

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 others 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 when 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.