

# Thrive for Teens

## What is Thrive for Teens?

A programme to help you feel less stressed, more creative and energised

## Who is it for?

Teens aged 15 to 19

## How can Thrive for Teens help you?

- It teaches you how to use stress to your advantage
- It helps with difficult emotions
- It shows you how to become more creative
- It helps you have better relationships

Find out more here:

<https://heartbraineducation.org/ourprogrammes/thriveteens/>

## How long is it?

7 weeks. 2 online sessions per week. 40 min per session.

## What do we do during each session?

We talk, play games, journal and we laugh. We do all this via video chat. Here is an outline of the course.

Week	Session title	Week	Session title
1	What is wellbeing? What is creativity? What is mindfulness?	3	How can I best use my mind?
2	How do I think? How do I feel? How do I create?	4	How can I best use my heart?

5	How can I become more creative?		
6	How can I find calm in stressful situations?	7	What do I want to be like?

### *Who is in the session?*

Other teens from New Zealand and one facilitator.

### *Who is the facilitator?*

Georgi Toma. She is a mindfulness and creativity teacher and a wellbeing researcher.

You can find out more about her here:  
[www.heartbraineducation.org](http://www.heartbraineducation.org)



### *When and where is it?*

Online.

You will receive a link by email. You click on it and it takes you to a videoconferencing platform. We will video chat twice per week for 40 minutes. During this chat, you will see some slides with activities and you will interact with other students and with the facilitator.

Days of week:

Tuesdays & Thursdays from 7.30 to 8.10pm.

There are 2 start dates in 2020:

1. **Start date: 12 May.** End date: 25 June

To register click here: <http://tiny.cc/Thriveteensonline>

You can check out and share our Facebook event:

<https://www.facebook.com/events/1121343424908912/>

2. **Start date:** 28 July. **End date:** 10 September.

To register click here: <http://tiny.cc/thriveteensjuly>

You can check out and share our Facebook event:  
<https://www.facebook.com/events/2614546092147275/>

### *How much is it?*

It is free because you'll be part of a research study.

### *What is involved in the research study?*

You will have to complete a 20-minute online questionnaire before and after the programme, and 3 months after the last session.

The questions are about how you experience stress and how you feel in general. There is also a task where you come up with as many ways to use a common object as possible.

You also have the option to take part in a focus group discussion after the programme completion. In this discussion you will talk about your experience of the course.

Your answers are confidential. Neither you or your school will be identified in any written reports or oral presentations resulting from the research.

You can withdraw from the programme at any time if you wish so. That won't be a problem and you don't have to give a reason.

### *What if I or my parents have any questions?*

Contact Georgi Toma  
E-mail: [georgi@heartbraineducation.org](mailto:georgi@heartbraineducation.org)

### *I'm ready to sign up!*

Register for 12 May course: <http://tiny.cc/Thriveteensonline>

Register for 28 July course: <http://tiny.cc/thriveteensjuly>

Like us on Facebook: <https://www.facebook.com/heartbraineducation/>