

# Friday Fives

## Superman Capes

Students can learn from one another. Sometimes it is easier to learn from a peer than it is from the teacher! This activity is about sharing wellbeing strategies with one another and learning how other look after their mental health.

### Equipment:

Small butchers paper x 1 sheet for each student, sticky tape, markers x 1 for each student (not permanent), a clear open space where students can walk around.

### Instructions:

- Explain to students that it is important to learn strategies and skills to cope with adversity. While it is normal to go through ups and downs everyone has different activities or strategies they use to lift their mood. Explain to students that this activity is about learning some new ways to stay positive in difficult times.
- Ask students to help each other tape a piece of butchers paper to their backs, this is their cape (every student needs a cape). Give each student a marker.
- Explain to students that what the teacher gives the go ahead students can walk around the room and randomly find someone to talk to one on one. When they find someone to talk to they can share tips on how they got through hard times. Some examples of what students might share are “I watch my favourite TV show, I play music, I exercise, I bake, I call my best friend”
- Explain to students that once they have finished their conversation they need to take it in turns to write one coping strategy or one thing one activity their partner does to stay happy on their cape.
- Once this is done students can walk around and find someone else to talk to and repeat the process. Students should try to write something new on the back of their partner’s cape. For example if the person they are talking to already has “Listen to music” written on the back of their cape they will need to ask their partner what else they do.
- Once everyone has two or three things written on their capes they can take them off and volunteer to share them with the class.

# Friday Fives

## Managing stress

It may not be possible to remove the stress from your life, however managing your stress will help you to get things done. This activity is one activity students can do to manage their stress.

**Equipment:** Nil

### Instructions:

- Explain to students that everybody deals with stress. It is how you manage your stress that counts. Explain to students that there are many techniques people use to manage their stress and today you will be practicing a stress management technique.
- Ask students to take a deep breath and attempt to forget about what they are stressed about at the moment. Explain to students that they will be going to for a short five minute walk around the building or playground and during the walk they need to try to think of positive things that they are excited about. Take students for a five minute walk around the building or playground.
- When students are back in the classroom and seated have a class discussion about how this technique might help someone manage their stress.
- Explain to students that boosting the oxygen levels in the body and changing location can increase energy and mood and relieve stress.
- Print and share this [Managing Stress](#) fact sheet from ReachOut.com with your students.

# Friday Fives

## Brain teaser

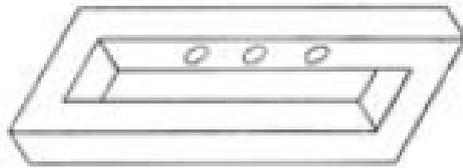
A visual challenge promotes mindfulness as it encourages students to be in the present moment and focus on solving the problem at hand. This activity involves students focussing their attention on one problem individually before sharing ideas with others.

**Equipment:** A class set of the images and questions below.

### Instructions:

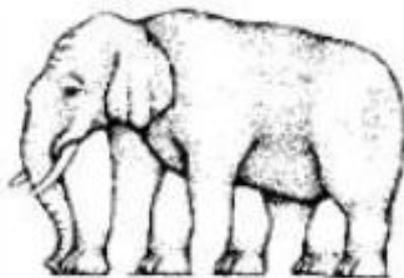
- Hand out the paper below with the images and questions on it (one paper per student)
- Ask students to individually look at the images on the paper and decide on an answer to the question (there are no right or wrong answers).
- After students have come to a conclusion ask them to turn to the person next to them and discuss their answers.
- Ask the whole class what their answers were to the questions about the pictures. See what answers were the most popular and have a class discussion as to why people might have come to different conclusions.

## Image 1



Are the holes on the inside or the outside of this structure?

## Image 2



How many legs does the elephant have?

# Friday Fives

## Work those neurons!

A short riddle or problem can help to engage students and focus their attention before a lesson. This activity asks students to really concentrate to solve a problem within a time frame, promoting mindfulness and engagement.

**Equipment:** The following riddle displayed where all students can read it (Up on the white/black/smart board)

*You have a fox, a chicken and a sack of grain. You must cross a waterfall with only one of them at a time. If you leave the fox with the chicken he will eat it; if you leave the chicken with the grain he will eat it.*

### Instructions:

- Ask students to read this problem silently.
- Once everyone has finished reading the problem, ask students to get into groups of five.
- Tell students that you are setting a timer for five minutes and that when you start the timer students have five minutes to try and solve the mystery in their table group.
- Once the five minutes is up get the groups to share the answers they came up with and see if any groups got it correct!

### Answer:

1. Take the chicken first and drop him on the other side of the water fall.
2. Go back and bring the grain to the other side of the water fall, but don't leave the chicken with the grain, bring the chicken back with you to the fox.
3. Leave the chicken this time and take the fox over to the grain.
4. Finally go back and get the chicken.

# Friday Fives

## Short term goals

Identifying goals is a great way for students to achieve. Goals keep students focussed and motivated, and increase their likelihood of getting the things they want and reaching their potential.

**Equipment:** A piece of A4 paper for each student

### Instructions:

- Ask each student to use a piece of paper to design their own paper plane.
- Once their plane is finished ask students to write one short term goal and one step they can take to achieve it.
- Ask students to then swap planes with a friend. Once everyone has swapped planes ask students to write on the other side of the plane a positive encouraging statements such as 'I know you can do this' 'think positive' etc.
- Ask students to swap back so they can read the encouragement on their plane.
- Head outside and fly those planes!
- Have a look at this student [fact sheet on Goal Setting](#) from ReachOut.com

# Friday Fives

## Every individual is unique

This is a short activity that highlights that fact that no two people are the same. It is important that students value diversity and are know that there is no one in the world quite like them!

**Equipment:** Nil

### Instructions:

- Ask all students to stand at their desks. Explain to students that you are going to do an activity that proves there is no one in the world that is exactly like them!
- Explain to students that you are going to ask them a series of yes or no questions. If the answer to a questions is 'no' the student needs to sit down. If the answer to a question is 'yes' the student should stay standing.
- Ask your class this series of questions
  - > Do you have someone who lives in your household who is close to your age? (give the example of a brother or sister)
  - > When you were young did you do activities together? (Give the example of holidays, daily tasks)
  - > As you got older did that person make similar decisions as you? (give the example of going to the same school, extracurricular activities)
  - > Do you check with this person every time you make a decision?
  - > Is this person in this classroom with you now? (Just in case you have twins in your class ask the last questions)
  - > Can this person see exactly what you are seeing and feel exactly what you are feeling right now?
- By the final question everyone should be sitting down. Have a brief class discussion around the topic that no two people are the same.

# Friday Fives

## Desert Island

This activity requires students to focus on a problem and then collaborate with others to solve that problem. This activity also promotes creativity as students are required to share something that is important to them.

**Equipment:** Nil

### Instructions:

- Ask students to get into groups of 4 or 5.
- Once students are in their groups explain to them that they will soon be stranded on a Desert Island. They are allowed to take one item each to the Island and it can be anything. Explain to students that the item does not have to be practical it can be something that means a lot to them.
- Once everyone has decided on their chosen item ask them to share it with their group and explain why they chose it. For example a guitar because they love music or their dog because they love their dog.
- Once everyone has shared their item with their group explain that each group now needs to find a way that all these items can be used together! Encourage creativity. After about five minutes groups can share their items and how they can be used all together with the whole class.

# Friday Fives

## Two truths and a lie

This activity is fun and engaging. It requires students to share unique things about themselves and be creative in trying to fool their classmates!

**Equipment:** Each student will need a piece of paper and a writing tool

### Instructions:

- Give each student a piece of paper and a writing tool
- Ask each student to write down three things about themselves on the piece of paper. Two things they write down need to be true and one thing they write down needs to be a lie. Students can write down anything from appearance, to what foods or music they like to places they have been.
- Once everyone has written two facts and one lie about themselves students can volunteer to share their three things. Once they have read out their three things the rest of the class needs to try and guess which thing is the lie.

# Friday Fives

## Five things in common

Group work and group discussion can help students feel connected in the classroom. Being part of a group discussion can promote creativity and concentration.

**Equipment:** Nil

### Instructions:

- Ask students to get into groups of five
- Tell students that their task will be to work in their groups and find five things that everyone in their group has in common that are not to do with school. Make the rule that body parts (we all have arms etc.) and clothing (we all wear pants etc.) do not count.
- Ask students to nominate one person in their group to write down things everyone had in common,
- When all groups have finished writing their list of five things ask a volunteer from each group to read out their list. See if anything overlaps across all group lists. There might be one thing all students have in common!

# Friday Five

## Just one word

Often giving students a very simple task can help get them focused as the short term goal is easily achievable. This activity asks students to think of just one word to start off and then uses that simple task to generate discussion around wellbeing.

**Equipment:** Nil

### Instructions:

- Ask students to get into groups of four or five
- Explain to students that they need to think of just one word that they associate with “wellbeing”. It can be any word; they just have to be able to tie it to the topic of wellbeing.
- Give students some time to think of their word. Once everyone has thought of their word ask students to share their word with their groups. Students can also explain to their groups why they chose a particular word and the link that the word has to wellbeing.
- Through this discussion students will explore the topic of wellbeing and what it means to them.
- Ask all groups if anyone would like to share their word with the whole class.