

Adolescent & Caregiver Posters



Early Adolescent Skills for Emotions



**World Health
Organization**

unicef 

for every child

The posters are designed to be used with the Early Adolescent Skills for Emotions intervention manual.

Early Adolescent Skills for Emotions (EASE): group psychological help for young adolescents affected by distress in communities exposed to adversity. Geneva: World Health Organization and the United Nations Children's Fund (UNICEF), 2023. Licence: CC BY-NC-SA 3.0 IGO.

Instructions

The EASE posters are used during both the adolescent and caregiver sessions. The intervention manual provides prompts for when to show the posters during the sessions.

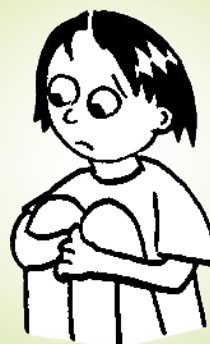
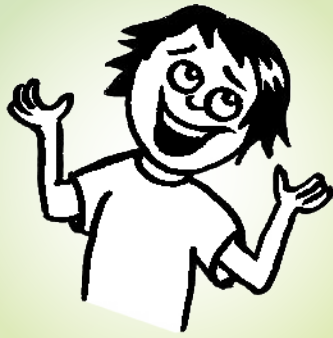
In order to show the picture, the posters should to be printed on size A3 paper or larger, single-sided.

The posters can be bound loosely (for example a ring-binder) in order to be displayed by the helpers. The posters can also be cut out and displayed in the room when delivering EASE.

Because some of the posters will be written or drawn on during the EASE group, we encourage you to have one copy of the posters for each different EASE group.

Adolescent Posters

Feelings Chart



Early Adolescent Skills for Emotions

Adolescent Poster

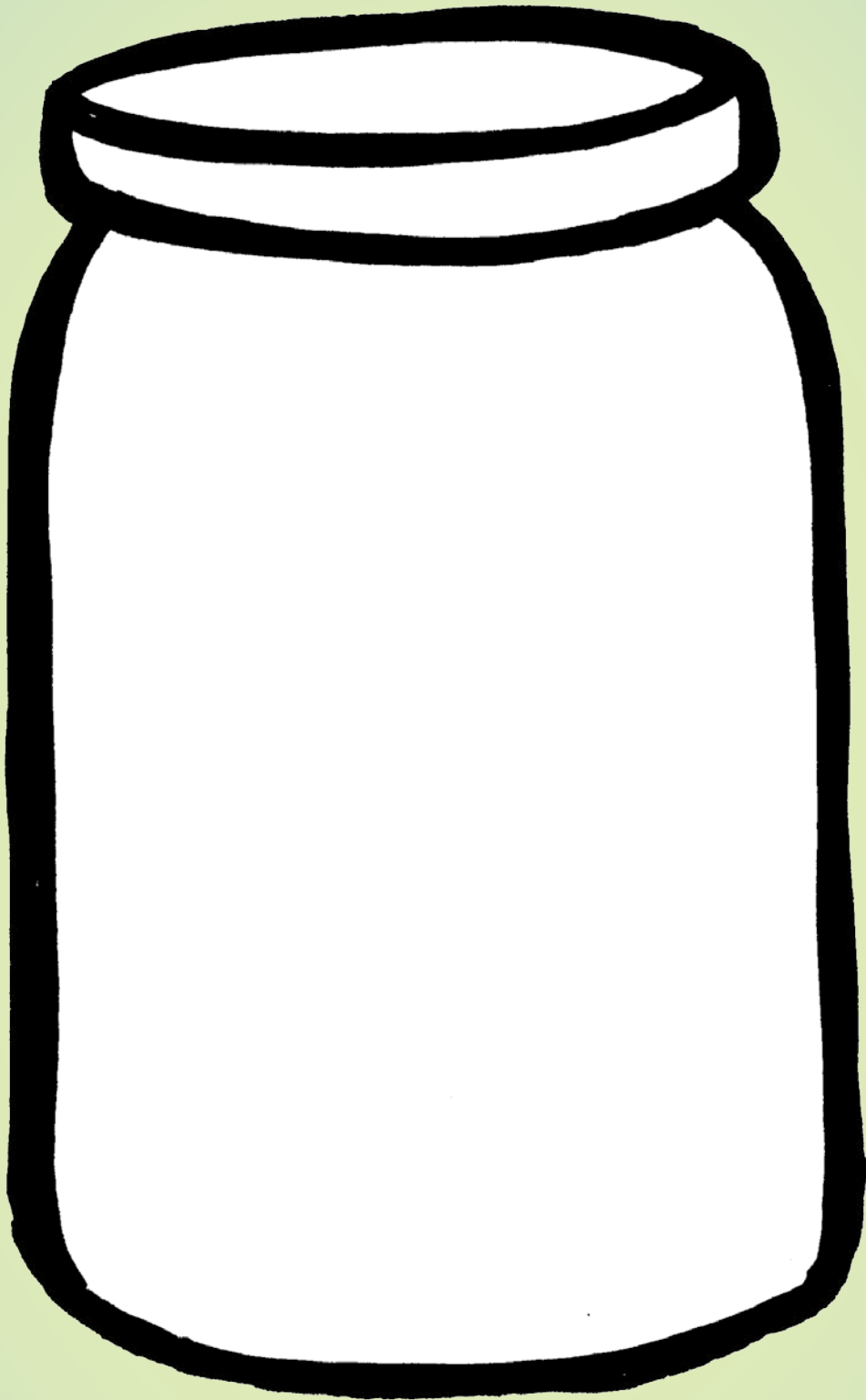
Sadness



Early Adolescent Skills for Emotions

Adolescent Poster

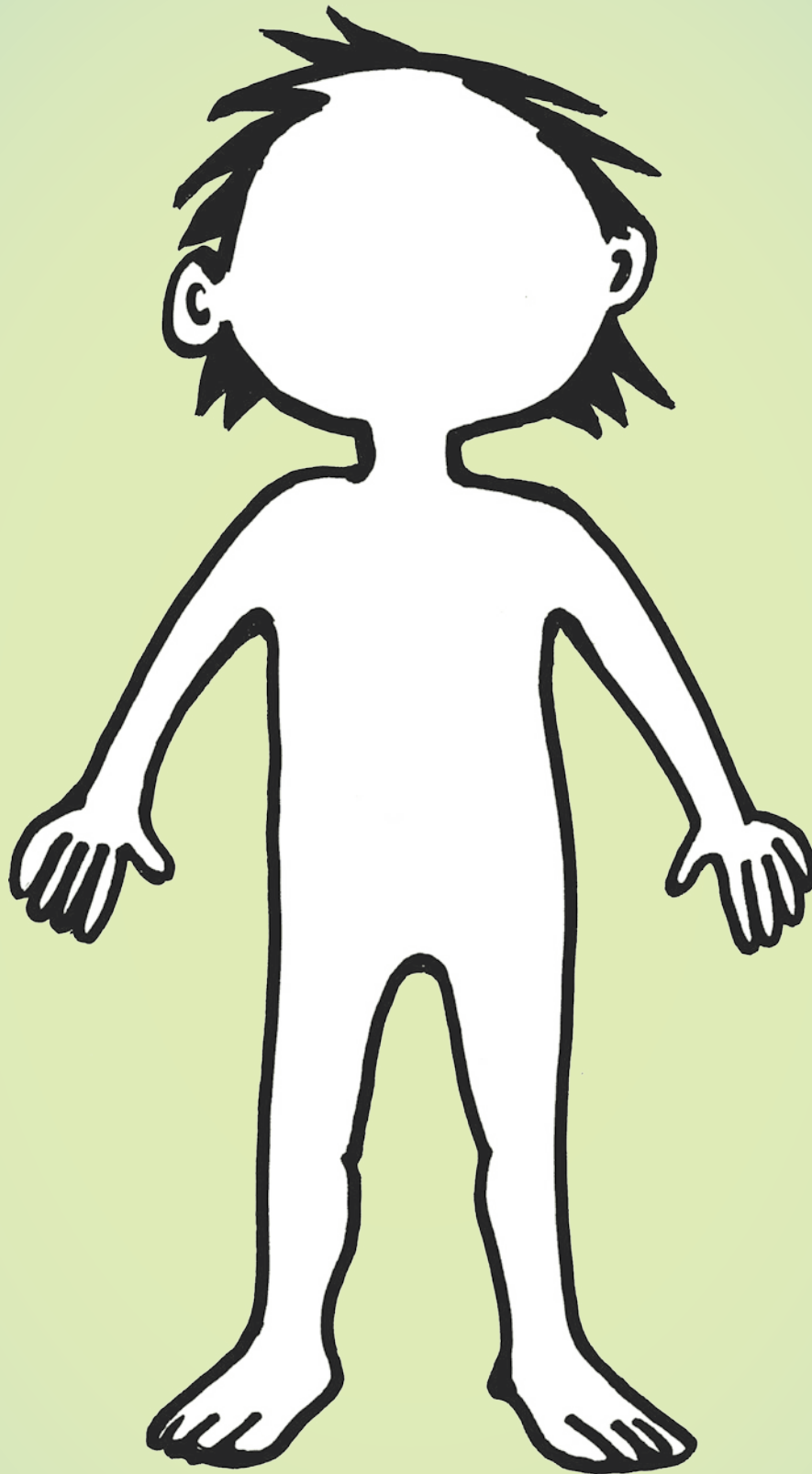
Feelings Pot



Early Adolescent Skills for Emotions

Adolescent Poster

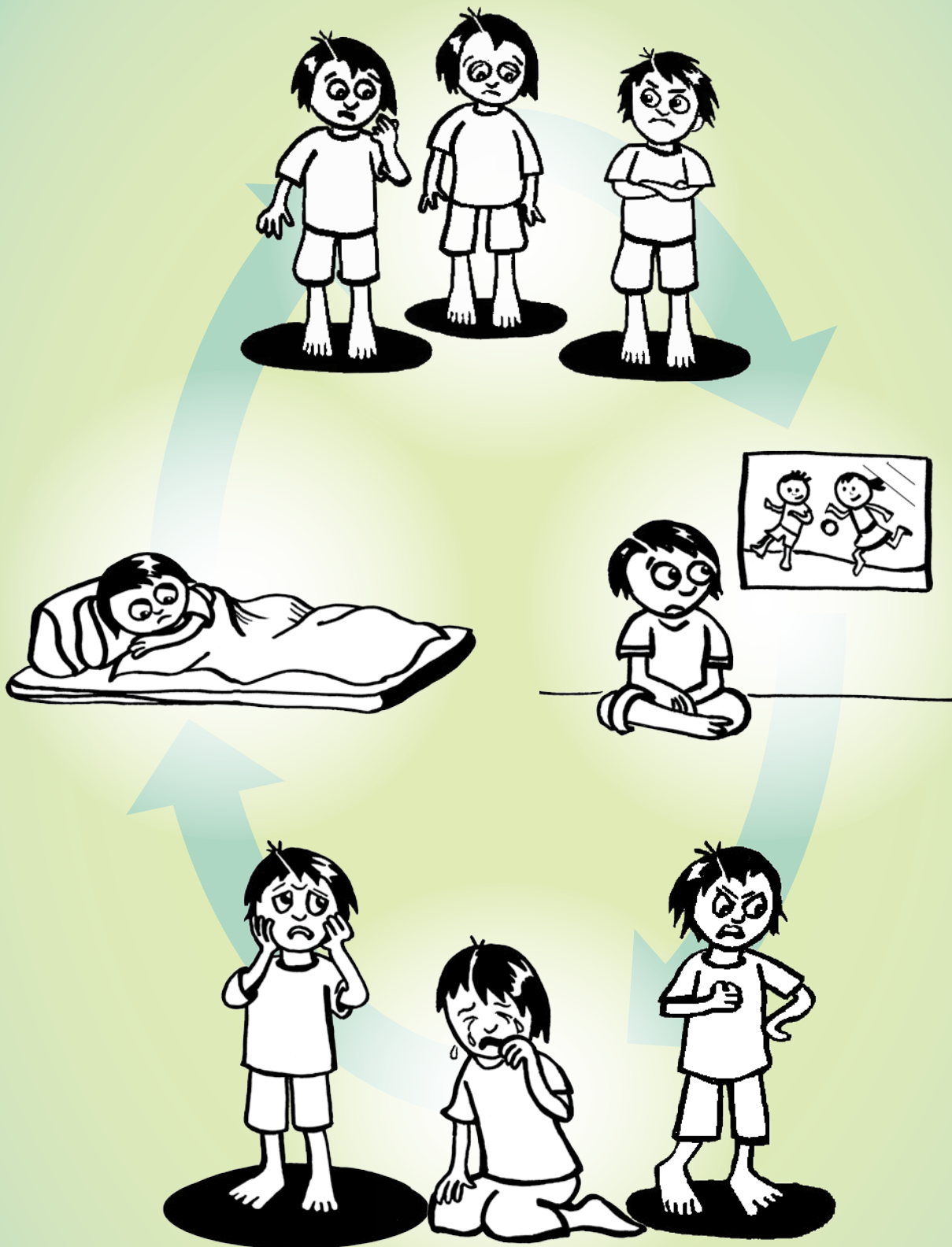
Body Map



Early Adolescent Skills for Emotions

Adolescent Poster

The Vicious Cycle



Early Adolescent Skills for Emotions

Adolescent Poster

Maze

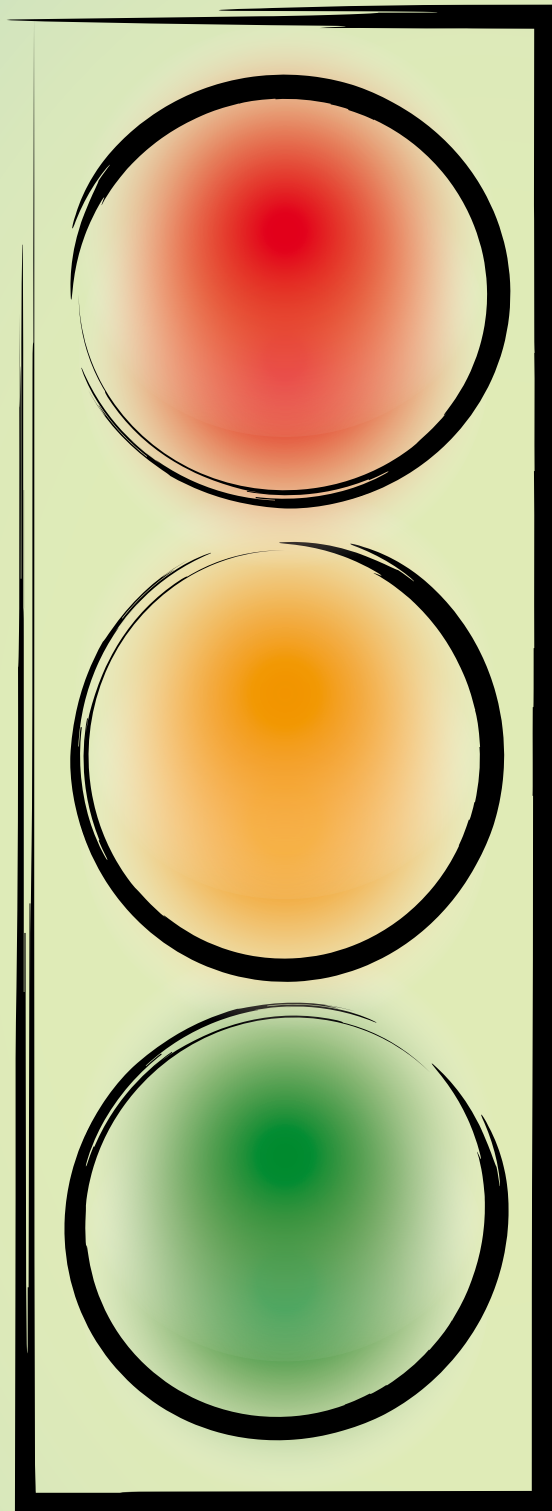
Start

Finish

Early Adolescent Skills for Emotions

Adolescent Poster

Stop, Think, Go!



Stop

Think

Go!

Early Adolescent Skills for Emotions

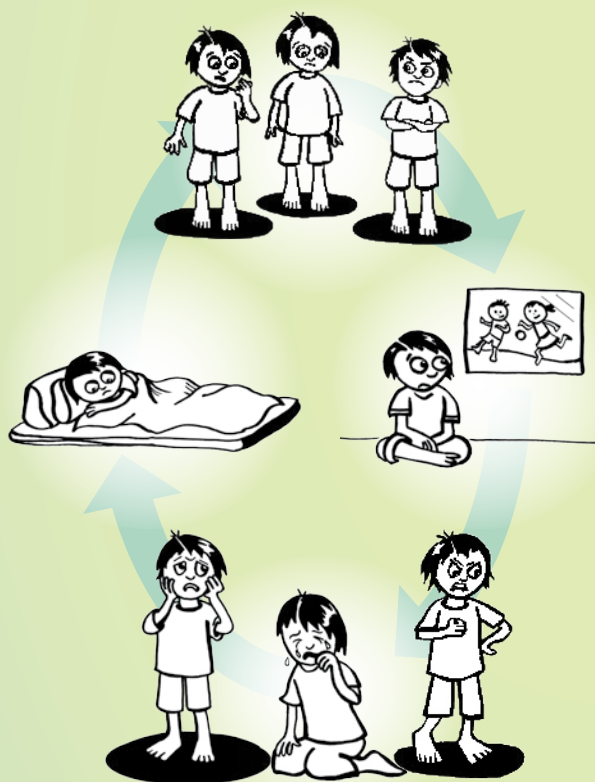
Adolescent Poster



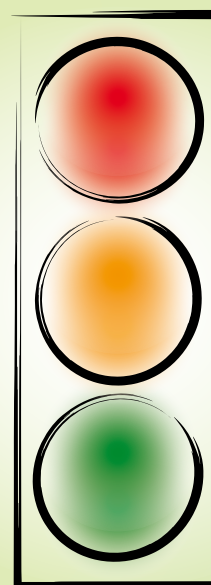
Understanding My Feelings



Calming My Body



Changing My Actions



Managing My Problems

Early Adolescent Skills for Emotions

Adolescent Poster

Caregiver Posters

Possible Causes



Environment



Biology



Caregiver Stress



Family Interactions

Early Adolescent Skills for Emotions

Caregiver Poster

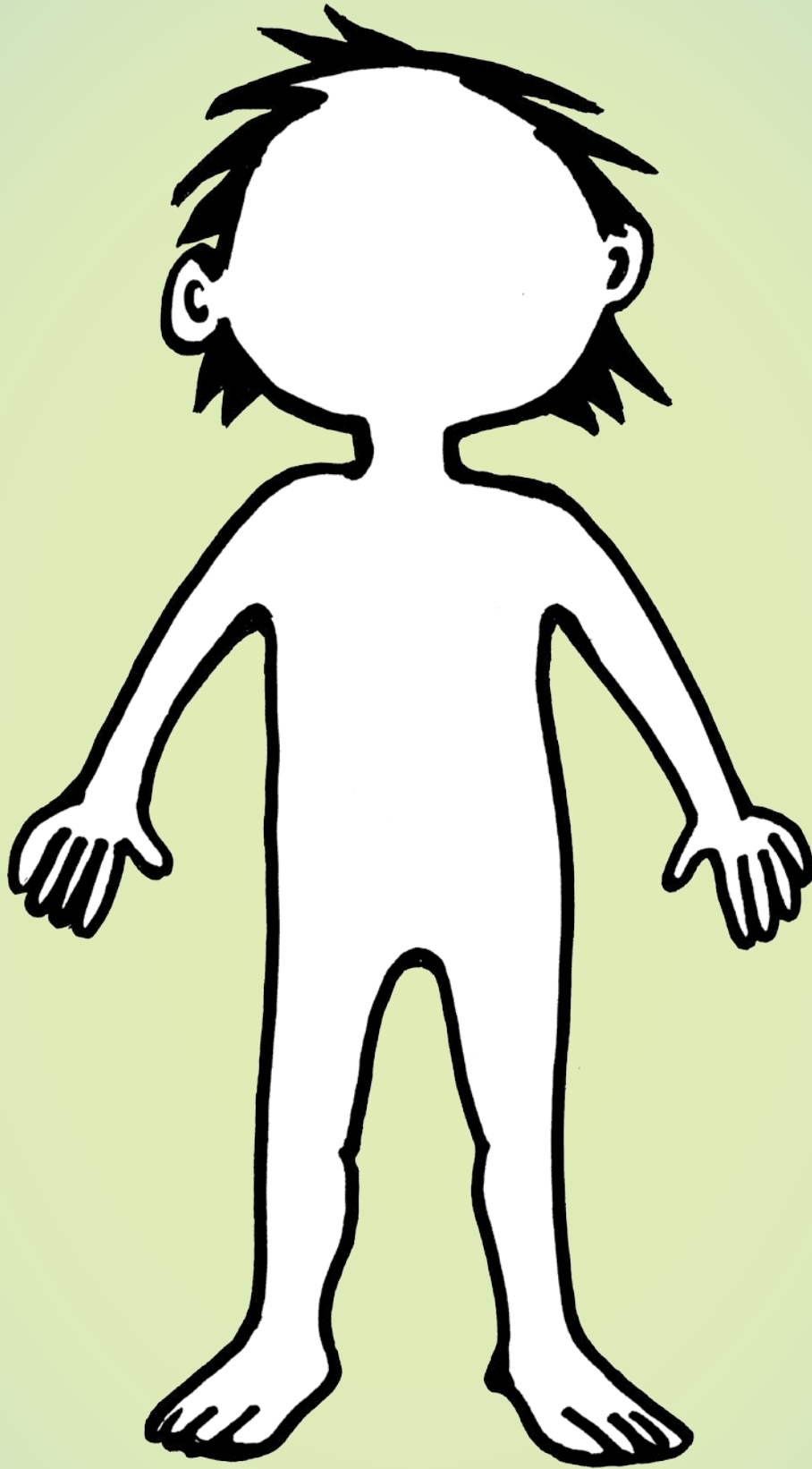
Understanding Big Feelings



Early Adolescent Skills for Emotions

Caregiver Poster

Body Map



Early Adolescent Skills for Emotions

Caregiver Poster

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