



The Kite Trust Youth Programme

This workbook belongs to:

ABOUT

From 2022 to 2025, The Kite Trust is taking part in an initiative using the 'Five Ways To Wellbeing' to support the health and wellbeing of young people across Cambridgeshire and Peterborough.

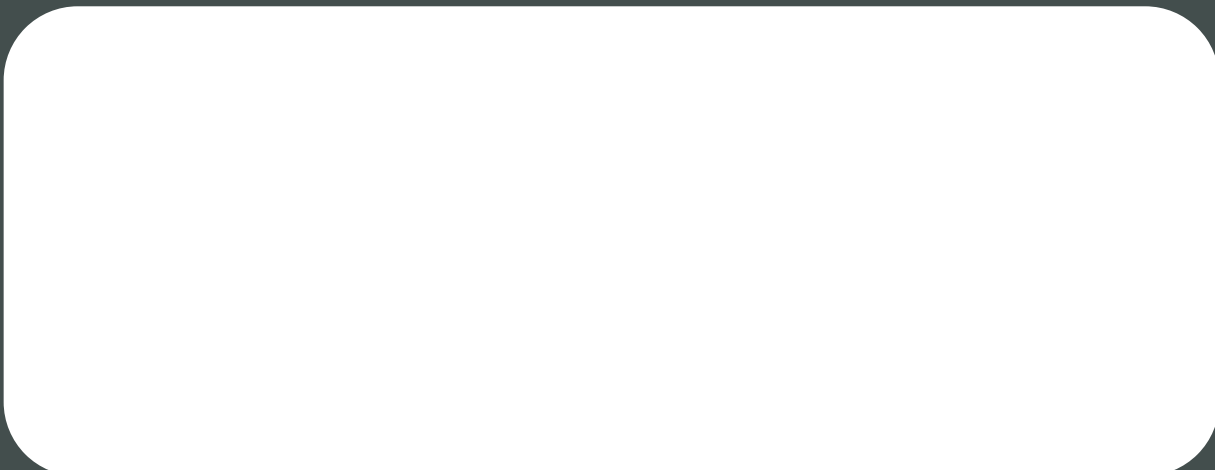
These five themes are: Learn, Give, Connect, Take Notice and Be Active.

The programme can be completed at any of our groups in Cambridge, Ely, Huntingdon, March, Peterborough, St Neots, Wisbech, our online groups, school holiday activities or residentials.

In order to complete the programme you need to complete a pre-participation survey, then record your experiences with each of the activities through this workbook. Once you've completed all five sections, share this record with your youth worker. After completing the post-participation survey, you'll then receive a badge and certificate to celebrate your achievement!

In addition to the five themes, the other important element is youth leadership. Working with your peers and youth workers at the group you attend, you will have opportunities to choose how you participate in this programme and which activities you want to take part in.

Make a note here on how you are taking a lead in shaping your participation:



LEARN

Learning new skills and knowledge can increase self-esteem and support social connections. In particular, the practice of setting and achieving personal goals has been strongly associated with improved wellbeing.

Through attending The Kite Trust groups you'll have the chance to learn new things - what that might be is up to you to choose!

The 'Learn' activity I took part in was:

What was good about the activity? What did you enjoy? What would you change?

I completed this section on (date):

GIVE

Taking part in an act of kindness each week can increase wellbeing - this could be volunteering, doing someone a favour, gifts or kind words.

Through attending The Kite Trust groups you'll have the chance to give to others - what that might be is up to you to choose!

The 'Give' activity I took part in was:

What was good about the activity? What did you enjoy? What would you change?

I completed this section on (date):

CONNECT

Feeling close to, understood and valued by other people is part of our needs as human beings. Our social relationships are important for our wellbeing.

Through attending The Kite Trust groups you'll have the chance to connect with your peers, youth workers and others - what that might be is up to you to choose!

The 'Connect' activity I took part in was:

What was good about the activity? What did you enjoy? What would you change?

I completed this section on (date):

TAKE NOTICE

Taking time to enjoy the moment can help us to develop our self-understanding, identify our priorities in life and make positive choices based on our own interests and motivations.

Through attending The Kite Trust groups you'll have the chance to pause, take a breath and explore your curiosity - what that might be is up to you to choose!

The 'Take Notice' activity I took part in was:

What was good about the activity? What did you enjoy? What would you change?

I completed this section on (date):

BE ACTIVE

Physical activity - whether gentle or vigorous - supports our health and wellbeing. Many activities create opportunities for social connection and making friends.

Through attending The Kite Trust groups you'll have the chance to be active - what that might be is up to you to choose!

The 'Be Active' activity I took part in was:

What was good about the activity? What did you enjoy? What would you change?

I completed this section on (date):



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