



THE NILE EXPLORER BUS
HEALTH & SAFE SPACES COMPONENT:

MENTAL HEALTH

(The Coffee Table/Group Session)



MODE(S) OF DELIVERY	FOCUS	COMPLIMENTARY ACTIVITIES	MATERIALS/RESOURCES
<p>-10-minute introductory session (Creating rapport with students).</p> <p>-Instructor sits with students in a circle within the space. (5 minutes)</p> <p>-Instructor asks students to list down emotions and writes the different emotions on manilla cards and shares across the circle. (10 minutes)</p> <p>-Each student is given an opportunity to share their thoughts and experiences on the manilla depicting a certain emotion. (30 mins)</p>	<p><i>-The main focus is to share experiences in a friendly, judgment-free environment.</i></p>	<p>-One on one / Group Counselling sessions</p>	<p>Placards displaying different emotions</p>