



SESSION 1: HOME CHALLENGE

The aim is to spend a minimum of an hour this week with your teenager. To start with this can be in short periods. Your teenager picks what to do and your role is just to be with them.

Read poem, brain and sleep handouts.

Complete at home this week the personal goal form. This form is to be brought to the group next week, you are welcome to share this with the group or give it to the group facilitators.

