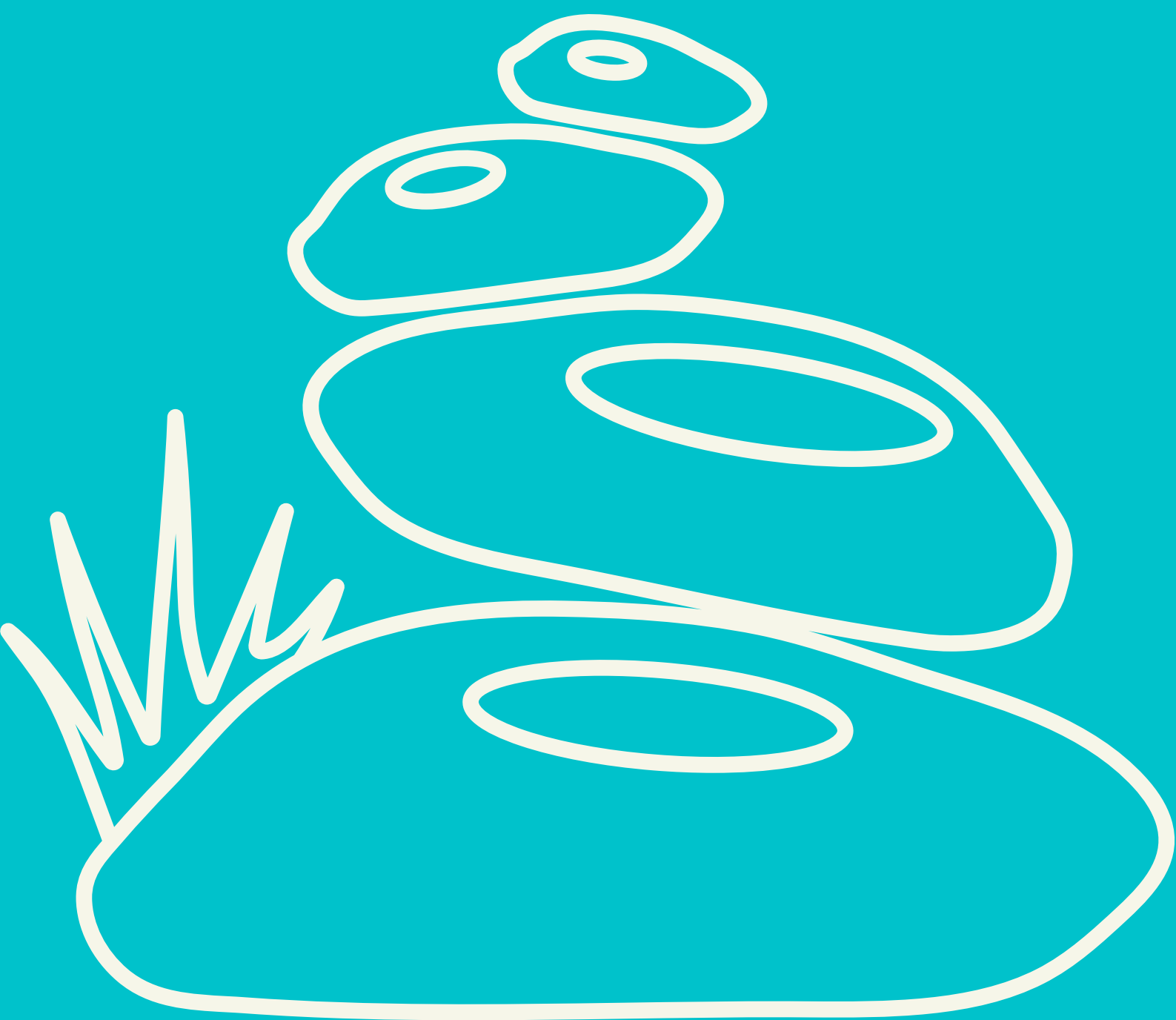


Stepping Stones

Resource pack



In this resource pack...

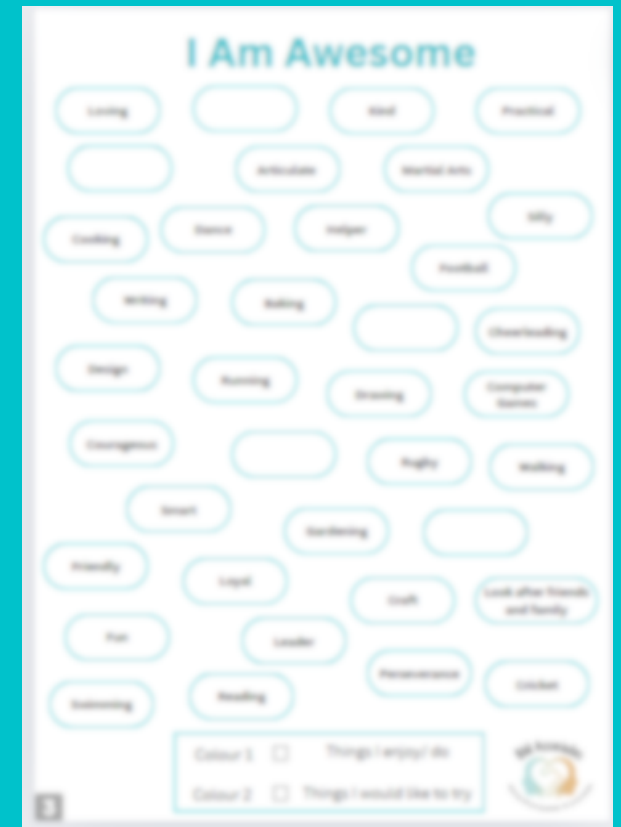


Pg 1. Bingo Sheet

Session 1



Pg 2. 'Guess what it is yet?' Session 2



Pg 3. 'I am Awesome'

Session 2



Pg 4. Support Sheet

Session 5



Pg 5. Pre-course Questionnaire



Pg 7. Post-course Questionnaire

Human Bingo

Had breakfast this morning	Has a sibling	Loves Ketchup
Has a pet	Speaks more than one language	Plays a sport
Likes Playstation more than Xbox	Has brown eyes	

Guess what it is yet?

House

Car

Tree

Flower

Bus

Bike

I Am Awesome

Loving

Kind

Practical

Articulate

Martial Arts

Cooking

Dance

Helper

Silly

Football

Writing

Baking

Cheerleading

Design

Running

Drawing

Computer Games

Courageous

Rugby

Walking

Smart

Gardening

Friendly

Loyal

Craft

Look after friends and family

Fun

Leader

Perseverance

Cricket

Swimming

Reading

Colour 1 ☐ Things I enjoy/ do

Colour 2 ☐ Things I would like to try

Support for you

Local Support:

National Support:

Head space: Meditation <https://www.headspace.com/>

Young Minds: Mental health support for young people
<https://www.youngminds.org.uk/>

Kooth: Free, safe and anonymous online support for young people
<https://www.kooth.com/>

Counselling Directory: To find a private therapist in your local area
<https://www.counselling-directory.org.uk/>

Health for teens: Information on mental. Physical and sexual health
<https://www.healthforteens.co.uk/>

CHILDLINE: Free 24 hours helpline for children and young people in danger or distress, to talk about anything. 0800 1111 (helpline) www.childline.org.uk

NSPCC: 0800 1111 (helpline) nspcc.org.uk Support for children experiencing abuse, neglect and in distress.

Papyrus HOPELINE: Provides confidential support if you, or someone you know, is thinking about suicide. 0800 068 4141 (helpline) 07860039967 (text) papyrus-uk.org/hopelineuk

Beating Eating Disorders: Under 18s helpline, webchat and online support groups for people with eating problems, such as anorexia and bulimia. Includes advice and support for those who have an eating problem.
Beateatingdisorders.co.uk

LGBTQ+ Young Stonewall: Information and support for all young lesbian, gay, bisexual and trans people. Includes information on how LGBT-inclusive charities: 08000 50 20 20 (helpline) youngstonewall.org.uk

Mermaids: Helping gender-diverse young people and their families
<https://mermaidsuk.org.uk/young-people/> 0808 801 0400

Pre-course questionnaire.

Name:..... School:.....

Read the questions below and circle the number closest to the way you have felt during the two weeks prior to this course.



I am happy with my life:	1	2	3	4	5
I can concentrate at school	1	2	3	4	5
I can deal with pressure and sort out difficult situations	1	2	3	4	5
I can take responsibility for my own decisions	1	2	3	4	5
I can set goals for myself and I know when I have completed them	1	2	3	4	5
I know how to deal with compliments and conflict	1	2	3	4	5
I can be a role model to other people	1	2	3	4	5
I can talk about how I feel to at least one person in my life	1	2	3	4	5
I know people care for me	1	2	3	4	5

Do you have any aims or goals for this course?

Do you have any aims or goals for this academic year?

What is getting in the way of you achieving your goals?

Do you feel angry or sad at the moment? Has anything happened in your life that you would like to tell us about?

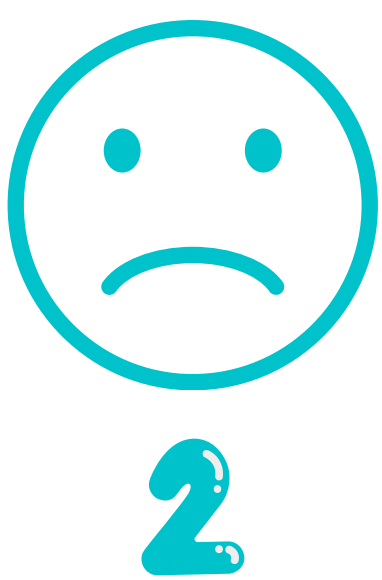
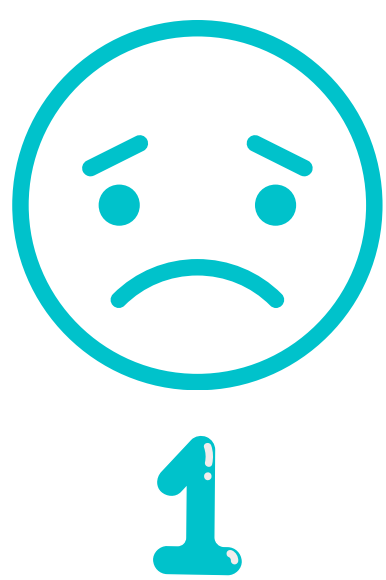
Is there anything else you want to say to us? *This will stay confidential.*



Post-course questionnaire:

Name:..... School:.....

Read the questions below and circle the number closest to how you feel since taking part in the course.



I am happy with my life	1	2	3	4	5
I can concentrate at school	1	2	3	4	5
I can deal with pressure and sort out difficult situations	1	2	3	4	5
I can take responsibility for my own decisions	1	2	3	4	5
I can set goals for myself and I know when I have completed them	1	2	3	4	5
I know how to deal with compliments and conflict	1	2	3	4	5
I can be a role model to other people	1	2	3	4	5
I can talk about how I feel to at least one person in my life	1	2	3	4	5
I know people care for me	1	2	3	4	5

Course evaluation:



Have you enjoyed this course?

What has helped you most during the course and why?

What would you have liked to talk about during the course that we didn't cover?

Will what you have learnt on the course change the way you do things now?

What one thing will you remember from the course?

If you met somebody like you, what advice would you give them?

Your progress:

Have you achieved your aims for this course? Please explain your answer.

Do you have any aims or goals for this academic year?

Do your goals feel more or less achievable since doing the course?

Have you started to overcome the obstacles to your goals? Please explain your answer.

