

Bonus Activity:

Our Outlines

In this activity we intent to drive children to think of others' needs and reflect on the experience that sometimes we do not respond the same way to our feelings.

Description

- Students are divided into pairs.
- Every student with a chalk draws the outline of his/her couple.
- Each student writes in their own outline:
- In the head → A thought about physical education/sport.
- At heart → A feeling about physical education/sport.
- In the Hands → A preference for any of the activities.
- In the Feet → A change that he/she would like to see in the lesson.
- In the torso → Guessing about their couples' ideas to their own outlines.
- They should have a short discussion before they present their thoughts.

Discussion questions

Reflect

What is your sport? What is your feeling?

Connect

What would be your preferred activity? What would you like to see changed?

Apply

Do others think like you? What do you think about others' ideas and feelings? How can we reconcile differences?

Facilitation notes

Advise them to share their ideas with their couple after writing them.

Number of Teachers or Coaches	1
Number of Students or Athletes	15-20
Typical Age Group	11+
Time Needed	20 min
Space Needed	Playground, sports hall
Materials Needed	Pieces of paper Markers
Activity Objective	To cultivate empathy and understanding of others' needs.
Related Units	Unit 1&2
Related Learning Competences	Empathy, decision-making, leadership.