



**NORTH EAST
YOUTH ALLIANCE**



**COMMUNITY
FUND**



EDUCATION TOOLKIT

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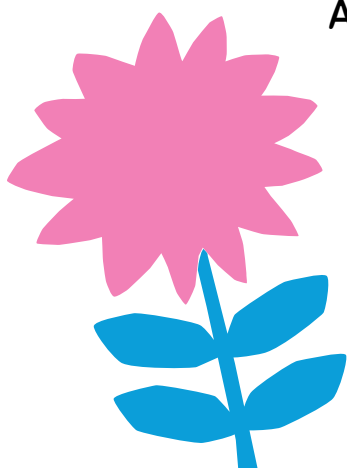
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ABOUT THIS TOOLKIT

This toolkit has been created by young people from across the North East, through the work of the NEYA, in a variety of settings. Young people were given the time, space and opportunity to be open about the topic without being judge or made to feel uncomfortable. The information included has all been given by young people aged 11 to 25 years.

The toolkit will be distributed across various organisations to use in their work.

Young people were asked 4 questions as a guide but the direction each session went varied depending on the group. The questions considered were:

- 1** WHEN I HEAR THE WORD EDUCATION WHAT DO I THINK?
- 2** WHAT IS BAD ABOUT EDUCATION SERVICES?
- 3** WHAT IS BAD ABOUT EDUCATION SERVICES?
- 4** WHAT DO YOU WANT PROFESSIONALS TO DO TO IMPROVE EDUCATION SERVICES?





WHEN YOUNG PEOPLE HEAR THE WORD
“EDUCATION”
WHAT DO THEY THINK OF?



In this section young people have shared what words they think of when they first hear the word Education. Young people were encouraged to be open and honest, putting what they first thought of.

WHEN YOUNG PEOPLE HEAR THE WORD "EDUCATION" WHAT DO THEY THINK OF?

Depends on the type of school – how they make you learn

Feels like a prison – never get out till a certain time

History – talk about different education systems

6 cruel hours of our lives

Learning and teaching about stuff

School is about learning all the time

School

Work

Writing

Learning

Anxiety

Football

Boring

Worst

Annoying

Difficult/terrible

Strict

Peer pressure

Mockery

Rules can be bad

Truancy

Stress

Extremely early start

Fear of not fitting in

You cant go to the toilet when you want

Don't feel teachers believe in your mental health

School is meant to lift people up not bring them down



WHAT IS GOOD ABOUT EDUCATION SUPPORT?



It prepares you for the future

You learn new skills

Socialise

You get protection

It's encouraging us to be vocal

Rules

Safe environment

Develop important skills

Get smarter

Helps you get a job

Helps us discover our passions

Increase chances of financial stability

Helps the Economy

Encourage community giving

It helps us think more into our future

Make new friends

Get an education

Teachers can be nice

Fun if it is a subject you like

Can be fun



WHAT CAN PROFESSIONALS DO TO IMPROVE EDUCATION SERVICES FOR YOUNG PEOPLE?

Reflection - in reflection instead of doing nothing give us something to do like some sort of rehabilitation. So young people learn from what they have done wrong

Let us talk in class to learn social skills for work

Listen to us

Think about the way you teach us

Help those who learn at a slower pace



QUOTE FROM YOUNG PERSON AGED 13



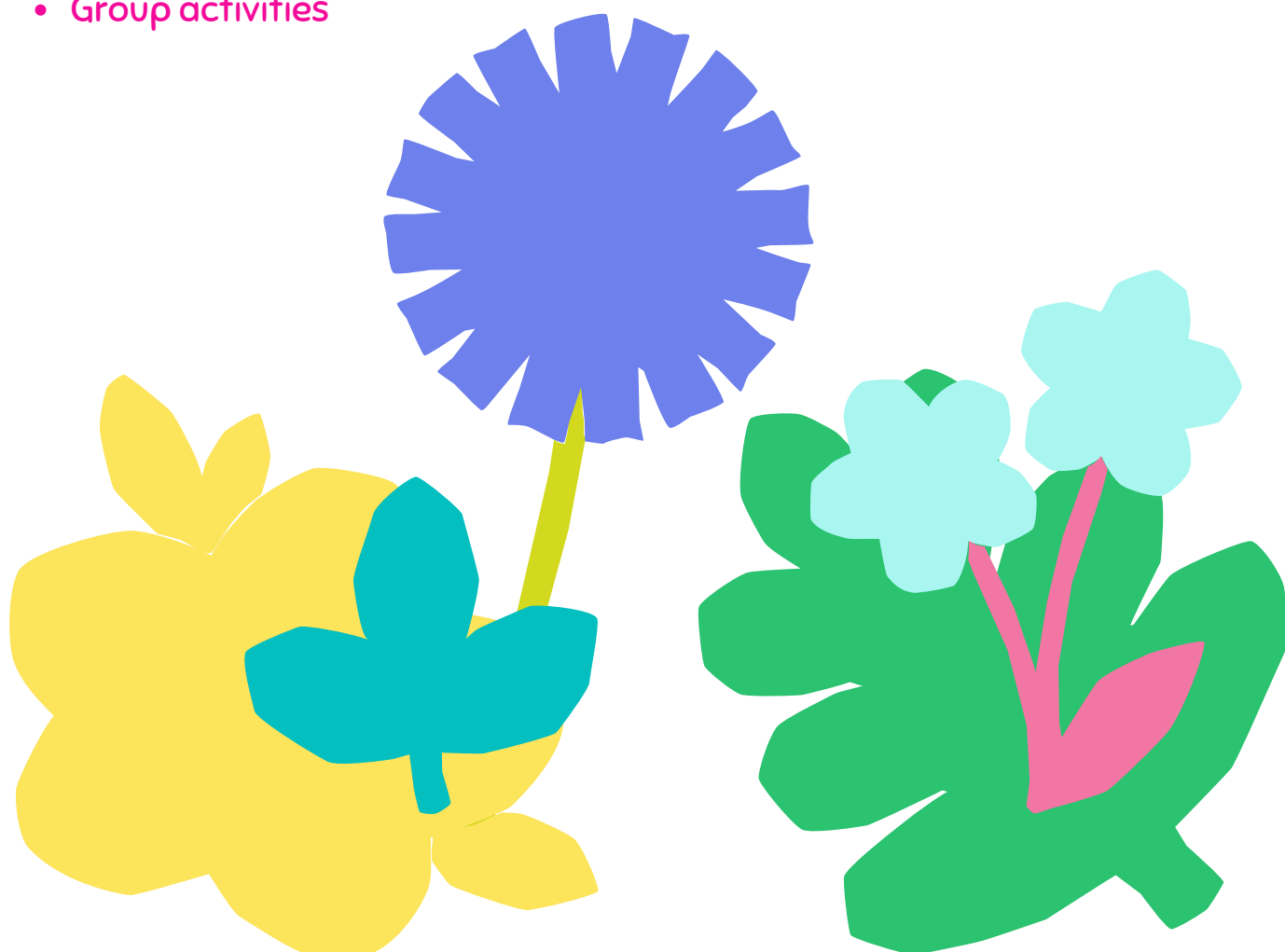
“ THIS IS THE PROBLEM WITH SCHOOLS TODAY, THESE THINGS SHOULD CHANGE IF YOU BEG FOR THE ATTENDANCE OF CHILDREN IN YOUR SCHOOL ”

ACTIVITY IDEAS BY YOUNG PEOPLE

As part of the toolkit young people have worked together to create some activities that can be done with young people or on their own. Young people wanted to show others that there are things that can be done to support themselves whilst waiting on support from mental health services. The young people also wanted to show that there are things everyone can do to protect their mental health.

There are a range of things that have been included here are some examples:

- Mindfulness colouring
- Breathing techniques
- Group activities



ACTIVITY IDEAS BY YOUNG PEOPLE

Education

O	D	S	G	E	S	K	O	O	B	T	X	E	T
N	R	C	A	G	S	R	D	E	G	R	E	E	L
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U	N	I	V	E	R	S	I	T	Y	S	V	I	E
S	E	L	G	N	I	N	R	A	E	L	E	E	O
C	S	C	E	N	G	L	I	S	H	E	I	G	G
I	S	A	S	C	H	O	O	L	T	R	A	F	R
E	M	R	E	H	C	A	E	T	T	F	R	R	A
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C	O	A	O	N	E	H	E	R	E	E	R	L	H
E	F	R	S	G	H	R	I	N	T	T	O	E	Y
A	I	E	E	R	E	R	D	H	M	L	W	V	S
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S	U	R	S	N	O	S	S	E	L	A	H	L	E

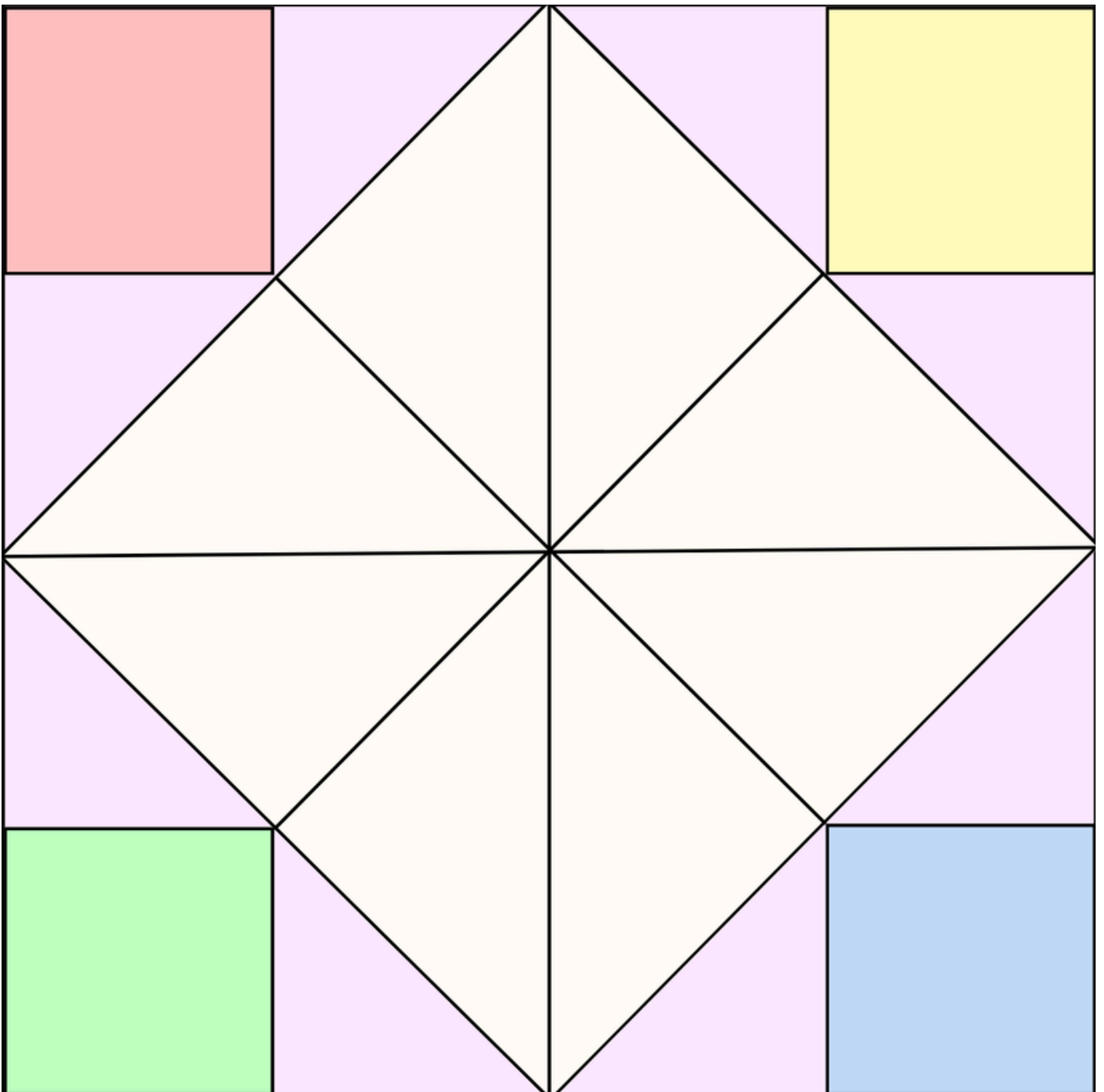
FRIENDS CAREER A LEVEL LEARNING GCSE TEACHER SCIENCE
UNIVERSITY ART GEOGRAPHY DEGREE STATIONERY MATHS GROWTH
ENGLISH SCHOOL TEXTBOOKS LESSONS UNIFORM HISTORY

PAPER CHATTERBOX



Fill in the gaps on the chatterbox with your own questions on the theme in this toolkit.

Cut and fold the chatterbox below





ENCOURAGEMENT



To inspire yourself with courage, spirit, or hope.



RELAXATION



A way to quiet your body and mind even when there are things going on around you.



CALM



To be peaceful and relaxed. Try a quiet activity to achieve calm.



SELF-COMPASSION



Being kind to yourself even when things don't happen the way you expect.



EMPOWERMENT



To believe in your own abilities and potential for positive growth.



SELF-ESTEEM



Liking yourself. Feeling worthwhile. Believing in yourself and knowing what you do well.



SELF-AWARENESS



To recognize your emotions, thoughts, and value, and how they affect your behavior.



MINDFULNESS



Have your mind on what you are doing right now. Slow down and take your time.



MINDFULNESS FLASHCARDS - 2



I feel grateful for ...



I am aware of ...



I am mindful when ...



I can return to a calm state by ...



My thoughts are clear when ...



I am happiest when ...



My body is relaxed when ...



I notice the effects of
change because ...

WHAT ARE POSITIVE & NEGATIVE COPING SKILLS?

IGNORE WHAT IS HAPPENING

WALK AWAY

HURT SOMEONE

USE OFFENSIVE LANGUAGE

COUNT TO FIVE BEFORE YOU ACT

THINK ABOUT THE CONSEQUENCES

HURT YOURSELF

TAKE TIME TO BREATHE DEEPLY AND SLOWLY

TALK TO SOMEONE YOU TRUST

PUSH SOMEONE

PUNCH A HOLE IN THE DOOR

BREATHING TECHNIQUES

Bumble Bee Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of breaths.
- 3 Breathe in through your nose, keeping your lips sealed.
- 4 As you breathe out, hum an 'M' sound.
- 5 At the end of your breath, breathe in and repeat.
- 6 Can you feel the vibrations in your mouth?

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Warm Drink Breath

- 1 Sit comfortably and close your eyes.
- 2 Imagine you are holding a cup of warm drink in your hands.
- 3 Bring your cupped hands towards your face.
- 4 Breathe in through your nose and imagine what your drink smells like.
- 5 As you breathe out, imagine gently blowing the steam.
- 6 Repeat.

twinkl.com

Balloon Belly Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths.
- 3 Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
- 4 As you breathe out, your belly will go back down as there's no air left.
- 5 Repeat, being careful not to push your belly out too much.

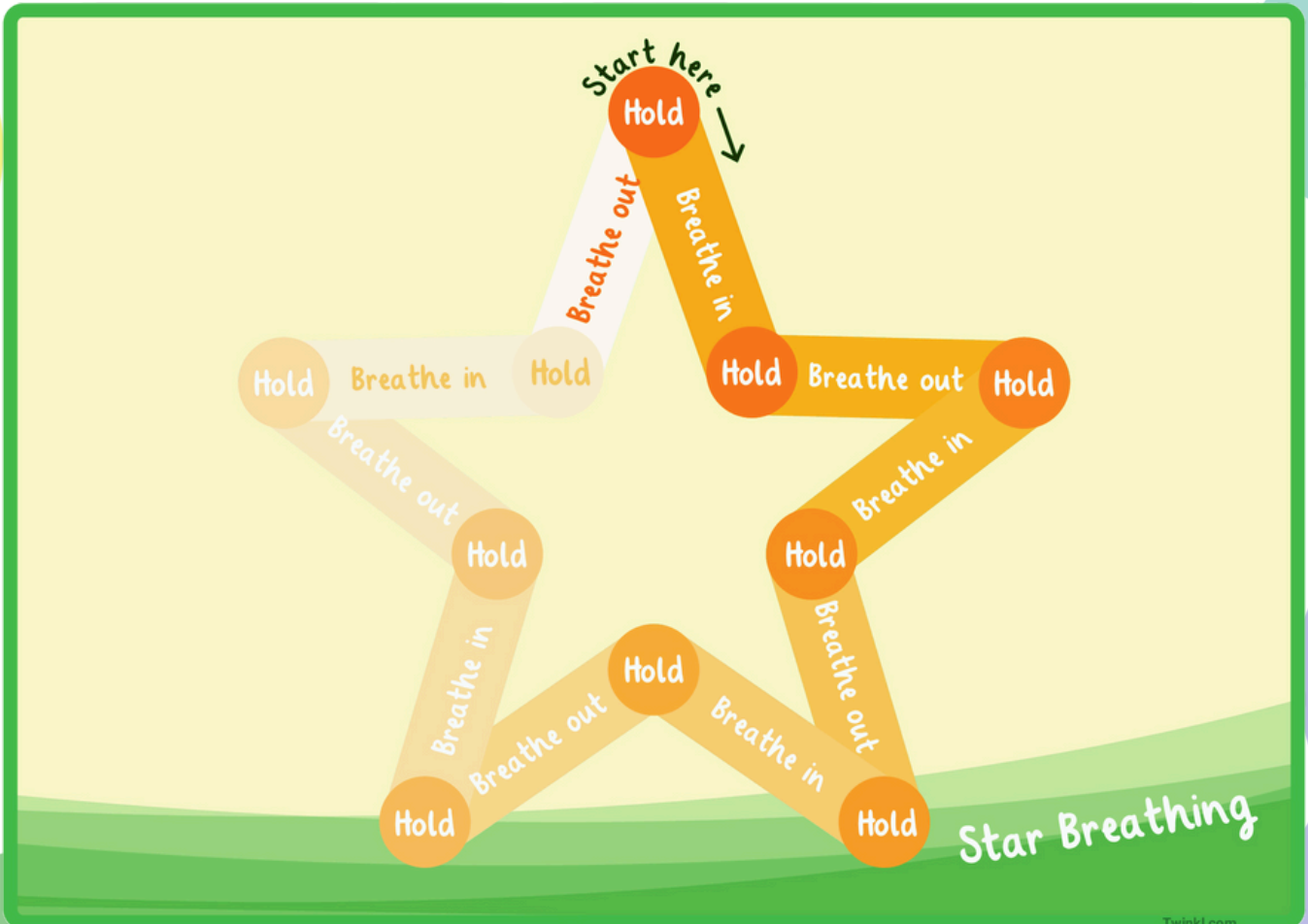
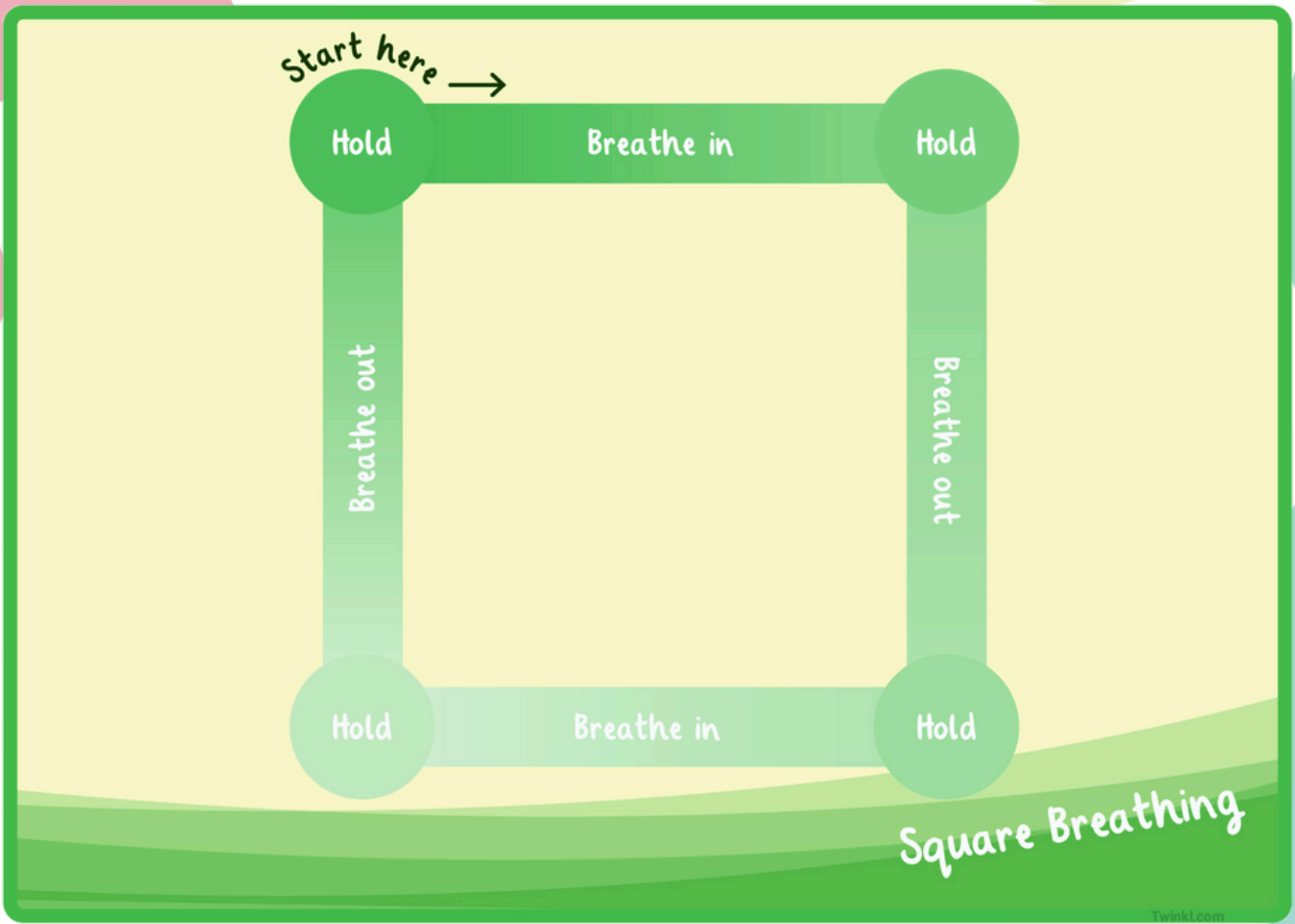
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Hopping Bunny Breath

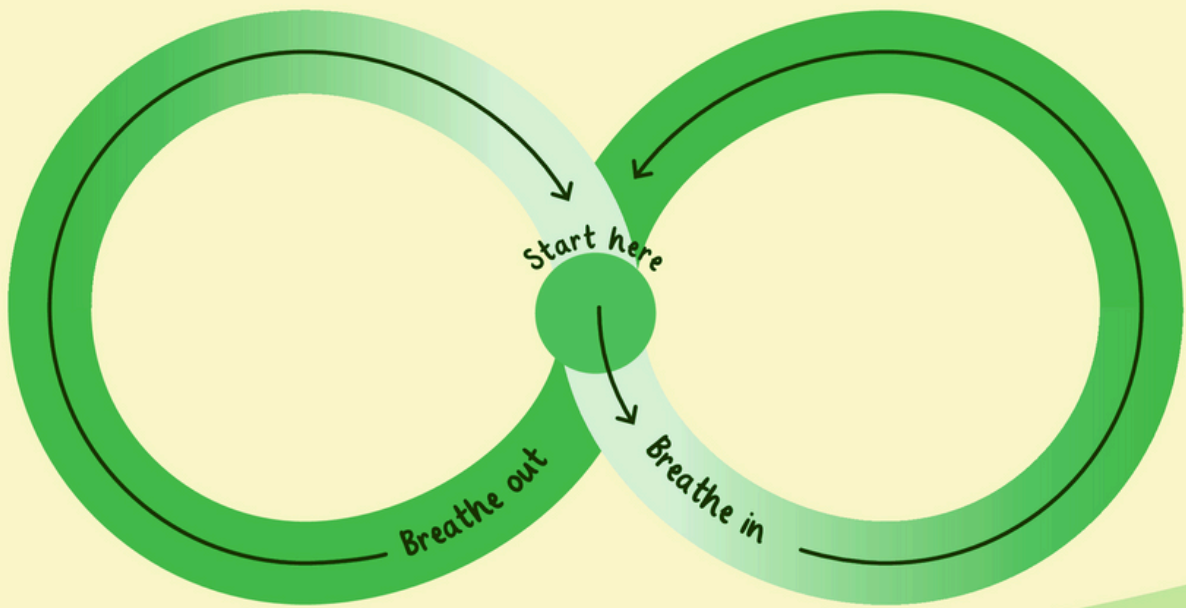
- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths and sit up tall.
- 3 When you breathe in, inhale through your nose in three short sniffs. Imagine a bunny hopping along.
- 4 Breathe all of the air out.
- 5 Breathe in again with your bunny breaths.
- 6 Breathe out and repeat.

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BREATHING TECHNIQUES

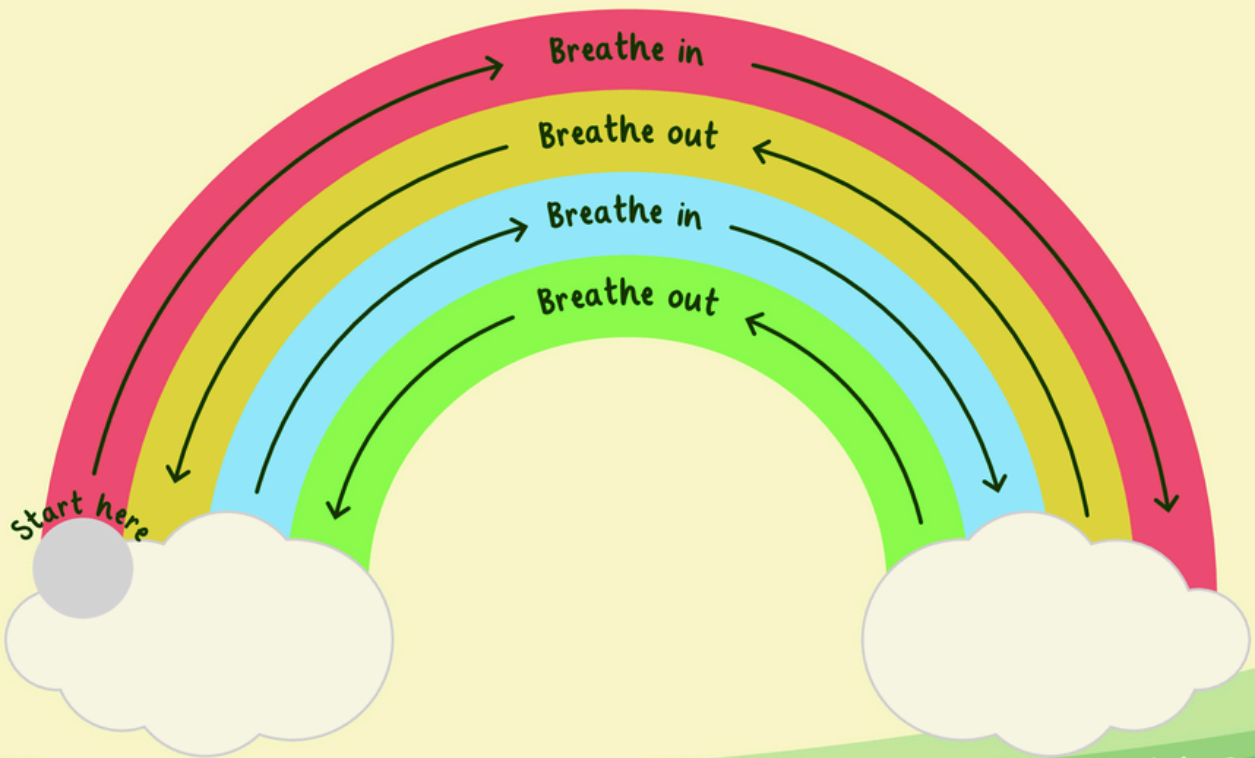


BREATHING TECHNIQUES



Infinity Breathing

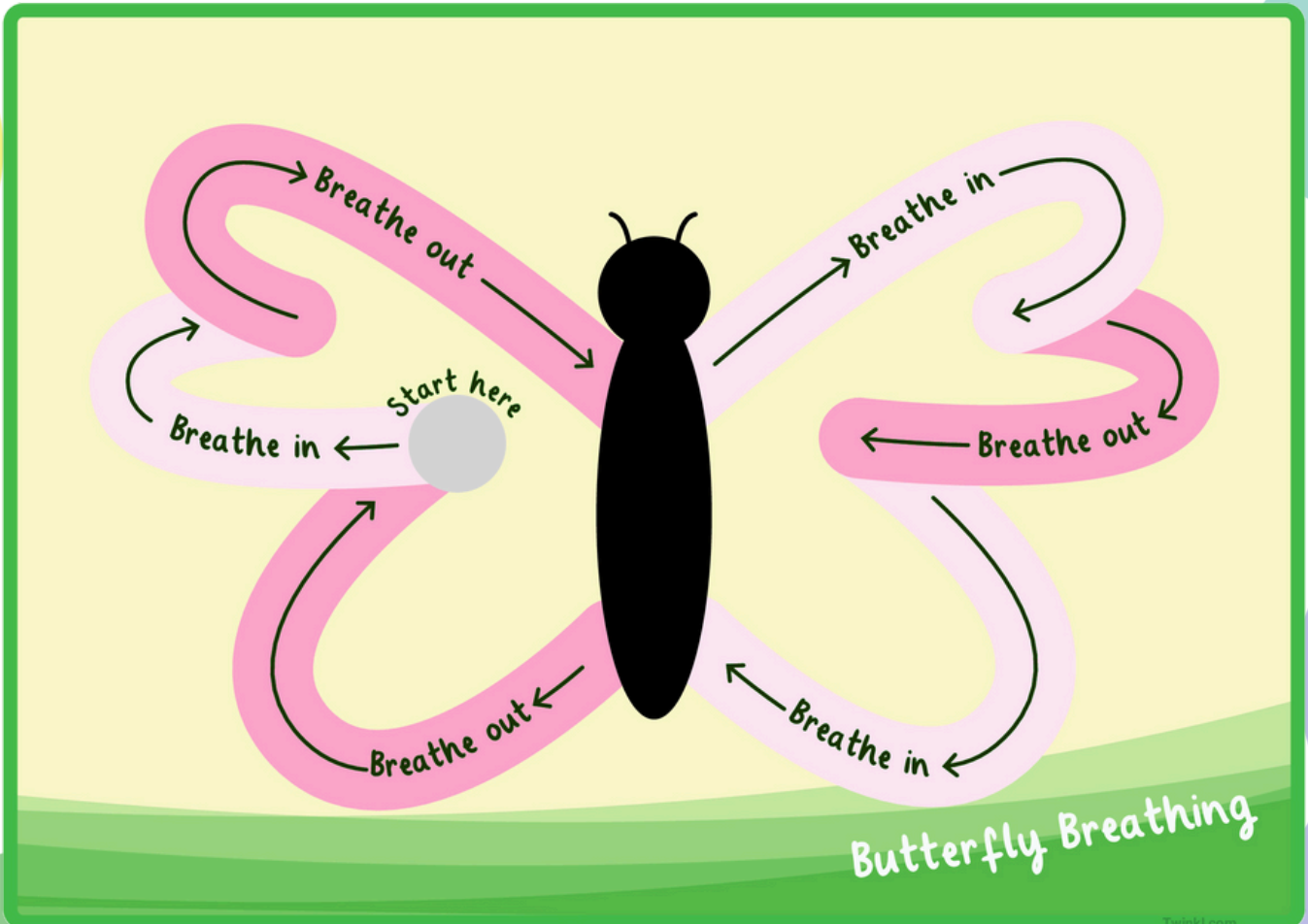
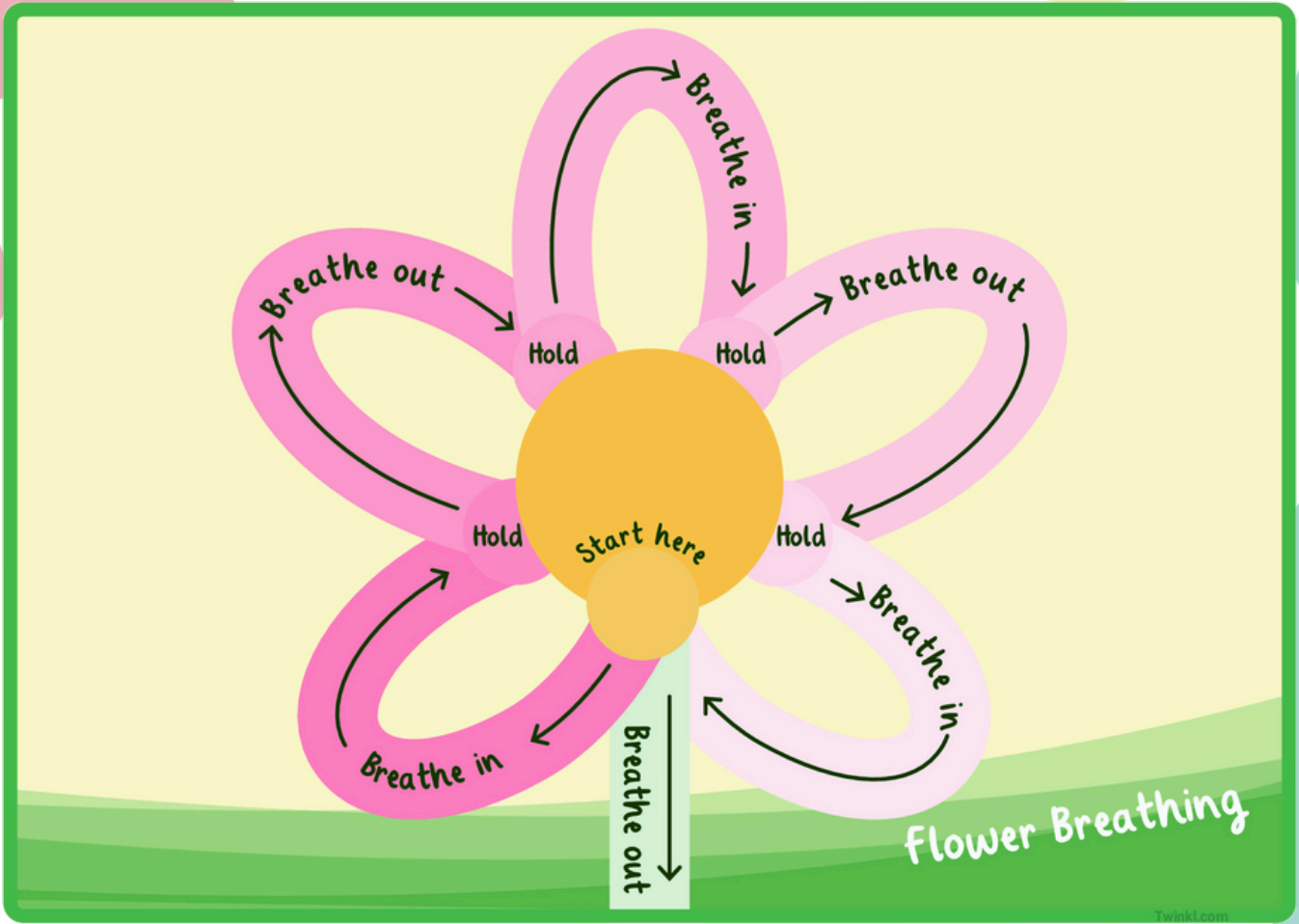
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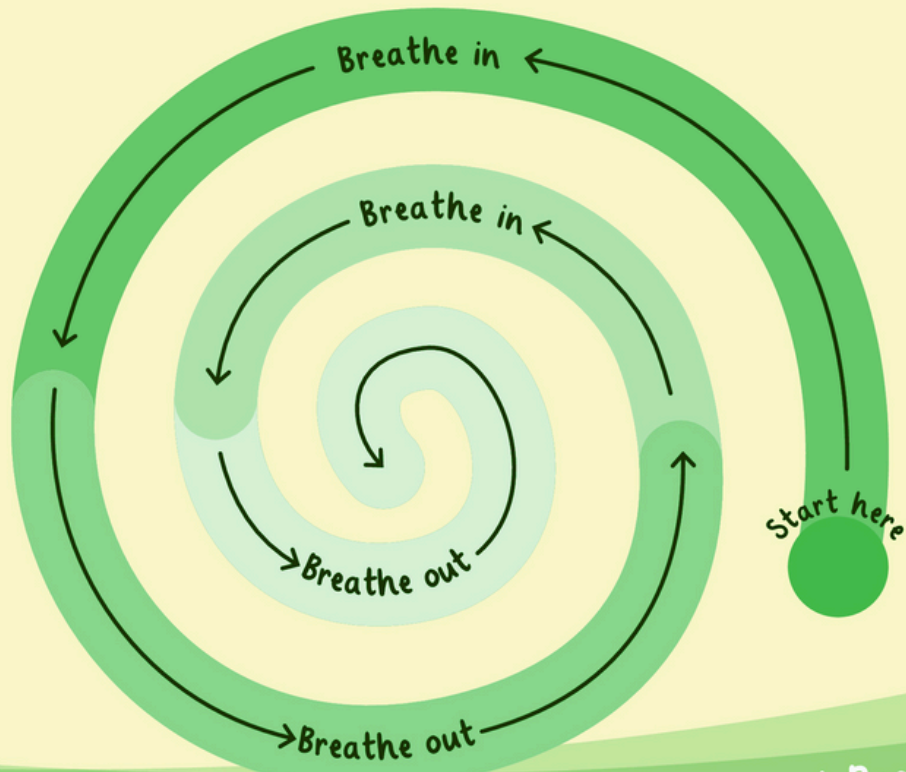
Rainbow Breathing

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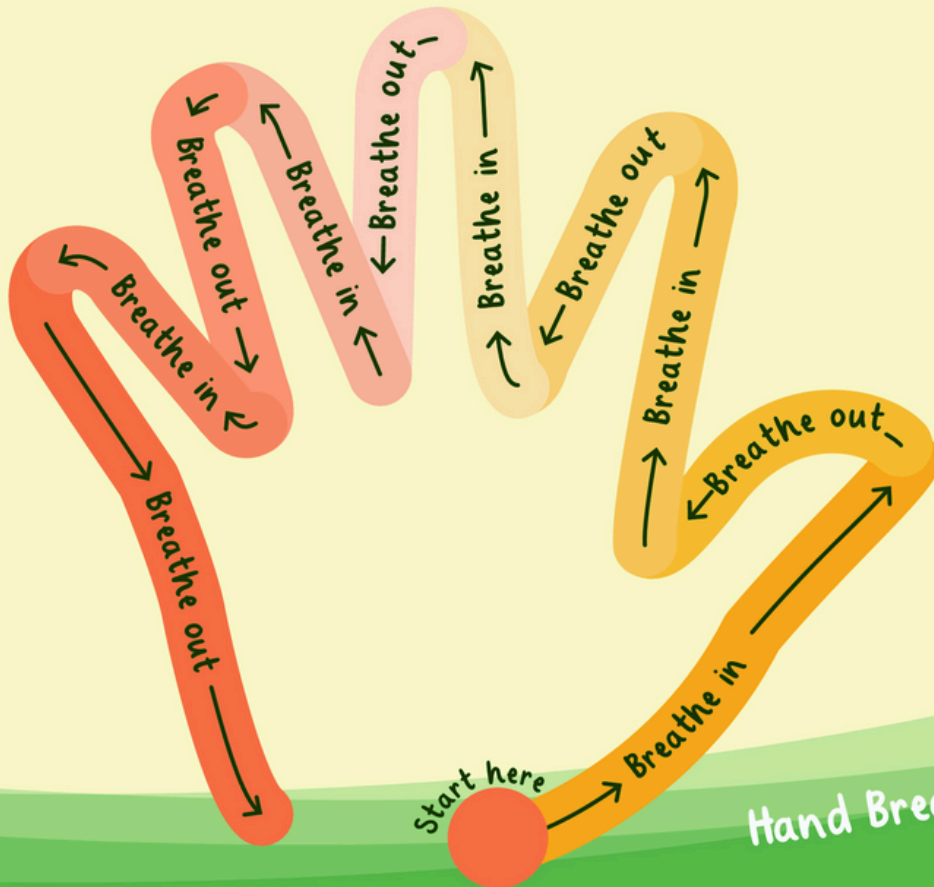
BREATHING TECHNIQUES



BREATHING TECHNIQUES



Spiral Breathing



Hand Breathing



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