

ACTIVITY: LET'S TAKE IT EASY

- **OBJECTIVE:** To show IDPs and their relatives the benefits of calming down when they are nervous or upset by managing emotions.
- **PARTICIPANTS:** A training group including IDPs, relatives and professionals (it can be done with one IDP only with the support of a relative or a professional).

The training group is managed and lead by a trainer that facilitates the methodology.

- **METHODOLOGY:** face to face, although it can be done online with some changes and using collaborative online tools like Webinars.
- **DURATION:** 1 hour.

STEP 1:

- The trainer asks the trainees about recent situations where they have felt nervous or upset. The trainer asks the trainees to look for situations alike to those provided by Breathe (flags).
 - How to put my shoes on?
 - Situation alike: how to dress myself when I want to go out?
 - I don't want to be in college?
 - Situation alike: I don't go to visit the doctor:
 - The tower has fallen down.
 - Situation alike: I built something with my own hands but it has not gone well.
 - I want to play in the toboggan (slide), but I don't want to queue.
 - Situation alike: I am doing the shopping but there is a huge queue at the cash register and I am in a hurry.
 - I want to sleep but I am afraid of darkness.
 - Situation alike: It is late to go home, it is night and got a little scared.
- The trainees (IDPs, relatives and professionals) give examples and they are taken to the blackboard.
- The trainees choose an example of each of the trainee groups. The selection can be done by choosing those examples given that more common.

STEP 2:

- The trainer chooses one of the three examples (preferably one belonging to the IDPs group) and selects the Breathe option or flag that fits better with the situation, the trainer asks for a volunteer to play with him at the computer or tablet.
- The rest of the trainees see the game on the screen where it is projected.

STEP 3:

- The trainer and the volunteer (preferably an IDP) start playing.
- When arriving to the upset monster screen, the trainer asks the volunteer how the monster feels and which are the feelings that make him upset or nervous (anger, frustration, guilt...). The trainer asks also the rest of the trainees.
- The trainer asks the volunteer if he or she thinks that those feelings are going to help the monster to solve the problem, and what would be the benefits of calming down and thinking before acting. The trainer asks the rest of the trainees about the benefits of calming down and problems you can have when taking decisions while feeling anger, for example.
- They play and touch the monster belly until it calms down.
- All the trainees make a breath and relax exercise.

STEP 4:

- Once the monster is calmed down, we have to find the best options to solve our problem. The trainer and the volunteer carry on playing Breathe and touch the bubbles to find out the three options given.
- The trainer asks the volunteer and the rest of the trainees for other possible options, all the options are taken to the blackboard.
- The trainer remarks the importance of looking for different options to solve problems once we are calmed down and are emotionally prepared and free of bad emotions and thoughts.
- The trainer remarks the importance and the benefit of asking for help and to communicate with other people (relatives, professionals, friends...) when we don't find options.

STEP 5:

- Once they have a list of options to solve the problem, the training group chooses the 3 options that are more suitable to solve the problem.
- The trainer remarks the benefits of taking action when we have selected the proper option and not to postpone it.

STEP 6:

- CLOSURE ACTIVITY.
 - The trainer remarks the importance of breathing, calm down, search for options, select the best option and act.
- The trainees tell how they feel and what have they learn during the training session.
- Conclusions are taken to the blackboard.