

Session Title	One Good Adult
Time	30 mins
CFE HWB Organiser	Mental, emotional, social and physical wellbeing
Learning outcomes	<ul style="list-style-type: none"> • I can identify the qualities of a one good adult • I can identify a one good adult(s) in my life
Resources	<ul style="list-style-type: none"> • Slides with video clip

Slide 1: Introduction (5 mins)

- See introduction on PowerPoint slide notes section.

Slide 2: One Good Adult Video Clip (10 mins)

Discussion

- What did they think of the clip? Can they resonate with it?

Slide 3: What are the qualities of a one good adult (10 mins)

Activity

- Ask the participants to think about the video they have watched, to consider and jot down what qualities a one good adult should have. Once completed ask for a few examples and/or encourage the participants to use the chat function to share their responses.

Slide 4: Who is your one good adult? (5mins)

Activity

- Ask the participants to think about who might be the one good adult(s) in their life, write down what makes them that one good adult. They do not have to share their responses. Conclude that having that one good adult is a protective factor for mental health and it is important to have someone you can speak to when you are struggling and finding things difficult.

Extension/take-home activity

- Encourage the participants to watch the [video](#) about footballer Ian Wright talk about a one good adult in his life and the difference it made to him.