



5 small changes Can make a BIG difference

What is Take 5?

The concept of Take 5 is designed to improve young people's wellbeing and make the community they live in a better place, by inspiring young people to take 5 minutes on a regular basis to complete small tasks which, when put together can make a BIG difference. Take 5 has been designed so that it can be replicated and implemented in youth clubs, schools, mental health support agencies even colleges and universities.

Take 5 is two fold:

1. Teaching young people how to make small changes which can make a big difference though inspiring the young people with a series of sessions, activities and role models;
2. Giving the young people the opportunity to put the theory into practice through a series of 'take 5' challenges.

What are the five small changes that can make a big difference?

Take 5 is an adaptation of City and Hackney's NHS campaign 'five to thrive' which identifies 5 simple things that people can do on a regular basis which can improve their mental and physical wellbeing (listed below). These five things have been adapted as necessary for our purpose so as to cover key concepts such as discrimination and community. The five small changes that the young people will be encouraged to adopt will be:

1. Connect with other people

Connecting with other people is essential for mental wellbeing, community cohesion and building a support network that enables each other to succeed. Take 5 emphasis the importance of taking five minutes to connect with people around you, whether meeting someone for the first time, re-connecting with an old friend or simply taking five minutes to spend quality time simply talking to a loved on.

Take 5 explores the importance of connecting with other people and how building connections provides the support needed to overcome difficulties. In the first take 5 challenge we will encourage our young people to better connect with their family and friends.

in our second take 5 challenge, we will explore how discrimination and labelling people, affect our ability to connect with people outside of immediate family and friends and what can be done to overcome this.

In our third take 5 challenge, we will focus on how connecting with people in the community can be inspirational.



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2. Be active

Being active has scientifically been proven not only to improve physical wellbeing, but also mental wellbeing. It encourages young people to grow up healthy, improves coordination, attention and improves mental wellbeing.

Through Take 5 young people will learn the benefits of physical activity to both mental and physical wellbeing. The young people will be provided with various opportunities to get active and try a variety of different activities.

3. Take notice

Taking notice of the world around you, reflecting on what you have and taking time to remember the little things that make you happy improves mental wellbeing. Going further and taking notice of the community, developing a sense of perspective and knowing what's happening around you is also very important.

Throughout Take 5 the young people will be encouraged to reflect on how the choices they make impact their future. In the first take five challenge, we will encourage our young people to reflect on what is positive in their life at the moment and how they treat themselves.

In the second take 5 challenge, we will encourage the young people to look at the consequences of going down the wrong path (ie n trouble with the police, knife and gun crime and gangs) and what they can do to prevent it.

In the third take 5 challenge, we will encourage the young people to reflect on what is positive within the community and what they can do to make it better.

4. Keep learning

Having nothing to look forward to, or getting stuck in a rut is detrimental to our wellbeing. New opportunities and challenges are key to our wellbeing. Further, without progress, a community will wither and fall apart. Whatever the goal, regardless of whether we succeed it is important to continue moving forwards, exploring new ideas and opportunities.

Throughout the take 5 challenges the young people will be encouraged to try new things, learn new skills and set goals which they can work towards achieving.

5. Give

Giving and being kind can be very rewarding, boosts mood and increases wellbeing. Further, our community is built on the bedrock of giving and kindness. Without such kindness there would be no such thing as community and the world would be a much darker place.

Take 5 is designed to demonstrate to young people that small acts of kindness can make a huge difference. This includes being kind to themselves and looking after themselves.

Be the change
YOU want to see in the
World

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How do you teach the young people the importance of these small changes?

Young people can be taught how to make small changes which can make a big difference though inspiring the young people with a series of group based discussion, activities and role models. The precise delivery of these the Take 5 concept will change from group to group, depending on your organisational structure and resources. The Take 5 structure can be adapted to suit all organisational structures and resources.

The Course was initially designed to span a school term, with an hour and a half session each week. The Take five project can be delivered over the course of three weeks or several months, depending on how in-depth you wish to explore the subjects and whether you do all three challenges or just chose to do one.

As an organisation, you need to plan over how many sessions the project will run for and what aspect of the project you wish to focus on

For Take 5 to have most impact, the following needs to be included within the delivery of the Take 5 concept:

Plan new physical activities

As being active and keep learning are two of the core things that can make a huge difference to a young person's wellbeing, it is recommended that give the young people at least one or two opportunities to try new physical activities, or sports they do not usually do. For larger organisations, such as schools, this would generally be covered by PE lessons.

For youth groups, depending on resources it could be worthwhile bringing in external facilitators for taster sessions in sports such as boxing, street dancing, acrobatics, fencing, tramlining, etc. For those with a more limited budget, then you can just as easily play new drama games with the young people, take them cycling, go for a walk or even try geocaching.



Introduce young people to positive role models

The core of Take5 is learning the importance of taking five minutes to connect with other people, get to know them, hear their stories and learn from them.

It is important to introduce young people to positive local role models which they can relate to, whether that's someone who can come in a teach them a new sport, a local entrepreneur who started with nothing, or someone who managed to change their life around. By introducing young people to new positive local role models, it will inspire the young people to raise their aspirations and show young people that they too can do whatever they put their mind to.

**Be the role model You
needed when you were
younger**

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Facilitate group discussions around core subject

However your young people work best, whether it's as a large group, small groups or discussing important issues while engaging arts and craft activities, it doesn't matter, so long as you are able to facilitate a meaning discussion.

Attached are discussions sheets which will assist you to facilitate discussions around the obstacles which make it difficult or prevent connecting with people (such as discrimination and equality) and importance of giving, including how small random acts of kindness can make a huge difference.

Work through one or more of the take 5 challenges

The challenges have been designed to encourage young people to make small changes in their lives based on what they have learnt, which when put together can make a huge difference to the young people's wellbeing, how they connect with others and the community in which they live. There are three Take 5 challenges:

1. Take 5 at home
2. Take 5 at School
3. Take 5 in the community

Each challenge was designed to take place over one month or four sessions. The timeframe of each of the challenges can be adjusted to suite your needs, along with the prizes on offer. Your organisation can choose challenge it wishes to implement. Workbooks for each challenge, together with possible examples of how the challenge can be completed are attached hereto.

Once the challenge has been introduced to the young people, it is important that organisations work with the young people and encourage them to think about what they want to do for each task, how they will do it and what evidence they can produce to demonstrate that it has been done.

It is for the staff of each organisation to ensure that the tasks the young people set themselves are safe and achievable. If the young people set unrealistic targets, and fail, it make deter them from trying again and could frustrate the point of the challenge.

Take 5 and talk to the young people

As important as it is for young people to learn how to connect with others, it is equally important for the adults responsible for young people to remember to take 5 minutes and simply talk to the young person; find out about their day, what they have been up to, how they are feeling, if they are experiencing any problems or difficulties which they want to talk about.

Remember, it is the quietest young people who generally need to talk to someone the most, but do not know how to approach the adults in their lives. It is for the adults to reach out , take 5 minutes and ensure each young person is ok.

Taking 5 minutes out to speak to a young person makes them feel valued, supported and can in itself make a huge difference to that young persons' life.

Listening is often the **only**
thing needed to
help someone