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# Building rapport and managing stress with teens

## Webinar handout

### by Teresa Bestwick

Here are six of the activities from the webinar. Click on the link at the end of the handout to watch the recording for more practical ideas.

#### Who am I?

Share the different names people use with you and then have your learners do the same. In feedback, ask them what name they would like to use in the classroom.

Doing this makes learners feel a part of the classroom. It is also a nice way to learn more about their family and friends without asking direct questions.

#### I am this shell

Collect different shells, stones or leaves and give learners time to look at them and feel their texture. Ask learners which they like most, which makes them feel energised or which reminds them of someone special in their life.

Bringing nature into the classroom is a great way to help learners reduce stress and having the opportunity to feel the items also helps make that connection deeper.

#### Journalling

Ask learners to buy a notebook which they can decorate and personalise. Set aside time in the lesson for them to write in their journals, giving them a choice of prompts to use.

Reflecting on their daily lives is a good way for learners to become more aware of their feelings. Having time to do this quietly can also provide them with a moment of focus which they might not otherwise find in the day.

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## The big frog

Encourage learners to think about what they need to do over the week and identify their priorities. Ask them to choose what the most difficult, least enjoyable or most time-consuming task might be.

This activity can help learners to take responsibility for the things they need to do and better manage their time. Discussing with them the benefits of doing the 'big frog' task first or later can also help them prioritise tasks.

## Focus

These are two activities you can do to help your learners when they are in a stressful situation. Both encourage learners to be more aware of their physical surroundings, which can help when they begin to feel overwhelmed. These are useful strategies to teach your learners ahead of exams or other stressful situations.

## T.G.I.F.

Give learners time to think about something they tried that week, something they are grateful for, something which inspired them and something fun. Have them share with the class or in small groups.

This is a similar activity to journalling in that it requires learners to stop and reflect on life, helping them to build a deeper connection with their inner selves.

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## Further exploration:

Download and use these lesson plans focused on well-being for either primary or secondary learners:

For secondary: <https://www.teachingenglish.org.uk/teaching-resources/teaching-secondary/lesson-plans/intermediate-b1/secondary-student-well-being>

For primary: <https://www.teachingenglish.org.uk/teaching-resources/teaching-primary/lesson-plans/level-2/primary-student-well-being>

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A recording of Teresa's webinar can be watched here:

<https://www.teachingenglish.org.uk/news-and-events/webinars/webinars-teachers/helping-our-learners-develop-mini-event>

