

Session 9

RECAP

So far we have learnt...

- ★ We have focused on thinking
- ★ We have thought about changing mindsets
- ★ We tried mindfulness to change our way of thinking

This week we are thinking about talking...



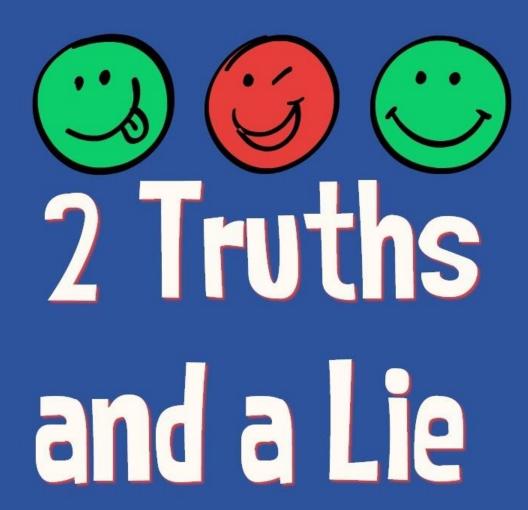
HEALTHY SCHOOLS



This week we are challenging ourselves to get talking to each other. You have a choice of tasks - the more you try the more points your form can receive.

- 1. Play one or more of the talking games outlined.
- 2. Make an effort to talk to someone in a class you don't normally chat to.
- 3. Talk to your family about your day without having to be prompted first!





Rules:

Pick someone in class to go outside and think of 2 truths and 1 lie about themselves.

They need to come in and the rest of the class needs to try and work out which is the lie.





Be Able To





Be Able To Read Minds See The Future





OR





OR



Have the ability to fly

Be able to turn invisible



OR



Walk like a penguin

Smell like a dog



OR



Be a wizard

Be a superhero