

Session 17: Peer Support

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Dead Ants- 2 taggers ('bullies') try to tag the rest of the group ('ants'). If an ant is tagged, they must lie down on their back, with arms and legs vertical. Other ants may take them to a hospital so that they can be revived, but it takes at least 2 people (carrying them by their limbs) to carry an ant.	Boffer x2 Hoola hoop x2
15	Connect	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Peer support	Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)
10	Loosener/deinhibitizer	Crossover- Lay out a narrow area- either a flat plank of wood (long enough for the whole team to stand side-by side. Ask the group to get into order of various things e.g. Height, or line up in order of when your birthday in the year is, house number. Nobody may step onto the ground when getting into order. Reset if someone does.	Plank of wood, Or 2 stretches of tape, to mark out a 'log'.
5	Debrief	What was that activity like? What stood out? What influence do you think peer support had for you?	
15	Main activity: Craft	Smashing the clay pots. Discuss any times you've felt like your 'pot' has been smashed. What was that like? Have you ever felt not supported? Have you felt well supported? What do you think it means to be a supportive peer? What does it mean to be supported by your peers?	Hammer (1 or 2 will do) Tarpaulin/towel to catch the broken pieces in
15	Discussion activity/debrief	Reflect. What happened? What was it like? What stood out? Analyse. Why did that stand out? What do you think is so important about this topic/what happened? Apply. What can we learn? How can we live now that we know this? What can we do differently/better next time?	Workbook: Peer Support

Purpose: To reflect on what peer support is. Discuss how we can be good support for our friends, and explore what peer support looks like for us!

Activity briefs:

Dead Ants:

Choose 2 taggers ('bullies'). Their job is to try and tag the rest of the group ('ants'). If an ant is tagged, they must lie down on their back, with arms and legs vertical. Other ants may take them to a hospital so that they can be revived, but it takes at least 2 people (carrying them by their limbs) to carry an ant. The hospital is a hoola hoop, roped area or any section/space within the boundary that you choose. Hoola hoops work well as the ant can be dropped in and then play on. Players carrying an ant comrade can't be tagged.

Equipment: Boffer x2, Hoola hoop x2

Crossover:

Lay out a narrow area- either a flat plank of wood (long enough for the whole team to stand side-by side.) Get the group to stand on the 'log' Ask the group to get into order of various things e.g. Height, or line up in order of when your birthday in the year is, house number. Nobody may step onto the ground when getting into order. Reset if someone does. The plank, or taped area should be wide enough for them to balance easily, but find difficult to get around others. The group will need to rely on each other to get around each other.

Equipment: Plank of wood (5m long 20cm wide approx.) OR a role of tape.

Smashing the clay pots:

Have fun with this! There's no real way to control the carnage, so just accept the fact that it's going to get messy!

However- a helpful technique:

- Lay the pot down inside a towel

- Smash the pot into larger pieces with a few heavy hits
- Break up the larger pieces with some lighter, firm taps
- Check the pieces if they are still large and jagged, or if they're small and even (ish)
- Keep tapping lightly and firmly until the pieces are around the size of a \$2 coin or larger

Place into a container, and put away until next week! DON'T LOSE THE BROKEN PIECES!

Debrief:

Relate the activity back to peer support- What was that activity like? What stood out? What influence do you think peer support had for you? When did you feel supported by the team?

MAIN ACTIVITY DEBRIEF CYCLE: Workbook- Peer Support

Sit down in a circle with the group

Reflect

-What happened?

What happened in that activity? What was the end result? What were you asked to do?

Analyse

- So what?

Why did that stand out? What do you think is so important about this topic/what happened?

Relate/Apply

- Now What?

What can we learn? How can we live now that we know this? What can we do differently/better next time?