



Supporting the emotional
wellbeing of young people

How do we make
smart changes?

What type of family
activities are important for
good mental health?

How do we change the way
our children behave?

How do we build resilience?

What do we need to be
mentally healthy?

Session 2

Under which conditions do we thrive?

What outside factors
influence this?








What internal factors
influence this?

Think back over the last week. Make a list of all of the activities that you did with your family. When you've done that put a letter by any that made you more **APE!**

Achievement, People or Enjoyment.

Rate your mood before and after taking part in the activity.



					
Before					
After					

My Action Plan



Step 1...

Step 2...

Step 3...

Step 4....

Step 5...