



**ENABLING PROMPT:** For **Activity 1 (Lesson 2.2)**, have a class discussion beforehand about the importance of kindness, and how a person would feel if they opened a piece of paper to read something that either was not overly positive or even empty. If needed, you can extend this discussion to how it may be 'funny' to them to do something like this now, but how would they and the person feel in the future? You can even highlight that in life (even as adults), there will be people we love to be around and others that we do not. However, it is important that we are kind and collegial. For example, not all teachers are friends outside of work, but they all work together as they want to achieve the best for themselves and their students. Just like this activity should be done properly for the benefit of the whole classroom.



**EXTENDING PROMPT:** For **Activity 1 (Lesson 2.1)**, have students share some of their responses with the group. You may get a lot of similar answers (i.e. friends, parents etc). Challenge them to think of less obvious people like their coach, teachers, celebrity etc.



**If you have more time:**

**Snowball fight continued (10 – 20 mins)**

- Keep going with the snowball activity until everyone in the class has written one thing for each member of the group.
- Have students reflect in silence about the things that were written on their sheet. Get students to make a note of the common things that came up on their sheet in their Student Journals.



**Weekly GEM Chat focus...**

- Stick an A3 (or larger) sheet on the wall using blue tac or something similar.
- Ask each student to write something they are grateful for on the sheet as they walk into the classroom.

# Lesson 2.1

## STRENGTH : Circles of Strength

### LEARNING INTENTIONS:

- Students will recognise the people around them who provide great support.

### RESOURCES:

- Teacher Resource Hub/Video List.
- Student Journals.
- Internet access, speakers, projector.

### OUTLINE:

#### Activity 1: Circles of strength (20 mins)

- Ask students to consider the strengths of the people around them and how they help them to be stronger.
- Ask your students to take a moment to answer the questions in their Student Journals:
  - > Who are your support crew?
  - > What do they give you?
- Students are to complete the 'target' in their Student Journals. In the smallest circle, students name five people they recognise as important people to them and a source of support to them. In the next level, students write the strengths that they recognise in each person. In the third circle, students write down the reason they are grateful for each person.

# Lesson 2.2

## APPRECIATION FOR OTHERS: Snowball Fight

### LEARNING INTENTIONS:

- Students will be recognised and appreciated within the class.

### RESOURCES:

- Teacher Resource Hub/Video List.
- Student Journals.
- Internet access, speakers, projector.

### OUTLINE:

#### Activity 1: Circles of strength (15 mins)

- Clear a space. Have each student write their name on a piece of paper, and the phrase 'my class is grateful for me because...'
- Scrunch the pieces of paper up and have a snowball fight. When you yell 'freeze' the students must freeze. Now ask the students to pick up a piece of paper. They open up the paper and write one thing they are grateful for that person for. For example:
  - > Alex: My class is grateful for me because: you are always cheerful and go out of your way to check on how others are feeling.
- Repeat this process two more times.
- Ask students to find their paper following the conclusion of the activity. Students are then to record what their classmates have said about them in their Student Journals.

**i Please note:** This activity can make some students quite vulnerable. When done properly, with supervision, the activity is very powerful, but it needs to be monitored properly. Ensure you, as the facilitator, are engaged with the task and make sure the statements being written are positive. Use your professional judgement to ascertain whether or not this will work with your group. If you believe it will not work, even after using the enabling prompt to help, complete the alternative task below.

**Note:** It is a great idea for you to participate in the snowball fight activity also.

### Alternative task:

- Print out sheets of paper with the students' names on them. Play some reflective, quiet music and have students write gratitude notes for three people, ensuring distribution is equal.
- Share some with the class and discuss how it felt to be appreciated.

#### Activity 2: Reflective moments (5 mins)

- Using their Student Journals, ask students to answer the following question:
  - > My three moments of awesome today are: