**Well being tasks…**

*Building connections and relationships tasks*

1..

This activity helps build relationships and connections between students as they realise how much they have in common.

***Equipment needed:***

A piece of paper and a writing tool for each group.

***Instructions:***

* Ask students to form groups of five people.
* Tell the students that their task is to work as a group and identify five things that everyone in their group has in common. These can’t be things to do with school, or body parts (we all have arms, etc.) or clothing (we all wear pants, etc.).
* Ask students to nominate one person in their group to write down the five things the group decides they all have in common.
* When all the groups have finished writing their list, ask a volunteer from each group to read out their list. See if anything overlaps across all group lists. There might be one thing all the students have in common.

***Debrief:***

Teamwork and group discussions can help students feel connected in the classroom. Being part of a group discussion can promote creativity, teamwork and empathy.

2.

Three good things activity encourages students to share good things that have happened in their life with other students which can help build relationships and connections.

***Equipment needed:***

A piece of paper and pen for each student.

***Instructions:***

1. Explain to students that when we reflect on things that we’re grateful for, it can improve our general mood and wellbeing.

2. Ask students to take five minutes to think about and write down three things they are grateful for.

3. Each student should then share their three good things with five randomly selected students in the class.

4. Discuss as a group whether there were any similarities and differences between the students’ answers.

***Debrief:***

This activity encourages students to reflect on some of the good things that have happened in their day or week. By deliberately cultivating gratitude, students can increase their wellbeing and happiness.

3.

Two truths and a lie requires students to share unique things about themselves which can help build relationships and connections.

***Equipment needed:***

Each student will need a piece of paper and a writing tool.

***Instructions:***

1. Ensure that each student has a piece of paper and a writing tool.

2. Ask each student to write down three things about themselves. Two things need to be true, and one thing needs to be a lie. Students can write down anything – from a description of their appearance, to what foods or music they like, to places they have been.

3. Once everyone has written two facts and one lie about themselves, ask for volunteers to share their three things. When they have read out their list, the rest of the class should try to guess which thing is the lie.

***Debrief:***

This activity requires students to share unique things about themselves, and to be creative in trying to fool their classmates. It’s a great activity for building connections, learning more about each other and forming new relationships