



Airing out emotions

After an intense group experience with teenagers, firstly, we need to give them an opportunity to share their emotions. Some people might be upset, others proud, others still overexcited, etc. We need to let these emotions shared, so they are able to move forward. It can be beneficial to include some "cool-down" or "chill-out" activities to help everyone wind down. Here are five activities that can help teenagers relax after an active gaming session:

- **Meditation and Mindfulness Session:**

Lead the group in a short meditation or mindfulness exercise to help them relax and refocus. There are many apps and online resources designed for meditation and relaxation that can be used for this purpose.

- **Storytelling Circle:**

Sit in a circle and have each teenager take turns sharing a short, lighthearted story or personal anecdote. This can be a great way to encourage open communication and laughter.

- **Board Games or Card Games:**

Transition to a calmer activity like board games or card games. Games like Uno, Apples to Apples, or Pictionary can provide a more relaxed and social atmosphere.

- **Art and Craft Activities:**

Set up an art and craft station with supplies for activities like coloring, painting, or crafting. This can be a great way for teenagers to express themselves and unwind.

- **Music and Karaoke:**

Put on some music and allow teenagers to unwind by singing along or even having a mini karaoke session. Music is a great way to uplift spirits and create a relaxed atmosphere.