

Level
A

Module Six | Self Awareness

Activity One



I am all ears

This activity is designed to increase the student's awareness of themselves in relation to other students, by having them think of their behaviour and the impact it has on others. Students also become aware of the effect other students' behaviour has on them. This activity involves teamwork to carry out the commands provided by the teacher as well as communication between students as a team working together. The activity is similar to musical chairs in that music is played as students march around markers placed on the ground. When the music stops, students must undertake behaviour as instructed by the teacher.

Materials Required

✓ 4 markers

Step One

In a large cleared classroom area or outside place markers in a rectangular shape. Ask the class to line themselves around the markers to form a large rectangle. Divide the students into groups of three (3) by creating spaces between each group. All students need to stand in single file, all facing the same way.

**Step Two**

Explain that you will play some music. Play music that the students can easily march in time to. As the music is played, the whole class is to march around the markers in a rectangular fashion. When you stop the music, explain to the students you will give them a command to which they must follow. There are only three commands to this activity due to three students per group, however extra commands can be added depending on the number of students per group. For the commands, the first student is always the leading student in the group of three, facing the direction of travel. It may be useful to have a few practice sessions without the music.

Step Three

For three student groups there are three commands:

Switch – When the teacher says “switch”, the student in the front of the line of three, swaps places with the student in the back of the line of three.

Change – When the teacher says “change”, the entire group of three turn around and face the opposite way to where they faced before.

Rotate – When the teacher says “rotate”, the first student must go to the back of the line and the second student moves up to the front and will be the new leader.

If there are 4 students per group an extra command can be:

Back Rotate – When the teacher says “back rotate”, the last student must go to the front of the line with the rest of the students shuffling back a space to allow for the new leader.

Alternatively, the three-command game can be played with 6 students in a group by having a pair of students act as one student.

For the older students, a short class discussion can be held using the activity as an analogy of being aware that one’s own behaviour can affect other student’s behaviours. What is said to others can also affect behaviour. Sometimes this can be fun but other times it can be confusing. For some students, being confused can make them very unhappy. Students need to be aware of themselves, their feelings and their behaviour so there are fewer confusing times.

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Activity Two

Old MacDonald's Farm

This activity makes use of the story / lyrics of Old MacDonald's farm. All students in the class are assigned an animal from the farm. The same animal needs to be assigned multiple times as students must locate other students who have been assigned the same animal. Students crawl around the floor with their eyes closed making only the sound of the animal they were assigned. The aim of the activity is to have students listen to each other and work as a team. Students also need to be mindful of each other's physical presence in relation to themselves.

Materials Required

✓ Nil

Step One

Clear an area in the classroom where children can move around freely without any dangerous objects to bump into. Move chairs for students to sit on outside of the cleared area. Have the students sit in the circle on the floor in the cleared area. Ask the children to think about all the animals that live on Old MacDonald's farm.

Step Two

Assign each of these animals to the students sitting in the circle. There needs to be at least two (and preferably more) students assigned the same animal. Students need to remember which animal they are. Go around the circle asking each student to make the sound of the animal they were selected to be.

**Step Three**

Tell students they will need to get on their hands and knees and crawl around the room, trying to find another animal the same as them. They are to keep their eyes closed (if it appears safe to do so) as they crawl around. They cannot talk to each other. The only sound they can make is the animal sound of the animal they were selected to be. When they hear another student making the same noise as themselves, they can open their eyes and sit together on the chairs outside the cleared area while they wait until all animals have found each other.

Step Four

Seat the students on the ground and have a discussion about the importance of listening to others and being aware of what it feels like to be physically close to someone. Ask students how they felt when they couldn't find another student making the same sound as them. Ask how they felt when other students bumped into them when they were crawling around. Summarise by saying for all the animals to get along on the farm they need to listen to each other and watch out for each other. This is the same for students.