



INSPIRE | GROW

Group sessions to
help girls build
confidence, resilience,
and self-awareness.



Welcome

Welcome to the Inspire|Grow Group.

This group is a safe, supportive space to help you understand your emotions, build confidence, and learn practical tools for managing anxiety and overwhelm.

Over the next 6 sessions, you'll build a personal toolkit you can use in real life, things like calming techniques, confidence skills, and a plan for when anxiety starts to rise.

You never have to share anything you don't want to. You can take part quietly, write privately, or just listen. There's no pressure to "get it perfect".

What to expect:

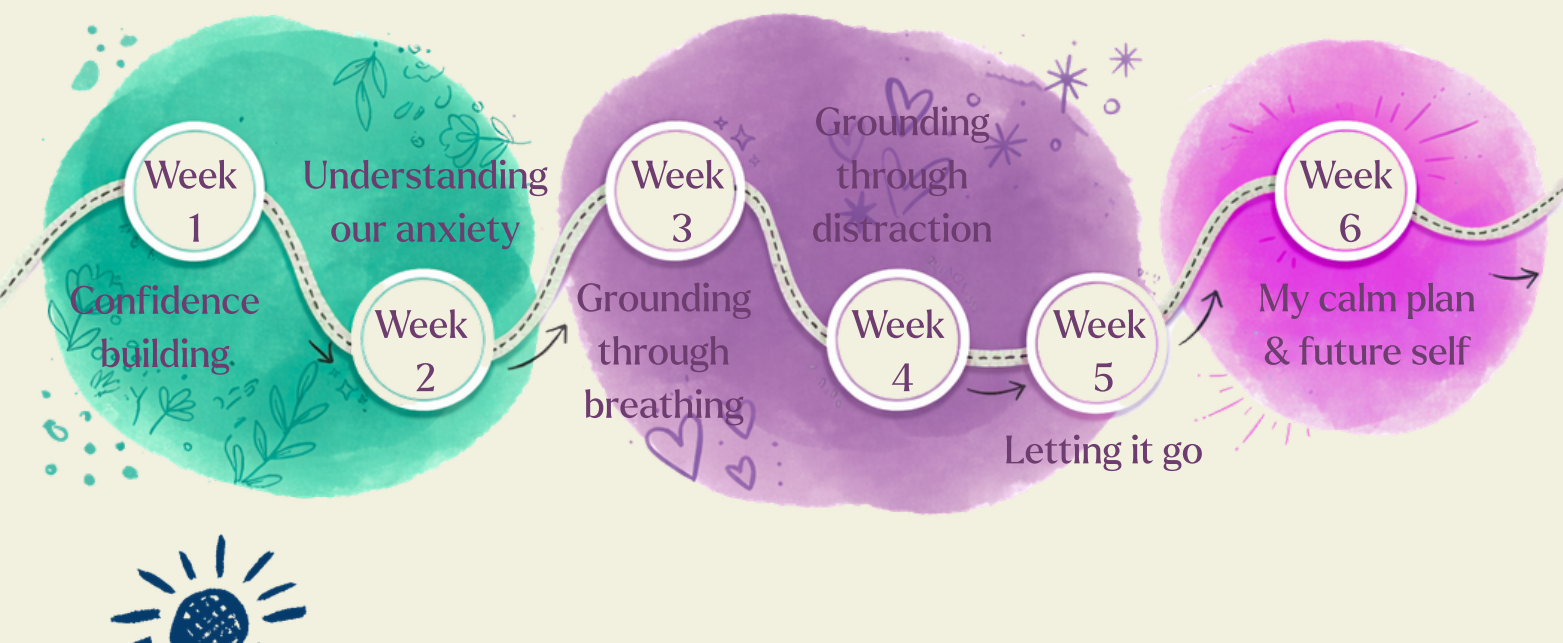
Each session usually includes; A short introduction (what the skill is & why it helps), An activity (something practical/ creative), A reflection (what you're taking away), and a take-home tool (something you can use later).

Group agreement

To help everyone feel safe, we agree to:

- Respect: no judgement, no making fun, no interrupting.
- Choice: you can pass on any question/activity.
- Safe space: this is a safe space to talk.
- Kindness: to others and to yourself.
- Safety: if staff are worried someone isn't safe, we may need to share that.

If you're struggling: you can speak to a staff member, a trusted adult, or school support.



Week 1: Confidence & self-esteem

What today is about:

Sometimes our inner voice can be harsh. Today we'll practise noticing unhelpful self-talk and swapping it for something more balanced and kind, not fake positivity, just fairer self-talk.

Activity 1: Spot it & Reframe it

Unhelpful thought: _____

More balanced thought: _____

Helpful starters:

- "This is hard, but I'm learning."
- "I don't have to be perfect to be good enough."
- "I can take this step by step."

Activity 2: Strengths & growth

Three strengths I have (skills, personality, values):



Something I want to get better at (growth area):



Week 2: Understanding anxiety

What today is about:

Everyone experiences anxiety from time to time, but if we don't understand what triggers our personal anxiety it can become easy for it to build up. Today we will be exploring our personal anxiety triggers, and how we can identify anxiety within ourselves to help us support ourselves before it builds up.

Activity 1. What anxiety feels like:

Draw or write on the picture below to show what anxiety can feel like. Think about the physical and emotional symptoms of anxiety.



Week 2: Understanding anxiety

Activity 2. Identifying our anxiety triggers:

You don't need to explain details. This is just about patterns.

Common triggers might include:

- ☐ social stuff ☐ school pressure ☐ conflict ☐ change
- ☐ being stared at/judged ☐ sensory overwhelm ☐ health worries

My main "anxiety situations" (general): _____

Activity 3: My coping plan (quick + realistic)

When I notice anxiety rising, I can try:

- Grounding tool: _____
- Breathing tool: _____
- Distraction tool: _____

Don't worry if you do not already have a tool you can use, we'll be learning about those in later sessions.

People I can talk to (if I need support): _____

Activity 4: Me beyond my anxiety

Finish any of these:

- "I am someone who _____"
- "I really like _____"
- "Something I'm proud of (big or small) is _____"





Week 3: Grounding through breathing

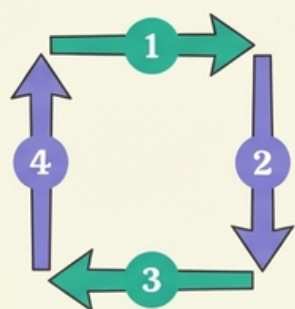
What today is about

Breathing tools help your body calm down by slowing things like heart rate and tension. Today is about practising a few options and finding one that feels doable.

Activity 1: Pick a breathing tool to practise

Choose one:

Square Breathing



Breathe in (4s)
Hold (4s)
Breathe out (4s)
Pause (4s)

Deep Breathing



Breathe in through the nose (3s),
breathe out until lungs feel empty



Breathe in through the nose (3s),
breathe out until lungs feel empty

Calming Breathing



Breathe in while thinking "I feel calm," breathe out while thinking "I let go of stress."

The one that felt best for me: _____

Activity 2: Mindfulness

Mindfulness is about paying full attention to the "here and now" –your thoughts, feelings, body, and surroundings, without judging them, helping you calm down, and focus.

Mindful colouring is a stress-reducing practice that uses colouring to focus on the present moment, acting like a meditation to calm the mind, reduce anxiety, and improve concentration by paying attention to colours, patterns, and the physical sensations of colouring.

Afterwards, circle one: 😊 calmer 😊 a bit calmer 😐 same 😞 more anxious

What helped (if anything): _____





Week 4: Grounding through distraction

What today is about

Distraction and grounding techniques aren't about "ignoring feelings", they're ways to bring your brain back to the present when anxiety is spiralling.

Activity 1: Quick grounding options (try 2)



Counting Backwards

Pick a number and count down in sets (e.g., from 200 in 3s).



Alphabet Categories

Pick a category (e.g., animals) and name one for each letter of the alphabet.



5-4-3-2-1 Senses

Acknowledge 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.

The two I tried: _____ & _____

The one I'd actually use: _____

Activity 2: Grounding bracelet

Let's create our own physical grounding tool, something as simple as a bracelet can help us to bring our focus to the present when we need grounding.

Pick what each bead/colour represents (examples):

- Blue: Swimming in the ocean, a reminder to breathe
- White: A soft blanket, crisp snow
- Black: A night sky, your pet cat
- Purple: A reminder of your strengths, blooming flowers

My bead meanings: _____

When I'll use it: _____

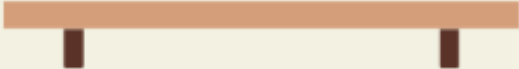


Week 5: Black Box Thinking + "Letting it go"

What today is about

Everyone makes mistakes and has worries. Black Box Thinking is about learning from things (when helpful) and letting go of what you don't need to carry.

Activity 1: Black Box thinking

Black Box Thinking My 3 biggest problems right now are... 1. 2. 3.	I am putting this problem on the shelf. This means I can leave it for now and come back to it later. 
I am putting this problem in the black box. This means I can't do anything about it now. 	The only problem I have to deal with now is: Three things I can do to help me solve this problem are: 1. 2. 3.

Activity 2: "Letting it go" box

Write one thing you're ready to stop replaying (you can keep it vague), then post it into the box.

What I'm letting go of (general): _____

What I'm choosing instead: _____

What I would say to a friend in this situation: _____

Reminder: letting go can be a practice, not a one-time thing.



Week 6: My calm plan + future self

What today is about

Today is about pulling everything together into your personal calm plan- something realistic you can actually use. We'll also reflect on growth and the person you're becoming.

Activity 1: My personal calm plan:

1) My early signs: _____

2) My first step (quick): _____

3) My go-to breathing tool: _____

4) My go-to grounding/distraction tool: _____

5) Helpful self-talk (one sentence): _____

6) Who I can reach out to: _____

7) If it's getting worse, I will: _____

Activity 2: Future self reflection

- "In the future, I want to feel more _____"
- "A strength I'm taking forward is _____"
- "One promise I'm making to myself is _____"

Closing

You've built a toolkit. You don't have to use every tool, just the ones that work for you.

By the end of the programme, you may notice:

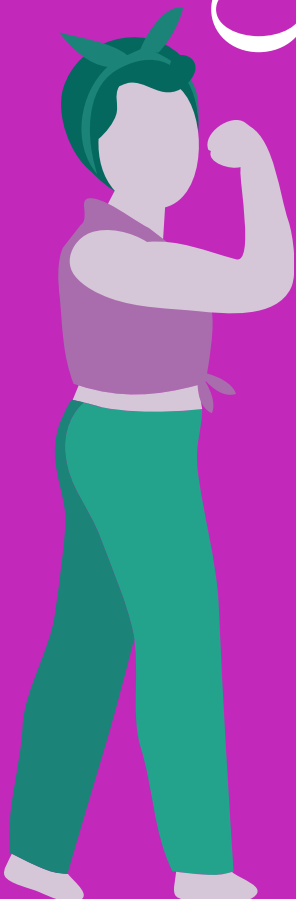
- More confidence spotting negative self-talk and being kinder to yourself
- Better awareness of anxiety early signs (so you can respond sooner)
- A few coping tools you can use independently in everyday life
- A stronger sense of "me" beyond anxiety- your strengths, values, voice
-

My top 3 tools from this programme:

1. _____ 2) _____ 3) _____



SUPPORT ORGANISATIONS



Shout – Crisis Text Line – 24 hour textline – Text 85258

**<https://www.giveusashout.org/>
Text if you are feeling unable to cope**

**Childline – 24 hour help – 0800 1111
Children and Young People struggling with anything.**

<https://www.childline.org.uk/>

**Bullying Advice and helpline
0808 800 222**

<https://www.bullying.co.uk/>

Papyrus – National Charity Prevention of Young Suicide

HopeLine 0800 068 4141

<https://papyrus-uk.org/>

CentrePoint – Homelessness Risk aged 16–25

Free 0808800 0661 (Mon–Fri 9–5)

<https://centrepoin.org.uk/>

UK Safer Internet Centre – Internet Safety Advice

<https://www.saferinternet.org.uk/>



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