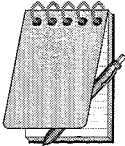


Session 1

The purpose of this session is to:

- meet each member of our group
- share our personal qualities with the group
- discuss how we can work effectively together



This session you will need

- Activity Sheet 1 - one copy per student
- Activity Sheet 2 - one copy
- scrap paper - 3 pieces
- coloured pencils or textas
- scissors
- stapler
- pens

Starting off...

Introduce yourself and your co leader to the group.

During Peer Support we will be identifying our values and how we show others what is important to us.

In this session we will identify our personal qualities.

🕒 10 mins

Activity 1: Birthday pairs

1. Explain we will be forming pairs based on our birthdays.
2. One Peer leader asks the group to find the student whose birthday is closest to their own and sit with them.
3. Once all students are paired, one Peer leader asks each pair to share their favourite after school activity.
4. Bring the group together.
5. Ask each student to introduce their partner, share their birthday month and their favourite afternoon activity.



Helpful Hint

❖ This is Paul. His birthday is in September and he likes to play hockey.

🕒 15 mins

Activity 2: Pieces of me



Say something like:

"During Peer Support we will be looking at values. Our values define who we are and are reflected in our thoughts, words and actions."

1. One Peer leader explains we will be making a flip book.

2. Tell students they will need to select a series of words to describe themselves. The heads represent thinking words, the torsos represent feeling words and the legs represent active words.
3. Ask the group to brainstorm a list of thinking words. One Peer leader should write these on a piece of scrap paper.

<p>Peer Leader's Notes</p> <ul style="list-style-type: none"> ● creative ● logical ● mathematical ● historical ● ● ●

4. Ask the group to brainstorm a list of feeling words. Write these on a second piece of scrap paper.

<p>Peer Leader's Notes</p> <ul style="list-style-type: none"> ● kind ● considerate ● thoughtful ● caring ● ● ●

5. Ask the group to brainstorm a list of active words. Write these on a third piece of scrap paper.

<p>Peer Leader's Notes</p> <ul style="list-style-type: none"> ● helpful ● sporty ● strong ● agile ● ● ●
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6. Hand each student a copy of **Activity Sheet 1**.
7. Ask students to select 4 thinking words and write one of these next to each head. Repeat the process for feeling words next to each torso and active words next to the legs.
8. Complete the drawings of each figure by adding facial expressions, clothing and accessories.
9. Ask students to cut their sheet along the dotted lines.

10. Staple the 4 small sheets together along one edge.
11. Bring the group together and ask 3 students to share their flip books with the rest of the group.

**Ask:**

*What characteristics were common to most students in the group?
What characteristics do you have that are different to others in the group?*

⌚ 5 mins

Activity 3: Backward relay

1. One Peer leader explains to the group we will be participating in a relay.
2. Split students into 2 groups and ask each group to form a line.
3. Each Peer leader stands approx 5 metres in front of the first student in each line.
4. Ask the students to turn around and face away from the Peer leader.
5. When one Peer leader says "go", the first student power walks backwards towards their Peer leader, circles them and then returns to the end of the line.
6. Once each student passes the starting point in the line, the next student can begin.
7. Continue until each student has completed one circuit.
8. The winning team is the first to have all students complete the course.

⌚ 10 mins

Activity 4: Valuing each other**Say something like:**

"Values are our personal beliefs guiding our decisions and behaviour. They influence our interactions and relationships with others."

1. Explain to the group we will need to reach an agreement on how we will work together for the next 8 weeks.
2. One Peer leader shows the group **Activity Sheet 2** and reads each value.
3. Explain we will use these values to help us decide how we will work together over the next 8 weeks.
4. Each student should select 3 of the listed values most important to them and write their initial next to each.
5. Once every student has had a turn, count up the number of initials next to each value.

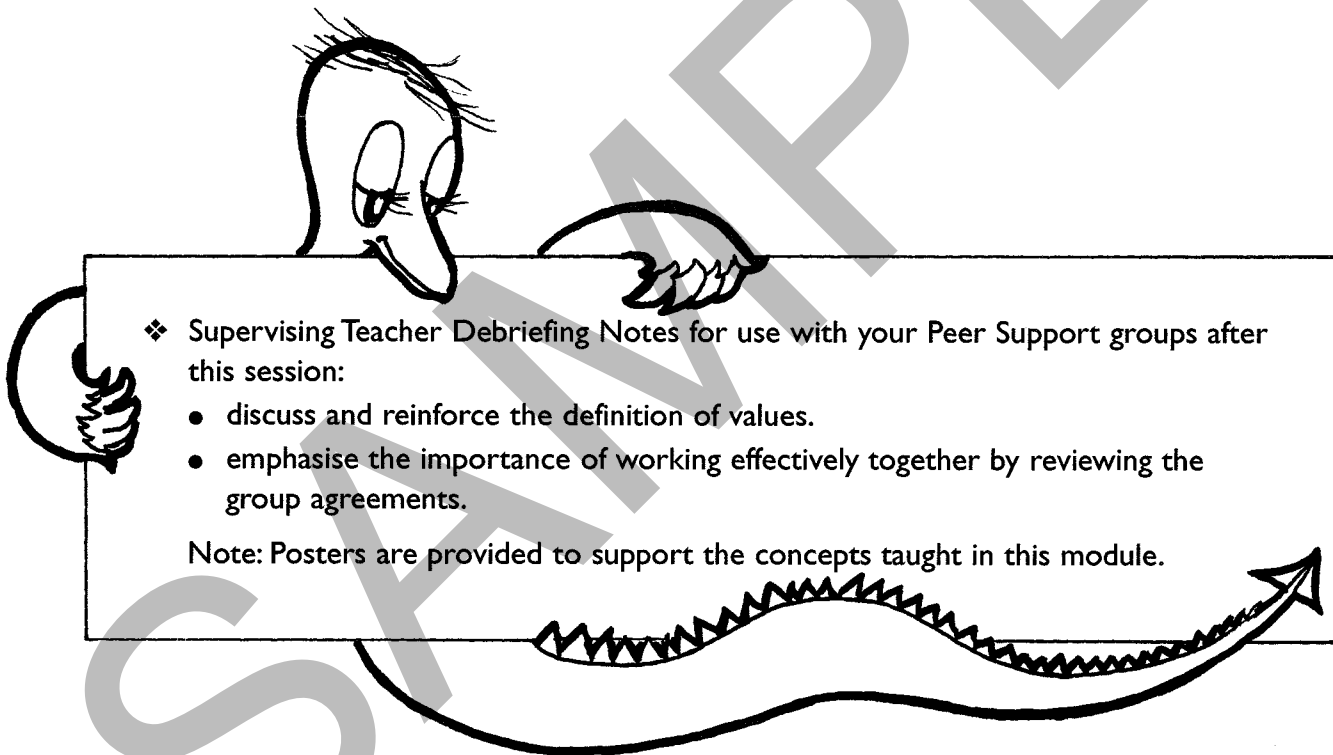
6. The 3 values with the highest number of votes will be used to form the group agreement.
7. Split students into 3 groups, giving each group one of the chosen values.
8. The group will create a sentence around that value.
9. Bring the group together to share their sentence.
10. One Peer leader writes the 3 sentences on the back of **Activity Sheet 2** and each student signs to demonstrate their commitment.

 **Helpful Hint**

- ❖ *respect - we agree to respect the opinions and property of each member of our group*

Finishing off...

- Next week we will discuss the importance of showing empathy for others. We will also learn how our attitude affects our ability to cope with new or challenging situations.



❖ Supervising Teacher Debriefing Notes for use with your Peer Support groups after this session:

- discuss and reinforce the definition of values.
- emphasise the importance of working effectively together by reviewing the group agreements.

Note: Posters are provided to support the concepts taught in this module.

Activity Sheet 1 - Pieces of me

