

# ACTIVITIES TAKING PLACE DURING THE MENTORING SCHEME



Raising Capacity for  
Inclusive People engaged  
in private sponsorship



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## healthy habits

Second Tree, our partner organisation in Greece, is encouraging their young students to form healthy habits and coping mechanisms through education.

Second Tree aims to create an environment where participants in its Youth Well-Being Programme, or Scouts, are able and encouraged to express themselves openly.

## coping mechanism

As part of a new social-emotional learning initiative called Colors of Kindness, Second Tree's 8-12-year-old students explore topics ranging from identifying and understanding their emotions, setting goals and appreciating diversity.

The Scouts do this through exploring circumstances in which they feel happy, sad, scared or angry, learning a name to go with each of these feelings, and practising how to self-regulate when a feeling becomes overwhelming.

Through breathing exercises, yoga, dancing, talking about their feelings and making artwork, the Scouts learn healthy ways to calm themselves down when needed.

