Game: Capture the take 5

15-20 Minutes

Learning outcome (s)

Pupils will be able to:

- Learn about the take 5 steps for wellbeing and how they can implement them in their lives.



Equipment required:

- 20+ Balls
- Print off each Take 5 icon on an A4 page, if possible laminate them

  Pop-Up goals x4

Delivery notes:

- Split into four teams
- Get each team to select one Take 5 icon
- Create barriers/guards with pop up goals
- Place all balls in the middle between teams
- Give out the rules and safety lessons

Activity

- Split the participants into teams and allocate a Take 5 'flag' to each team.
- Teams must place their flags behind their 'shields' at their starting position.
- Position a 'War Zone' in the centre of the hall - with dodgeballs in he middle.
- Teams start at their base and must run to get dodgeballs.
- Aim is to put as many people out as possible- last person standing captures the other teams take 5.
- Bring the group into the middle of the hall
- TALK ABOUT TAKE 5 STEPS and how they can be rolled out in your setting.

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Game: Capture the take 5

15-20 Minutes

Connect:

- With Friends
- School
- Phone or call round to friends
- Check up on family/friends of old
- Never be afraid to meet new people



Game: Capture the take 5

15-20 Minutes

Give:

- Give your time
- Volunteer in school
- Help fundraisers
- Help pupils struggling to make friends
- Volunteer outside of school



Game: Capture the take 5

15-20 Minutes

Be Active:

- Go to the gym
- Do the park run
- Walk the Belfast hills
- Walk the dog
- Walk with family
- Walk on your break



Game: Capture the take 5

15-20 Minutes

Keep Learning:

- New skills
- New things you enjoy
- About other people
- About Mental Health
- About social issues and how to deal with them

Game: Capture the take 5

15-20 Minutes

Take Notice:

- Of all the positive things in our community
- Of the positive leaders and role models
- Of the great spaces we do have and enjoy

