



What We Do



What is the purpose of this activity?



What do you do every day to help yourself and others around you?

In this activity, you will explore the positive things you do for yourselves and others through storytelling. You will recognize the positive actions you take, even those you and others around you don't always notice.

What will you need?



A place where you can sit comfortably and draw, and a table or hard, flat surface to put the paper on.



A piece of paper and a pen or pencil.



Step by step



Start by sitting somewhere where you are comfortable and have a clean, flat surface to put the paper on. Have your paper and pen or pencil ready.



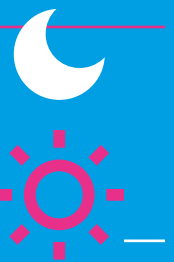
Draw a line down the center of your paper from top to bottom.

At the top of the paper, on the left side of the line, write "Good things I do for myself."



Before you write anything else, close your eyes.

Imagine yourself going through a day that is typical for you right now. Imagine all the things you do from first thing in the morning, throughout the day, until you sleep at night.



Open your eyes.

From the day you just imagined, think of the good things you do for yourself. These might be things you do to take care of yourself, to reach your goals, stay active, keep your relationships strong, and have fun.

On the left side of your paper, write all the good things you do for yourself. Try to write them in the order that you do them every day. If there are things you do more than once in a day, you can repeat them as often as you do them.

4

On the right side of your paper, write “Good things I do for others.”

From the day you just imagined, think of the good things you do for others every day (You can close your eyes again and reimagine your day if that helps). These might be things you do to take care of others, help them with what they need to stay healthy, make them feel happy.

On the right side of your paper, write all the good things you do for others. Try to write them in the order that you do them every day. If there are things you do more than once, you can repeat them.

5

Read your list to yourself. Notice all the good things you do every day!

As you read your list, you may find yourself thinking about things that you feel you should do, or things you should not do. Try not to worry about those things now.



Create more

- Try to transform your list into a little story, poem or song. Tell your story or perform your poem or song for others.
- Create a drawing, photo essay, audio recording or a video to illustrate your lists and your story, poem or song.



Share

→ Online:

Send and share what you created in the chat group. Watch out for your friends' and peers' lists, poems, stories, and anything else they created!

Look for more messages from your chat group to see what the others have created. Participate in the chat!

→ Everyone (Online and Offline):

Keep your paper with the lists and your story, poem or song somewhere where you can look at it every day. For example, you might hang it on your wall.

If you want, share your story, poem or song to other people in your household.

Invite others from your household and your friends to do the same activity. Discuss what you learn from each other's lists and stories.



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Invite others from your household and your friends to do the same activity. Discuss what you learn from each other's lists and stories.





Guide for parents and caregivers

1

Before your adolescent starts this activity

- Read the activity guide for What We Do so you understand the steps and what adolescents are asked to do.
- Help your adolescent find a quiet place where they can draw without interruption or without anyone watching what they are doing.
- Ask other members of your household to give your adolescent space and time to participate in the activity without interruption.
- **Ask your adolescent how they would like to work on this activity:**
 - *Would you like to try this activity alone, or would you prefer to try it together with me, or with other people in our household?*

Accept and support their answers to these questions. Once they have told you their preferences do not push them to try the activity another way.

2

While your adolescent is working on this activity

- Depending on what they prefer, give them time and space to work on the activity in a quiet space.

If they are confused about how to do the activity, and want your help:

- Read the guidelines in their activity guide and try to explain the directions to your adolescent in your own words.
- Encourage them to try the activity again, or as many times as they wish.
- Remind them that there is not a “right” or “wrong” way to do the activity. The purpose of the activity is to help them to relax and experiment with expressing themselves in a new way.
- Suggest a few examples of things that you have noticed them doing for others, or things you do for others. However, do not push them to.

If they need more encouragement or inspiration, ask:

- What are some of the things you do for yourself and others every day that you know I, or others in our household see and notice? What are some good things that you do that we don't see or notice?

- How else could you describe these activities? What other words could you use? What do you say or think to yourself as you are doing these activities? What do you think we see when you are doing these things?

3

After your adolescent is done with the activity

- Ask if they want to share their list, story, poem or song with you. If they do, share encouraging words about what they created. Never correct them or disagree with the things they say they do for themselves or others.
- Avoid using this as a chance to encourage them to do good things more often. At this moment, do not scold them for the good things they do not do, or the bad things they do.
- Invite them to tell you more about what they wrote in their list, story, poem or song.
 - *Ask them to tell you more about the things they do for themselves and others, especially those they don't think you notice.*
- If you or other people in your household participate by writing your own lists and stories, poems or songs, share what you created with each other, and talk about your own actions. You could talk about:
 - *Similarities and differences*
 - *How you each feel when you do things for others*
 - *How you feel when you see others do positive things for themselves, or for you.*
- Make a plan to say thankful or encouraging words to each other in the future, when you see each other doing positive things.

If they are participating in a discussion with a facilitator and other adolescents using their mobile device:

- *Remind and encourage them to share their list and story, poem or song when their facilitator sends them a message inviting them to do so (However, do not force them to share if they do not wish to do so)*
- *Encourage them to participate in the conversation with the facilitator and the other adolescents.*



Facilitator guide

Activity Purpose

This activity will help adolescents to develop awareness and listening skills that can help you to cope with feelings of stress. Through this activity, they will practice your competencies for coping with stress and managing emotions; communication and expression. As with all activities, the most important purpose is to help adolescents to have fun and take a break from stress!

1

Preparing adolescents and families

- A few days in advance, announce* that adolescents will receive a guide for an activity. Repeat this announcement the day before adolescents should begin the activities. Encourage adolescents to have fun and give it a try!
- Explain that the activity will give adolescent a chance to practice skills for listening, and some creative writing. Remind them that the activity is meant to be fun and relaxing.
- Remind parents that they can support their adolescents by reviewing the adolescents' activity guide and the guidelines they receive, too. Remind adolescents that they can ask their parents for support, but they can also work on the activity independently if they prefer.
- Explain to the adolescents that they will need a piece of paper and a pen or pencil, but they will not need any fancy or special materials to participate in the activity.
- Inform them of the date by which they should finish the activity, and how they should share what they created.

*The announcement can be made over mobile phone through text messages, WhatsApp, Messenger, etc., through radio or TV programmes, or through offline community announcement channels.

2

When you share the activity guide:

- Repeat the information above, so adolescents (and parents) understand how to participate in the activity, and what to do next.
- Explain to adolescents (and parents) how they can communicate with you to ask any questions they may have.

- Send encouraging messages to remind adolescents (and parents) that you hope they are enjoying the activity and look forward to hearing about their experiences.

3

After the activity:

- Remind adolescents to share their experiences and any stories, poetry, songs or drawings they created, and explain how they can share these with you.
- Share encouraging reminders as adolescents share their feedback or creation.
- Share examples of the first drawings you receive with positive comments, as encouragement for other adolescents to share their drawings, too.
- Invite them to respond to the following questions, one at a time.
 - *What sounds did you hear, besides the loudest and most obvious sounds? Did you hear any sounds that you didn't expect to hear, or didn't realize you would be able to hear? Did you hear sounds coming from inside or outside our household, or both? What felt or sounded different as you listened in this new way?*
 - *What is another adolescent's post, poem or drawing that you enjoyed? Tell them what you liked about what they shared!*
 - *Will you try this activity again? Will you do it the same way, or try something new? Tell us more!*

Allow some time (possibly a day or so) between each question so the adolescents have time to respond.

- Send a closing message thanking them for participating. Congratulate them on their posts and creative work. If you will be sharing their posts and creative works in another way, inform them of this and ask for their permission to do so. Let them know if they should expect another activity.