



Course Title: Happy thoughts, happy mind	Date: Week:	Name of Tutor:	Overview – In this workshop, we explore body image and how sad thoughts can create long term sadness in the heart. Using a simple analogy to show how thoughts build momentum, we explore body image thoughts and how they can escalate into manifestation of negative body image. An interactive workshop with two group exercises that engage and explore body image thoughts. Support is offered throughout the workshop.
Time: Duration: 45 – 60 minutes	Centre:		
General aims: To explore feelings of sadness around body image To become aware of thoughts around body image	Specific learning objectives. At the end of the session all learners can: To understand how sad thoughts can spiral out of control sometimes, as well as have an understanding of self-hatred.		Assessment of learning: (What evidence will be produced to show objectives have been achieved) Feedback forms 1-1 support and peer support groups if needed
How will English, Maths/Functional Skills be embedded?	X2 group exercises with writing, basic numeracy and communication/problem solving		
How will E-Learning be embedded?	1-1 on-line support and peer support groups available if needed		
How will Sustainable Development be embedded?	Pre-recorded workshops, on-line support, electronic journey planner		
How will Equality and Diversity be embedded?	Interactive exercises, using different characters from multicultural backgrounds in the video		



What Health and Safety/Safeguarding issues need to be considered?

Please discuss fire exits, toilets and breaks with your students. Have two teachers present for safeguarding purposes as some students may find video content distressing. Teachers to observe students for signs of distress or self-hatred. Teachers to offer those individuals 1-1 support with a Body Image Coach, email: bodyimagecoach.co.uk@proton.me

PREPARATION FOR WORKSHOP:

Paper, pens, flipchart paper and markers for all students

Tree print outs for each student, as below. Or students can draw their own tree.



Exercise - in groups of 3s or less:

Please write the following onto flip chart paper in preparation for your first exercise:

- If you could be anyone in the world, who would it be?
- Why would you want to be them?
- What do they have, that you would like to have?

Exercise- in groups of 3s or less:

Please write the following onto flip chart paper in preparation for your next exercise:

- What does your heart need to feel less sadness?
- What does your body need to feel less sadness?
- What does your mind need, to feel less sadness?

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SESSION PLAN: Body Image Coach workshop – pilot

Time	Topic/Content	Video tutor activity	Learner Activity	Resources	Notes
5 minutes	-Introduction and settling into class	- Introduction - Workshop overview - Housekeeping	Video activity	Paper Pens Flipchart paper/markers	
5 mins	- Exploring comparison of others	- Exploring students' thoughts around how they feel about themselves	Solo activity	Paper Pens	
5 mins	- Exploring answers from previous topic as well as thoughts and feelings	- Exploring negative body image thoughts and feelings	- Solo activity	Paper Pens	
10 mins	- Exploring sadness and how to support oneself	- Exploring how to give the heart, mind and body what it needs, to feel better	- Group activity	Paper Pens Flipchart paper/markers	
5 mins	- Discussion around coping strategies	- Coping strategies that can be used in times of sadness	- Video activity		
10 mins	- Exploring dominant thoughts and how they escalate	- Using the 'tree' analogy to understand how thoughts manifest	- Group activity	Journey planner Pens Flipchart paper/markers	

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5 mins	- Discussion around the 'tree' analogy and thoughts	- Discussing how the 'tree' can turn into a 'worry tree'	- Video activity	Paper pens	
10 mins Optional	- Post workshop discussion	- Discussion with teacher and students around what was learned	- Teacher and class		

Evaluation of lesson: (How could this be developed for the future)

When planning the session		When evaluating the session	
Using a variety of teaching and learning methods (where appropriate)		Attention was drawn to those struggling with their mood or any part of the session	
Have extension and/or alternative tasks available		Learners were working at their individual learning levels	
Individual learner needs catered for		Celebrated learner achievements	
Previous session/learning will be recapped		Ended punctually	

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