

# LEMONADE : SOUR SITUATIONS



10

TO KNOW HOW TO DEAL WITH CHALLENGING SITUATIONS  
TO KNOW SOME COPING STRATEGIES IF LIFE FEELS A BIT MUCH SOMETIMES  
TO KNOW JESUS HAS YOUR PROTECTED AND WILL MAKE ALL THINGS RIGHT



DO SOMETHING HEALTHY AND FUN THIS WEEK!

## Intro



- Welcome everyone. (Make sure everyone knows each other, register etc.)
- Explain what happens at youth, and what today is about: Coping and strategies to deal with life when it gets hard.
- Play Make Me Laugh! Take it in turns to try and make a person laugh - they have to keep a straight face for as long as possible! Person to hold a straight face is the winner!

## Discussion



- What is coping and what does it mean?
- What are some positive ways of coping?
- What are some negative ways of coping?
- Does everyone cope in the same way?

## Activity



You will need:

Coloured pens // printable templates // scissors

How to make them:

1. Each young person has a printable template of the 'fortune teller' and they can follow the instructions on the sheet
2. Young people can design their teller using whatever colours and patterns they like
3. Each person needs to come up with 4 positive coping strategies that they can write on the inside of the teller
4. To play, one person holds the fortune teller and the other chooses the colours and numbers that they prefer

## Bible Bit...



### Read Philippians 4:8

- How often does your mind go over and over negative things? and you cope by overthinking?!
- What instead does the bible tell us to think about?
- How you help yourself focus on these things when you are feeling sad or angry rather than going into a downward spiral?

### Read Matthew 11:28

- How can we get in a regular routine of coming to Jesus with our problems and giving them to him?
- How often do you take time out to properly rest? Why do you think God gives us a sabbath?
- How much value do you put on your sleep? Can you help yourself to sleep more?!

## Prayer



Pray to give our problems to Jesus and help him to give us rest and peace.



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on Snapchat about what you've learnt today?

## SESSION INFO FOR LEADERS:

Everyone develops their own methods for coping with life's difficulties. Some ways of coping can have a positive impact on you as a person and your general wellbeing. Other ways of coping can actually do more damage and have a negative impact, even if it feels good at the time.

Coping means to face or deal with challenges, changes and circumstances in life that you may find difficult. There are many different ways that people learn to cope with situations and experiences.

Positive coping: dealing with problems in way that has a positive impact on your wellbeing and does not harm those around you e.g. meditation/exercise/creative activities

Negative coping: dealing with problems in a way that might be harmful to you or the people around you and may make the situation worse - e.g. substance misuse/self harm/alcohol misuse

You might come up with some coping strategies that cause some debate - for example lots of people eat chocolate or sweet treats to boost their mood - can you think about when this might turn into a negative way of coping with problems?

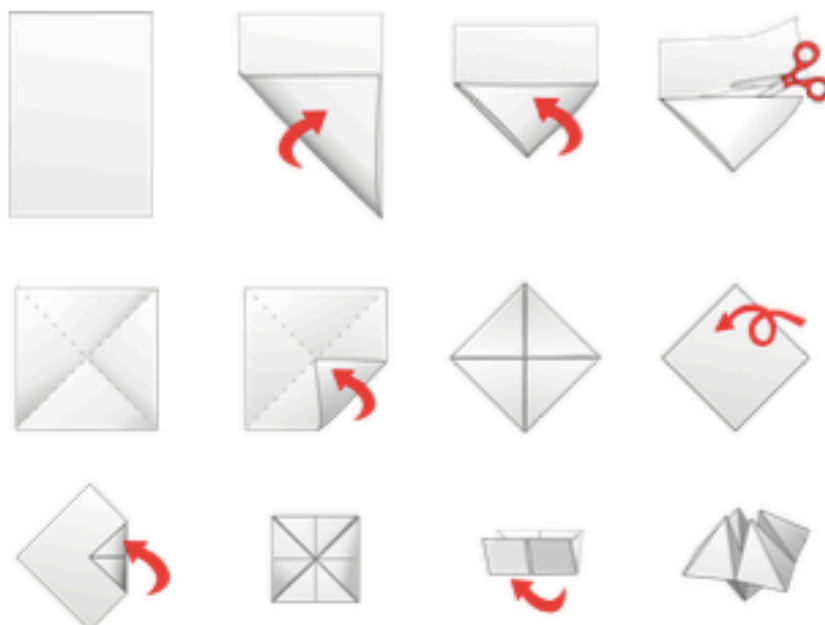
The activity is an easy way to express the idea of resilience by making something sweet out of something sour. Enjoy your lemonade whilst chatting about times that your group, or people that you know, could have made something positive out of something negative.

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## Coping Fortune Teller

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*How to make your teller:*



*How to design your teller:*

Colour	Number	Number	Colour
Number	Coping strategy	Coping strategy	Number
Coping strategy	Coping strategy	Coping strategy	Coping strategy
Number	Number	Number	Number
Colour	Number	Number	Colour