



# 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...

**WHAT YOU TALKING ABOUT?**





# HEALTHY SCHOOLS CHALLENGE:

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!







2 Truths  
and a Lie



## 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.



WOULD  
YOU  
RATHER?



# WOULD YOU RATHER..



DAY

OR



NIGHT



# WOULD YOU RATHER..

Be Able To  
Read Minds



**OR**

Be Able To  
See The Future





# WOULD YOU RATHER..



OR





# WOULD YOU RATHER..



Have the ability to fly

OR



Be able to turn invisible



# WOULD YOU RATHER..



Walk like a penguin

## OR



Smell like a dog



# WOULD YOU RATHER..



Be a superhero

## OR



Be a wizard