

RESOURCES & BUDGET



	DESCRIPTION	CHECK
FACILITATION TEAM		
	Facilitator	
	Co-Facilitator	
	Mentors (possibly 2)	
	Assistants (possibly 2, if no Mentors)	
FACILITIES & EQUIPMENT		
	Venue (check lighting, temperature control, safety for children)	
	Toilet facilities	
	Whiteboard	
	Flip chart easel	
	CD player	
	Suitable outdoor area within walking distance	
MATERIALS	Approximate material cost AUD 500.00. <i>Some materials will be an initial set-up cost only, while others will require renewal over time. You may already have access to a number of the materials.</i>	
	x 10 "Handle with Care" A Workbook About Mental Illness for 8-12 year olds (ARAFMI Western Australia ph: 61 8 9288 0577)	
or	x 10 "A Booklet For Young People About Mental Illness" (13-16 yr age range) (ARAFMI Western Australia ph: 61 8 9288 0577)	
	x 10 Journals or similar (to give to children end of day 3)	
	x 10 Stress balls - yellow with smiley face (to give to children end of day 2)	
	x 10 Large cardboard document wallets (for children to store worksheets, etc)	
	Meditation book (refer to 'Meditation' in Activities section for suggestions)	
	Selection of music CDs (refer to 'Background Music' & 'Singing' in Information & Guidelines section for suggestions)	
	Selection of large and small soft balls (use for quick energiser activities, eg. 'hot potatoe game', when energy levels appear low and during break times)	
	Set of "It's Good To Be Me" cards (refer Forms section for sheet you'll need to laminate and cut into cards)	
optional	'Strength Cards for Kids' (optional to use for 'Compliments' activity) (St Lukes Innovative Resources, Victoria, Australia ph: 61 3 5442 0500 or website: www.innovativeresources.org)	
	Whiteboard markers	
	Jumbo felt markers (to write on flip chart paper)	
	x 12 Ballpoint pens	
	Sufficient crayons to be shared between 10 children	
	Sufficient texta pens to be shared between 10 children	
	Sufficient coloured pencils to be shared between 10 children	
	Scissors (4 pairs sufficient, for 'Create A Card' activity)	
	Tube of clear glue (for 'Create A Card' activity)	
	Various stickers – smiley faces are good! (for 'Create A Card' activity & other 'reward' use)	

	Sufficient lightweight & lightly coloured cardboard to be cut into greeting card size (for 'Create A Card' activity)	
	Sheets of flip chart paper & blue tac or large self stick chart paper	
	Supply of plain paper – preferably thick A3 (for drawing/art work activities)	
optional	Circular paper plates (for 'Pie Chart' activity)	
	3' x 5' Index cards (for 'Compliments' activity)	
	Name tags (to use each day – consider safety aspect when selecting)	
free local resources	Access appropriate FREE resources for your state/country Eg. Australia – Young Carer Kits (includes Young Carer Relaxation CD) (Carers Australia ph: 1800 242 636 or Carers NSW Young Carer Project ph: 61 2 9280 4744 or email: yc@carersnsw.asn.au)	
PHOTO-COPYING	Optional: reachout.com.au Fact Sheets	
	Flyer	
	Interview Form	
	SMILES Information Sheet	
	Facilitator Assessment Form	
	Mentor Application Form	
x 12	Evaluation Form	
x 12	Parent/Guardian Evaluation Form	
	Facilitator/Mentor Guidelines	
x 12	Children's (or Adolescent) Group Guidelines	
x 12	The 'Innerview'	
x 12	"How Are You Faces" (optional – 'Feelings' diagram)	
x 12	Mental Illness Worksheet	
x 12	Depression Worksheet	
x 12	Bipolar Worksheet	
x 12	Schizophrenia Worksheet	
X 12	Anxiety Worksheet	
X 12	Body Diagram	
x 12	Treatments Worksheet	
x 12	Enhancing Mental Health handout	
x 12	Children on a Tree diagram	
x 24	Home Play Activity handout	
x 12	Problem Solving Formula	
FOOD	Approximate food cost AUD 25-30.00 per person x 12 = AUD 300 – 360.00 <i>(Based on 3 x lunch, 3 x morning break, 3 x afternoon break. 10 children & 2 facilitators)</i>	
	Sandwiches	
	Cracker biscuits	
	Cheese	
	Dips	
	Vegetables (carrots, celery, broccoli, cauliflower, zucchini, etc)	
	Fruit (apples, bananas, melon, mandarins, etc)	
	Dried apricots	
	Fruit juice	
	Water	
	Paper napkins	
	Disposable plates & drinking glasses	

