

## WEEK 1: Wellbeing 2

### Welcome to Wellbeing Session 2

- Welcome back from Me. I hope you have been keeping as well as you possibly can.
- If you are watching in real time, it might feel the world is getting weirder and scarier every day, so I do feel it is important to give ourselves the time to feel how we actually are.
- So now is an opportunity, like last time to check in with ourselves.
- I will light a candle and you can either focus on that or close your eyes if you feel comfortable doing so.

### Check in

- Guided Visualisation with candle

### Body ready

- Stretch and move in a way that feels useful after that.
- It is sometimes a good idea to let our bodies move and guide us rather than our heads.

### The Character of The Ugly Ducking

- If you watched video one, we explored the first section of The Ugly Duckling story
- We looked at the environment and which places felt safe and anxiety inducing and we also looked at ways we can help ourselves to feel safe.
- Today we are going to explore the character of The Ugly Duckling and how he might experience in the World.
- Once the duckling is hatched he realises he is different from everybody else. He doesn't feel like he fits with the rest of his family.
- These are the types of things he hears or said about him:
- That's a frightfully big duckling
- What an ugly-looking fellow that duckling is
- He's too big
- The poor duckling did not know where he dared stand or where he dared walk. He was so sad because he was so desperately ugly
- How we wish the cat would catch you, you ugly thing
- He decides to run away but he doesn't fit there either:
- What sort of creature are you...
- He ends up on his own.

- Let's have a think about how the Duckling may feel with all of this going on? Can you think of five words to describe how he may feel?
- How do you think this feels in his body? Let's explore that.
- What five words or sentences might he want to hear, give that he feels like this.

### Care Plans

- We are going to use the downloadable sheet to create a care plan for the duckling – think about what might support him when he is going through a difficult time. We have started some of it off but you can add whatever you want – there is no right or wrong. Let your imagination run free!
- This might get us thinking about things we can put in place to take care of ourselves and create our own care plan. You can add images if you like.
- This can be a good thing to go to when you need reminding what support you have and what is helpful and not so helpful to do.

### Thanks, and see you next time

- This brings us to the end of session two and I hope to connect with you again next time.
- Take care!

GSC