

Game: Holding me back

15-20 Minutes

Learning outcome (s)

Pupils will be able to:

- Highlight things people should look out for in relation to mental health
- Using Take 5 steps for wellbeing messages which promotes positive mental health
- Asking for help when you are struggling
- Encouraging teamwork and helping a friend



Equipment required:

- 10 cones needed per row
- Put 5 cones in a row 2 metres apart
- 2 pull back harnesses 1 per row
- Print out to use Words on next page and Sellotape them to the underneath of the cones. One quote per cone

Delivery notes:

- Create two lines
- Place 5 cones in a row 2 metres apart per
- Put harness on one person per row
- When the game starts the person with the harness must pick up the 5 cones while the other person tries to hold them back.

Activity

- The Aim of the game is for one person to lift all the cones in their line while the other tries to hold him back.
- This is a time-based game so when the first team lift all the cones record the time and when the game switches the team that does the quickest wins.
- Once you pick up all the cones in your line the person holding your harness will release it.
- If anyone is struggling lifting the cones within your team and they ask out for Help! The people that have finished lifting the cones can then go over and help their teammate by helping pull the harness making it easier for them to lift the cones.
- After the game get everyone around and reflect on the messages underneath the cones highlighting the benefits of Take5
- Now we switch the game by letting the players swap so that the one that was holding the harness is now going to pick the cones up.
- After the second game get the players in a group the team that completes the quickest wins.
- This is a great time to highlight what the difference makes when you ask for Help!
- By using teamwork, you can help a teammate/friend that is struggling.

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⚽ Social Isolation...

- Withdrawn from friends, family, and the community. Lonely. Lost interest or enjoyment in the sport/activity

⚽ Physical Health...

- Not eating or sleeping well, lack of regular exercise. Loss of energy and tired all the time. Unexplained aches and pains

⚽ Obvious Changes.

- Sad, moody, worry a lot, teary, restless, on edge or irritable. Weight loss or gain. Increased use of alcohol or substance abuse. Difficultly concentrating or can't make decisions.

⚽ Reacting in the wrong way....

- Lashing out verbally and physically, bursts of anger, acting out of character

⚽ Tough Times...

- Issues with school, work, or home life, performance level. Relationship Breakup, major illness, injury or recent tragic or disturbing personal events.



Enjoy your football training. Practice outside in the street, in school, or work. Outside of your football go with your mates or yourself for walks, runs, the gym or do something to get active for 30 minutes per day.



Connect with your teammates; your club; your coaches/leaders. Make it your business to talk to people face to face and enjoy other people's company. Talk about what's on your mind with friends.



Value the coaches (or your impact you as a coach have); help others; make time for others e.g. family, friends or teammates.



Take Notice of the positive impact playing for your club has on your life, on your health, on your community.



Learn new skills, new drills and new coaching methods (if a coach). Outside football try and learn about things that interest you.