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# Learning and Participation Resource Pack

Health and Wellbeing

KS3 and KS4



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# Overview

This resource is based upon a scheme of work originally presented to young adults who were seeking to build their self-esteem and confidence. Each task is designed to engage the user with an activity or game that will elevate their wellbeing, improve sense of purpose and at the very least, provide some giggles!

## Lesson Ideas

### Warm up/icebreakers

#### Warm Up 1: 'This is a...'

*This activity works particularly well in a pair or group, but definitely gets your creative juices flowing alone too! In this activity, find a selection of common, non-descript objects around your home. For example:*

- A scarf
- A tennis ball
- A spatula

*Your task is to find as many alternative uses for your object as you can and create a backstory about how you acquired it. For example, if you choose a scarf you might say, "This is my...pet snake. Its name is Harold and I bought him on eBay". You could even film it as if it was a TV advert or segment.*

#### Warm Up 2: 'Emotion Machine'

*Whether you're a budding actor or simply interested in connecting with the reactions that govern our feelings, this exercise is great for anyone!*

**Step 1:** Take one emotion – “anger”, then take a sheet of paper and write down situations that make you angry.

**Step 2:** Then, with every situation you need to come up with an image.

**Step 3:** Then, you connect together these images on the sheet of paper and at the end you will have the “machine of anger.” Repeat with other emotions.

## Task ideas/starting points

### Task 1: The Jar of Life

*This activity helps you to visualise the things that are most important to you and your wellbeing. If done practically it also serves as a house decoration! You will need: ping-pong/golf balls, pebbles/marbles, sand/soil and a kilner jar.*

### Steps

1. Fill the jar with your ping-pong balls – is the jar full?
2. Now pour in pebbles to the jar and shake – is the jar full
3. Now pour in sand to the jar and show that it is full.

### Explanation:

1. This jar represents your life. The ping pong balls are the important things e.g. your family, your health, your friends and passions. If everything else was lost and only they remained, your life would still be full.
2. The pebbles are the other things that matter e.g. school, grades, hobbies.
3. The sand is everything else, the small stuff e.g. trinkets, tasks, everyday activities.
4. If you put the sand into the jar first, there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things critical to your happiness.

*If you want to, write on to the ping-pong/golf balls as a visual reminder of what is important to you. If you don't have access to the materials, why not draw a visual diagram?*

## Task 2: Power Poses

*Power posing claims that by assuming a "powerful" posture, people change the way they feel or behave for the better!*

- Wide stance
- Clenched/ Tense Muscles
- Limbs wide
- Head up
- Shoulders back

Find your power pose(s) and make sure they make you feel strong, in control and powerful! Practise your poses in front of the mirror when you wake up in the morning and record how they make you feel!

## Task developments

### Task 3: Me, Myself and I

*This activity is about recording your day to day achievements by recognising all of the roles you undertake in an average week. A lot of the time, we can feel like we aren't achieving as much as we should be, when the reality is quite different. Start with the basic roles you undertake and expand like in this example:*

- **Daughter** (support at home, do chores, look after siblings, run errands, abide rules)
- **Student** (listen in lessons, achieve tasks in class, complete homework, revise)
- **Friend** (listen to problems, check in on wellbeing, make time to connect)

### Task 4: What would YOU do?

*This activity is designed to elevate your sense of purpose. Answer the following questions in order – you don't have to write down your answer but could voice record your thoughts.*

1. If you could change the world, what would you do?



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2. If you could change something in your local community what would it be?
3. If you could change something at your school, what would it be?
4. If you could change something at home, what would it be?

*Listen back to your answers and try and pick out key things that you mention. Is there a way you can act on these motivations?*

## **Cool down ideas**

### **Cool down 1: Body Scanning (Relaxation)**

*This exercise is useful for anyone who is looking to relax fully. Please allow between 10-30 minutes for the exercise. It can be done as part of an ensemble 'cool down' or alone – just follow the steps below:*

**Step 1:** Find a warm room with enough space to lie down comfortably; if the room isn't warm, use blankets and wear plenty of layers.

**Step 2:** Lie down in your space and just spend a few minutes acknowledging any stresses from the day. Visualise abandoning those stresses.

**Step 3:** Close your eyes and imagine relaxing every part of your face – concentrate especially on having a relaxed mouth, eyelids and jaw.

**Step 4:** Now concentrate on relaxing your neck, chest and shoulders.

**Step 5:** Follow this by relaxing your torso, arms and hands.

**Step 6:** Follow this by relaxing your pelvis and upper thighs.

**Step 7:** Follow this by relaxing all of the muscles in your legs, feet and toes.

**Step 8:** Now your body is fully relaxed, focus on the rise and fall of your breathing. If it helps, count each breath and if you lost track, start over.

**Step 9:** When you are ready, starting at your toes, wake up each part of the body until you are ready to open your eyes.

**Step 10:** Hug your knees to your chest, roll into a foetal position and rest. When you are ready, come to a sitting position.

## Outcome

### In this pack you will have...

- Learned how to examine emotions in order to understand how you respond to various situations
- Explored what things are important to you and therefore what motivates you the most
- Begun to understand how much you achieve on a daily basis
- Explored what issues are meaningful to you and begun to consider them in a wider context
- Practised an activity for relaxation

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