

The summer conference

for GB's children and youth leaders

9 July 2016

Cliff College, Calver, Hope Valley,
Derbyshire, S32 3XG

Including

volumise

—a resource for equipping leaders

Facing loss: A journey to wholeness

What is this resource?

This resource for equipping leaders is based on the Volumise session held at Girls' Brigade's conference in July 2016 focusing on exploring the issue of loss that children and young people can experience.

The session was led by Will Taylor, Youth & Children's Counsellor/Mentor and Loss Specialist. Will has 26 years of experience working with children and young people in a variety of statutory and voluntary settings. He qualified as a mentor seven years ago and is passionate about journeying with young people through the issues they face, particularly when it comes to loss.

This resource has been produced to help you as leaders to multiply the learning from this session with others leaders in your group, local area and region. It's also accompanied by another resource which can help you run a session exploring loss and wholeness with children and young people.

How should I use it?

The resource contains four sections including:

1. Engage – to help you understand that we all experience loss in different ways and we're not alone
2. Equip – to help you understand the emotional and physical effects of loss
3. Empower – to equip you to create your own emotional first aid kit and develop personal coping mechanisms
4. Enjoy – to recognise that we're all on a journey and need to look after one another.

Check out the Volumise section within the online GB Leaders' Resource Base to find four video clips of Will Taylor equipping you to run the session.

The resource is flexible and can be used in a variety of settings:

- With your local GB leadership team
- In regional and district leadership meetings
- As an individual online.

Below are some suggested questions which can be used to equip leaders in your local, district or regional teams. In total, this session could last between 1hr 30 – 2 hours depending on the number of activities and questions you engage with. Feel free to pick and choose activities depending on time and relevancy.

Let's equip other leaders to continue to raise the volume of hope among children and young people by enabling them to explore loss and begin a journey to wholeness.

Facing loss: A journey to wholeness

INTRODUCTORY VIDEO

To introduce the topic, watch the new koko trilogy of films on loss – lost // me, lost // someone, and lost // family. Alternatively if you're constrained by time, choose one to watch.

Discuss with the group:

- Is there a word or phrase which stood out from the stories of the young people?
- What would be the benefits of showing these videos to your GB group?

I. ENGAGE

This section enables us to understand that we all experience loss in different ways and we're not alone.

ACTIVITY:

If you have time, complete the Draw It Out activity from the Engage section in the Volumise resource for young people with your leaders.

BEFORE WATCHING WILL'S VIDEO, DISCUSS TOGETHER:

- How would you define loss?

AFTER WATCHING WILL'S VIDEO, DISCUSS TOGETHER:

- Will shared: 'Loss is the state of being without something... How we experience those losses will determine what we do, our behaviour, our thoughts and our emotions.' Do you agree or disagree?
- How can we create a safe environment in GB for young people to be open with their emotions and feel supported?

PRAY TOGETHER:

- Thank God for the privilege of being able to journey with the young people in our GB groups
- Ask God to help you model good emotional health in your everyday life and especially at GB.

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2. EQUIP

This section helps us to understand the emotional and physical effects of loss.

BEFORE WATCHING WILL'S VIDEO, DISCUSS TOGETHER:

- What feelings/emotions do people experience when they deal with loss? Feel free to write your answers in the outline of your paper person.

AFTER WATCHING WILL'S VIDEO, DISCUSS TOGETHER:

- Have you ever been in a situation where someone has dismissed your feeling/emotions? How did it make you feel?
- 'All feelings are ok. All emotions are ok. As long as we're safe and we're expressing them safely'. What are the benefits of providing a safe place to enable young people to share their emotions?

DELVING INTO GOD'S WORD:

Jesus displayed many emotions during His life on earth. We're called to become more like Christ and part of this is to fully express our emotions. Cut up Resource Sheet A – Bible references – and invite people to look up and read them. Make a list of the emotions that Jesus experienced.

PRAY TOGETHER:

- Thank God for all the children and young people in your GB group and the opportunity to be used by Him to guide them in their journey to wholeness
- Ask God to give you strength, courage and discipline to always look to Him to supply all your emotional needs.

3. EMPOWER

This section equips us to create our own emotional first aid kit and develop personal coping mechanisms.

ACTIVITY:

If you have time, complete the Your First Aid Kit activity in the Empower section of the Volumise resource for young people.

AFTER WATCHING WILL'S VIDEO, DISCUSS TOGETHER:

- What do you think of Will's suggestions for an emotional first aid kit?
- What would be in your own personal emotional first aid kit?
- Does having a faith and a relationship with God make a difference to your emotional health? Explain.

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PRAY TOGETHER:

- Thank God for the Biblical truth that He loves and cares for each one of us
- Write out the names of the children and young people in your GB group on small pieces of paper. Give a few names to each GB leader and ask them to spend some time praying for them.

4. ENJOY

Let's recognise that we're all on a journey and need to look after one another.

If you have time, complete the I Can activity in the Enjoy section of the Volumise resource for young people.

AFTER WATCHING WILL'S VIDEO, DISCUSS TOGETHER:

- Will shared: 'There is always hope in our relationship with God.' How can you be more effective at signposting young people to the hope that only God can bring?
- As a leadership team, how can you effectively support each other in your mission to turn up the volume of hope for children? What are some practical things that you could implement to support each other.

PRAY TOGETHER:

End the session engaging with the creative prayer session in the Enjoy section of the Volumise resource for young people.

Provide space for leaders to be silent before God and ask Him for His love, strength, joy, rest, hope etc.

Please note: loss is a difficult and tough subject. If possible, create an opportunity for leaders to receive prayer ministry if they need it.



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RESOURCE SHEET A

Bible references

Matthew Ch.21:12

John Ch.11:33

John Ch.13:21

Luke Ch.22:44

Mark Ch.14:33

Mark Ch.6:6

Matthew Ch.26:38

Luke Ch.10:21

John Ch.11:1-44

Luke Ch.22:15

Mark Ch.8:12

John Ch.11:5

John Ch.11:35