

The background is a solid blue color with a pattern of overlapping, curved, light blue lines that create a sense of depth and movement, resembling a stylized leaf or a series of intersecting paths.

Preparatory unit: Setting the scene

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Young people often already have a code of conduct or clearly defined expectations of behaviour. Using these as a foundation, you will need to develop a working agreement that will provide the best possible environment for life-skills work. Remember to display the agreement during each session, so that it is prominent in the minds of all the young people.

This example of a working agreement was developed by young people at Francis Barber Pupil Referral Unit in Wandsworth, London:

- Respect each other and each others' views
- Listen to each other
- Begin and end on time
- No putting on the spot or putting people down
- No judging each other
- Allow everyone to have their say
- Not too much writing.

Learning outcomes

Young people will:

- have developed a working agreement
- have an increased vocabulary to describe their feelings
- recognise and understand their body signals for emotional states
- be able to identify their triggers (i.e. situations which provoke a strong reaction in them)
- have developed strategies to manage difficult situations or when things go wrong.

You will need

- large sheets of paper
- marker pens
- smaller sheets of paper for young people to work on
- pens or pencils.

Suggested icebreaker:

Who I am
(See page 22)



Activity 1: ***Developing a working agreement***

1. Ask the group to identify what makes it easy to share thoughts and ideas, and what makes it difficult. If necessary, give examples such as: 'I feel comfortable if I think people will listen to what I say', or 'I feel uncomfortable if I feel criticised'.
2. Invite participants to decide which of the ideas should be included in their working agreement. Write these up on a large sheet of paper.
3. Invite the young people to decorate and sign the agreement.

Reflection

What will we do if one of us breaks the working agreement?
What might be difficult about sticking to this agreement?
What will help us stick to this agreement?