

We listen. We support. We act.  
Because no child should feel alone.

The Children's Society

# Online Activities

Starting on the 18<sup>th</sup> May 2020 via Microsoft Teams  
You can access Microsoft Teams via the internet or download the app



FOR  
AGES 13-  
19

To book your place, please contact [Essexreferrals@childrenssociety.org.uk](mailto:Essexreferrals@childrenssociety.org.uk) with:

- Full name and age
- What session, date and time of session/s you would like to attend. We will send you our confidentiality agreement which you will need to read and answer a few questions on. Let us know if you have had support from us before. Maximum of 8 young people per group.

**Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content. You have the option of turning off your camera and microphone if you wish.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM	Mindfulness and Relaxation 	Do You Know (Closed) 	Staying Active for Life 	Drug and Alcohol Awareness 	Building Communities Together 
12 PM	Staying Safe in a Virtual World 	Friend or Foe 	One Community (Closed) 	All About Me 	Strong Resilience 
2 PM	Goals and Obstacles 	Boys Rule 	Fun Activities To Do At Home 	Law and Disorder 	Fun Activities To Do At Home 
3 PM	Staying Active for Life 	Girls Rule 	Staying Safe in a Virtual World 	Staying Active for Life 	Self-Care For You 
4 PM	Creative Creations 	Let's Get Arty 	Strong Resilience 	Quiz - Music 	Friday Dance Party 

Staying safe in a virtual world – Looking at the online world and the issues you face.

Boys Rule – Discussion group for boys to talk about current issues for them.

Girls Rule – Discussion group for girls to talk about current issues for them.

One Community – Discussion group for LGBTQ+ community to talk about current issues they face.

Strong Resilience – Building your resilience during difficult and challenging times.