



Coping: Example group activities

My Greatest Achievement Activity

Spend a couple of minutes thinking about what your greatest achievement has been so far.

Once you have thought of something, pair up and tell each other about the achievement.

Inspirational Quotes Activity (quotes in the resource pack)

I am going to place some inspirational quotes on the floor.

Choose your favourite quote and then share it with a partner. Why have you chosen this quote? What do you like about it?