

# CopeCode Club



## Letter to A Friend

### **Purpose of the activity:**

Provide youth with simple stress relieving techniques that can help them lead healthier and more productive lives, and avoid unhealthy escapes such as substance use.

The **CopeCode Club** reminds youth that they are not alone in their feelings. As youth connect with each other, sharing what stresses them out and how they manage, they will feel supported by their peers.

This activity requires the most physical movement throughout the space. The exercise is intended to encourage youth to think about how they would support peers in using healthful strategies to manage stress.

**Number of participants:** 4–16

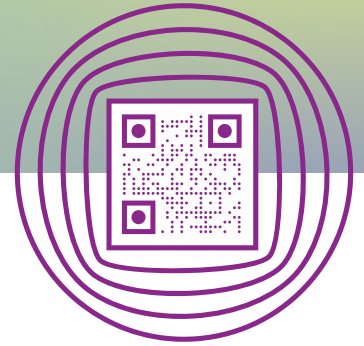
**How much time will this take?** 30 min

- 5 minutes: Introduction on why we're here and instructions
- 20 minutes: Go through activity!
- 5 minutes: Recap to review what youth learned and answer any questions

### **What do we need to play?**

- Bubbles: At least 1 set of 4
- Stress Science tips sheet for the facilitator
- Letter to A Friend Template
- Cell phone and/or tablet: At least one mobile device per group
- Access to WIFI

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## How do we play?

This is an individual activity, so every player should have their own cell phone or tablet.

It's important for the facilitator and players to know that each time the QR code is scanned on the bubble, it will take youth to a story and that each bubble contains three stories. Youth must scan each bubble until they are able to find the story they have been assigned.

1. The facilitator scatters the bubbles in different areas across the room and gives each player a "Letter to A Friend" sheet.
2. The facilitator will assign each player a name.
3. The player will scan the QR code on each bubble, which will take them to a story that describes a stressor and stress reliever.
4. When the player finds their assigned story, they will write down the name and stressor.
5. After this, each player will write an advice letter to their assigned person.
6. Once each player has finished their advice letter, the facilitator will lead a debrief discussion.

## Youth Story Names:

- Brianna
- Calvin
- Jamie
- Farrah
- Maya
- Gabrielle
- Carlos
- Mariah
- Alisha
- Hannah
- Nadia
- Jeremiah

## NOTE:

- Once a player has identified their assigned story, they can begin working on their letter.
- The Letter to A Friend template includes prompts to help youth think about what to include in their letter.
- Should a facilitator have additional time, they can assign youth more than one story.

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**The key takeaway: There are many ways to handle stressful situations, and no matter what you're facing and/or how you cope – you're not alone.**

Discussion Guide:

- What were the stressors/issues that the young people dealt with?
- How did they manage their stressor?
- What advice did you give to your “friend” in your letter? What places/activities did you recommend for them?