

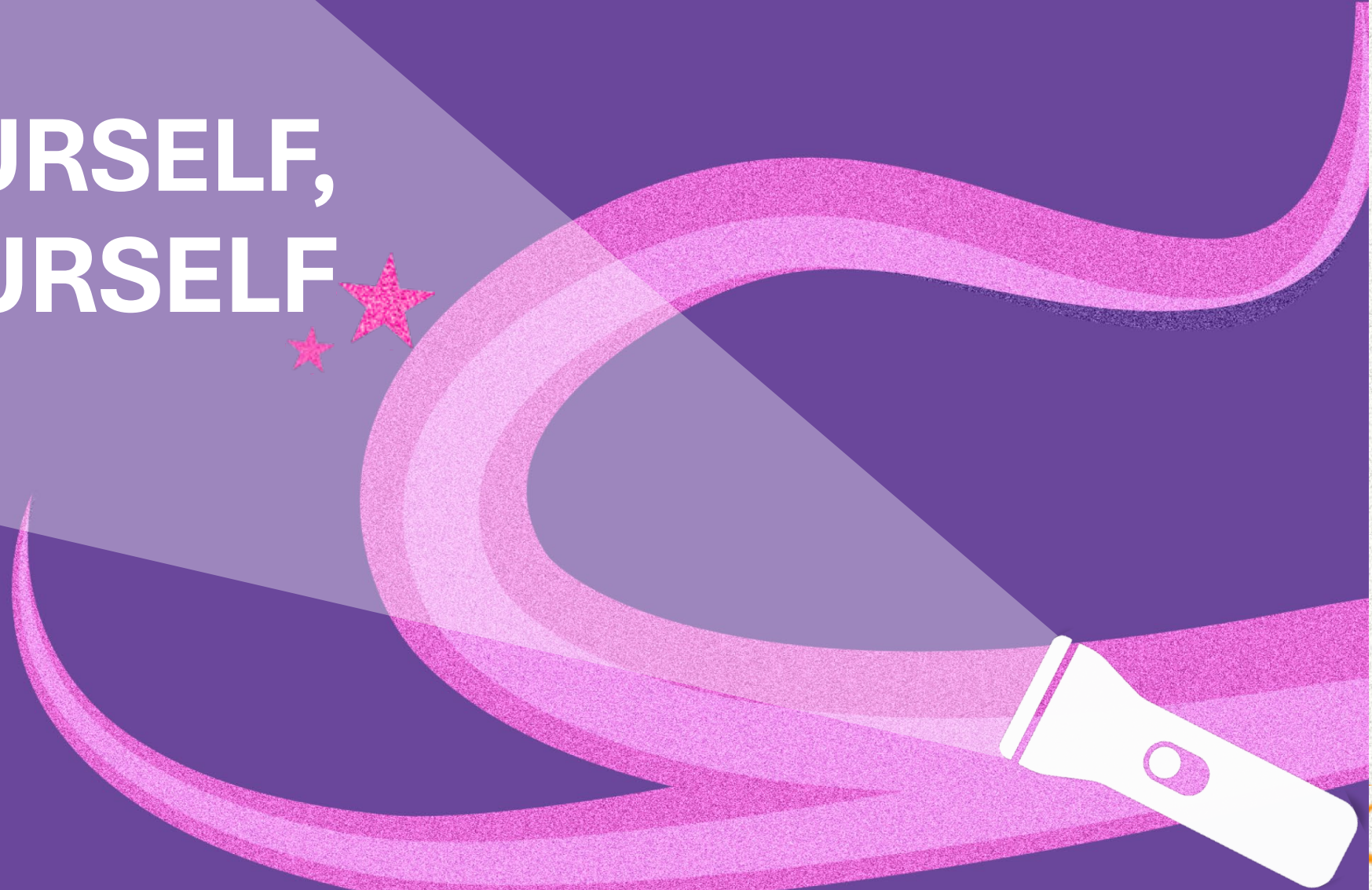
Children's Mental Health Week 2025

Connect-Ed



Connect-Ed

 KNOW YOURSELF,
GROW YOURSELF 



If I ruled the world!

- Stand in a circle with the students. Explain that the game works by each student stating: 'If I ruled the world...' and finishing the statement. The student to the left should question the statement with: 'Why?' The initial student will then explain why they would do this.
- Example: 'If I ruled the world, I would make the weekend four days long.'
- 'Why?'
- 'Because then everyone could spend more time with their friends and families and relax.'
- The game should then proceed around the circle until all the students have had a turn



Yes and....

For this game you can either stand in a circle or stay seated at your desk.

- One person starts the story with a statement and the next person adds to it by saying "yes and.....". If possible, avoid asking questions.
 - For example:
 - Person 1: "I made you a cheese sandwich"
 - Person 2: "Yes and it's the third one you've made me this afternoon!"
 - Person 3: "Yes and I think it's because there's a storm coming"
- Keep going around the room and see where the story takes you!



Imagine

- Using the speech bubble template, ask the students to make a piece of artwork imagining how they would make the world a better place. It can be a poem, drawing, collage, poster, the sky's the limit!
- If the students would like to, they can share with the class or in a group.

