up and think about a random act of kindness they could do during the week.</p>
5 mins	<p align="center">Close and plan for week ahead</p>	<p>As you close and think to the week ahead, make plans to consider the coping mechanisms which the young people can try on their own like a random act of kindness.</p>

Shaken 4 Session Plan

Session 4: Coping

5 mins	Welcome and Open in Prayer together	<p>Welcome the group and allow a leader to pray for the coping mechanisms you will try together.</p>
5 mins	Coping	<p>Explain planned and unplanned coping mechanisms using pages 16, 17 and 42. Ask them to think of coping mechanisms they've already tried, and which ones fit where.</p>
10 mins	Enjoy – Planned Choice 19 & In The Moment 12	<p>Take some time to do some fun things with your group. It might be using the suggestions we included in the book and have expanded upon below or it might be something really enjoyable for you and your group!</p> <p>Bubbles: Allow your young people to use lots and lots of bubbles. You might want to set some competitions, largest bubble, most bubbles from one go. Allow them to make their own targets for this and just have fun.</p> <p>Laughing: Get a list of silly jokes. Have two representatives up to the front to have a joke battle. Ask them to choose their best jokes from the ones available and battle to see who gets the most laughs from the group.</p> <p>Planned Enjoy: Page 57 describes the planned choice of Enjoy encouraging the young people to make a plan to do something they enjoy. Ask them to make a plan now with someone.</p> <p>Take some time to review these together, talking about whether they enjoyed it or not. Ask them to complete their own review.</p>

<p>15 mins</p>	<p>Dream of what is to come - Planned 20</p>	<p>Allow your young people to write a letter to themselves in the future. Ask them to choose a time period, perhaps 1 year from now. Each person gets an envelope and a piece of paper. Ask them if they want to keep their own or if they want you to post it to them (if so they need to put their address on the front).</p> <p>Each person should get time to write a hope filled letter to themselves. We recommend putting on some music in the background! Don't focus on forcing themselves to become better at lots of things, but instead to celebrate where they are now and in the future. Once they've written their letter, get them to seal it.</p> <p>Then take a moment to review it together in their books on page 60.</p>
<p>10 minutes</p>	<p>Breathe - In The Moment 6</p>	<p>Using the breathing example in the book, lead your young people to practice their breathing. Why not encourage them to come up with their own wording to breathe in and out to?</p> <p>For example, breath in "Abba Father", breath out, "I am your beloved".</p> <p>Alternatively, you could spend some time using the 5 Senses Exercise.</p> <p>Once you've done this, give them the chance to review it.</p>
<p>10 minutes</p>	<p>Fresh Air - In The Moment 5</p>	<p>Go outside! You could read from page 26 as you go. If it is raining, get your coats on or grab some umbrellas! You might want to go for a walk around the church buildings or have a route for a 5 minute walk around the area. Allow the young people to share with each other about what they see around them and then review it together, thinking about how helpful it would be.</p>

		Then take a moment to review it, thinking whether they would use this in their lives if they were feeling overwhelmed.
20 mins	Stress Ball - In The Moment 8	As a group, make stress balls using the directions in the resource. Allow the young people to add their own personal touches to these. Give them a few minutes to play with the stress ball once it is made. Using the review page, allowing them 2 minutes on their own to write their own review. Get back together as one group for feedback.
5 mins	Cry - In The Moment 11	Take a moment to discuss things which make you cry, whether they be the scene of Carl and Ellie's love story from the film Up, or when you see family reunion videos on social media. You could use the 'When was the last time you cried? O-100 video by Soul Pancake' to demonstrate this. You could give your young people time to evaluate this coping mechanism.
10 mins	Close and review resource	Take some time to feedback over the last four sessions and the use of the resource in their own time. You might want to allow the young people to complete the online survey for the resource together or on their own.

**This resource has been developed in partnership between
The Big House Ireland and Connor Diocese.**

This Leaders' Guide is also available through the **Connor Diocesan**
website at **connor.anglican.org**.

For more information on **The Big House Ireland** and its work supporting young
people visit their website: **thebighouse.org.uk**.

To find out more about The Big House counselling service, **The Listening Space**
please visit **thebighouse.org.uk/listening/** or phone **028 9066 4300** to make
an enquiry.

For more information about **Connor Diocese**, one of the 12 Dioceses in the
Church of Ireland, visit their website at **connor.anglican.org**.

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