



MELLOW READY SESSION PLAN

Mellow Ready One Day

Training Plan

Timings	Activity	How to do it	Important Points	Resources
9.00	Tea/Coffee			
9.15 10 mins	Welcome Name Game	Ask each participant to say their first name where it came from and whether they like it. Then go round and do a quick 'professional' intro to find out about where and who they work with.	Emphasise turn taking Connections Family Find out about the group delivery setting and type of needs of the young people	Flip chart
9.25 10mins	Hopes and Fears	Go round the group briefly share one hope and one fear about the training and implementation.	Be able to address concerns around concepts and implementation and review at the end of the week.	Flip chart
9.35 10 mins	Colour Characteristics	Ask each trainee to choose 5 characteristics that they feel describes them. Briefly share.	Emphasise that Mellow Ready is a strengths based programme and that we invite the young people to identify their strengths pre group.	Print out of colour characteristics
9.45 10 mins	Photo from your teenage years	Ask each trainee to share their photo. How old were they? What was going on for them at that time. What was important to them. How were they feeling. Write these on the flip chart.	Reflect on the words that are written on the flip chart. Are they still relevant to teenagers today? We will use our inner teenager as we explore some of the group activities today.	Participants own photos
9.55 20 mins	Group Agreement	Work with the training group to establish their own agreement for the training day. Also think about it in terms of what might be particularly relevant for young people. 2 flip charts 1 for the group now and the other for YP.	This activity comes after the teenage photo so the group can use their 'inner teenager' to think about the group agreement. Ask the group if they remember a time when they felt forced to do something they didn't want to do. Think about this in relation to the 'free will switch' Mentioning creating a group where the YP feel safe.	Flip chart
10.15 5 mins	A short history of Mellow Ready	Use the PowerPoint and keep this brief. Focus on what might be relevant to your trainees.	Make the point that Mellow Ready has been used in a number of settings with different types of young people e.g in prisons, with care experienced young people, with those excluded from school. It has been held both in community and school settings.	PowerPoint

10.20 20 mins	Teenage Brain	<p>Brain storm: What typical behaviours do we see in teenagers?</p> <ul style="list-style-type: none"> • Risk Taking • Lack of communication • Difficulty with Social Cues • Sleep patterns • Emotion regulation • Shift in perspective from family to peers • Black and white thinking • Sense of justice and fairness • Loyalty • Creativity • Willingness to try new things <p>Play the Teenage Brain film clip. Make links with this and what has been shared.</p>	<p>Make the point that adolescence is a 'second window' of opportunity for brain development. Helping YP know that their brain is in a process of development can help normalise some feelings/behaviours.</p>	Film Clip
10.40 20 mins	Why Mellow Ready?	<p>Look at the Trauma Tree reflect on the effects of trauma and adverse childhood experiences. Have a brief think about the young people we are working with and the effects of trauma they may have experienced. Briefly explain ACEs. Mellow Ready is an Early Intervention.</p>	<p>Young people may not be consciously aware of the early trauma they might have experienced. It may not be a one off event e.g. Neglect can have a lasting impact. Mellow Ready recognises the effect that trauma has on people. We may not have had choices about our early experiences but we can choose now who is 'piloting' our plane.</p>	PowerPoint
15 mins	BREAK 11.00 – 11.15			
11.15 10 mins	Overview	<p>Explain MR is delivered in single gender groups of 6-8 YP. MR is 10 sessions each timed to run for 90 minutes. Each session has a Check In and a Warm Up question. There is also a Take Away. Facilitators might want to give each participant a file with the Take Away for this week or they might want to text the participants during the week with a reminder. Session 8 is an outing and session 10 is a Graduation activity where the YP celebrate their achievements in MR. Both of these need to be planned in advance with the young people.</p>	<p>We are not going to be able to cover everything in the Mellow Ready Manual in a 1 day training. In each session we will pick out key important elements for you to review.</p>	

11.25 10 mins	Resources	MR groups facilitators need access to a computer/ and be able to show films and You Tube clips. Look at the 'You need to supply' column to check what is needed for each session. In Session 9 we suggest you play the Mellow Attachment Game. You can buy this on the MP website (£50). We recommend 2 books 'Stuff that Sucks' Ben Sedley and 'A Guide to Gender' by Sam Killerman as background reading to Mellow Ready.	To access links you need to log onto the MP practitioners section of the MP website. This comes available as soon as your name is registered with the MP office after the training. You sign in with your email address and create a user name. Book review can be found on the MP website.	PowerPoint
11.35 20 mins	Recruitment and Engagement	We have learnt through developing Mellow Ready that just as in the other Mellow Programmes pre group work on engagement is really important. We expect facilitators to meet with the young people individually before the group and use the Mellow Ready pre-group questions as a tool to get to know and find out a bit more about the young person. Forms are filled in with the young person. Before doing the interview and colour characteristics make sure they have agreed to participate. Meet and Greet and room set up are important.	Review pre group forms <ul style="list-style-type: none"> • MR Leaflet • Participants details • Consent and parental consent • Pre group Questions • Meet and Greet • Endings The young people should meet in a safe secure environment that is relaxed and welcoming. No-one else should enter the room while the group is taking place. Facilitators are the same every week and 'parent' the group.	MR manual p6
11.55 10 mins	What is happening Inside my head?	Do the activity with the trainees and reflect.	Our minds are busy and constantly giving us different types of messages. We have the capacity to 'notice' this.	MR Manual p21 Pencil and paper
12.05 15 mins	Mindfulness Quiz	Have a quick run through the 'Mindfulness' Quiz	This is to debunk some myths about Mindfulness and to find out what the trainees know about it.	MR Manual p7 PowerPoint
12.20 10 mins	Bubble Wrap Mindfulness	Follow the instructions p27	Discuss the difference between mindlessness and mindfulness. What practical applications do mindful activities have e.g. reminding us we can wait for gratification. We need to 'practice' mindfulness and train our brains. Each MR session has a mindfulness activity	Bubble wrap for each participant MR p27 MR p36

45 mins	LUNCH 12.30-13.15			
13.15 15 mins	MR Session 1 –Our Group	Review Session 1. Notice that you have done quite a few of the activities already. Introduce the Lion, The Monkey and the Dog. Play the DNA film clip and follow the instructions on p19 Have a look at the values sheet and the wish cards	Introduce the idea of psychological flexibility. Each of the 3 DNA skills provides us with something different. Mellow Ready is about the important stuff in life. Mellow Ready seeks to support young people to make moves towards their values or what is really important.	PowerPoint DNA film
13.30 15 mins	MR Session 2 -Myself	Review Session 2 Focus on the Threat, Drive and Soothing System Play the film clip ‘Struggling with internal Hijackers’ Review DOTS :Distraction, Opting out, Thinking and Substances.	The DNA skills are also linked to our emotional regulation system. There are different ways that people try to cope with difficult feelings DOTs illustrate this. In Mellow Ready we encourage the young people to name and notice difficult thoughts and feelings but not to struggle or become fused with them. To be able to acknowledge them and ‘let them go’.	PowerPoint MR p28 MR p26 Internal Hijackers Film
13.45 10 mins	MR Session 3 - Friends	Review Session 3 Focus on Exploring Empathy and Self Compassion Have a quick look at the Situation Scenarios	Self-compassion is linked to resilience.	PowerPoint MR p33
13.55 10 mins	MR Session 4 - Family	Review Session 4 UNCRC Peg Task	Encourage reflection on the question – Is there anything you would change in your situation now that would support your future family?	PowerPoint MR p35 Have the UNCRC cards, PEGs and String.
14.05 20 mins	MR Session 5 - Partners	Review Session 5 Try out Beliefs about love and Relationships Activity Show Tea and Consent Scenarios – consider p 44 questions Genderbread Person Version 4 is now available.	Rules of Being Assertive	PowerPoint Beliefs about Love and Relationships Hearts Tea and Consent Film Clip
14.25 15 mins	MR Session 6 - Children	Review Session 6		PowerPoint MR p49

		Focus on Daniel and Kayden film ask the facilitators the questions.		
14.40 20 mins	MR Session 7	Review Session 7 Focus on Life Jars Finger Traps	Letting Go	PowerPoint Life Jar example Chinese Finger Traps
10 mins	BREAK 15.00-15.10			
15.10 10 mins	MR Session 8	Out and About	This is an opportunity for the group to do something completely different. Often it is a key time for the young people where they discover new things about themselves and each other. It is important to take some time to plan the graduation/ ending event in week 10.	P56
15.20 15 mins	MR Session 9	Attachment game – Lay out the attachment game and show participants how to play it. Discuss the Shield activity, which relates back to the Colour Characteristics.	Emphasize the need to prepare for the following week Endings event.	Attachment Game
15.35 10 mins	MR Session 10	Endings	This should be led and planned by the young people. Think in advance about invites. There will be a need to be sensitive to young people who may not have family support.	
15.45 15 mins	How will Mellow Ready translate into my setting?	Ask the participants to reflect on what changes they need to make to deliver MR to fidelity		
16.00 20 mins	Evaluation	Briefly go over the Evaluation booklet Demonstrate the Self Compassion Scale. Reflective Consultation Accreditation Mellow Parenting Website	Emphasise that this should be done with the young person. Remind the trainees that the MP evaluation team are on hand to help.	Evaluation Book is available on the Practitioners area of the website.
16.20 15 mins	Questions/Reflections/ Review Hopes and Fears	Leave time for Questions and Comments Hopes and Fears	Mop up concerns.	
16.35 10 mins	Closing Activity	Leaves on a Stream	Finish with the mediation	MR p55