

Peer Support Activities



A Picnic and/or Lawn Games

This can be themed (or not!) and students can prepare simple snacks or if there is budget/funding small snacks can be provided. Students can take the opportunity to practice mindful or grounding techniques introduced, or it can simply be a session of respite with lawn games such as bocce or croquet!



Cooking

Young people can prepare something simple like lemonade or something a bit more elaborate depending on time and capacity. Activities can be linked to trying new things, gaining new skills, learning from mistakes and letting go of perfection.



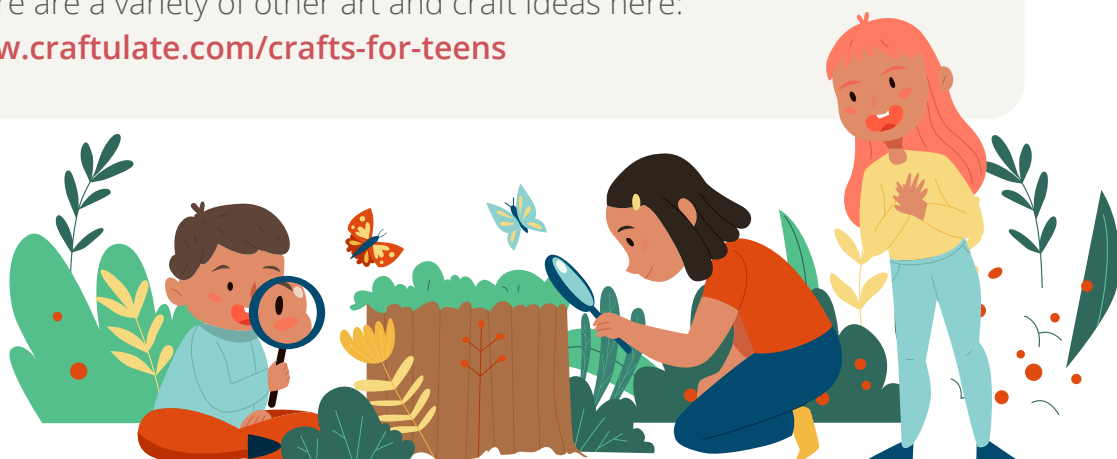
An Art Activity

Students can have turns creating a quick, random, simple 'squiggle' on a page and other students need to use their imagination to turn into something, a house, an animal, a landscape, whatever they can come up with!

www.ykidsonline.co.uk/post/activity-squiggles

There are a variety of other art and craft ideas here:

www.craftulate.com/crafts-for-teens



Peer Support Activities

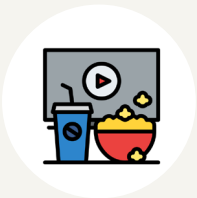


Scavenger Hunt or a Games Day

Divide the group into 2 or more teams and go on a scavenger hunt! The following link provides various lists that you can pick and choose from depending on the ages of the young people and how much space you want to use.

www.bostoncentral.com/scavenger-hunt-lists-for-kids

A Games Day could also be organised, using cards, board games, bingo, charades or any others!



A Movie or Gaming Afternoon

Young people in the group can vote on a film to watch or choose some games to play, depending on capabilities of the space. Making popcorn or other snacks can be part of the fun as well!

