

Session 12: Self Control

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Ninja Tag- With one ninja-inspired movement, a circle of people takes turns trying to tag the hand of another person who, also with one movement, attempts to avoid being tagged. OR Rob the Nest- Split the group into 3 teams, each with a hoola hoop (or 'nest') and on GO they are to collect as many balls/objects to their nest as possible, after times up the group with the most in their nest win.	- Hoola hoop x3 Balls/small objects x30 (around about 30, 20 minimum)
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: Self-control. What does it mean to you? What is it?	Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)
5	Loosener/deinhibitizer	Big fish Little fish- A bit like Zah, but more control and thinking needed. Pass the pulse around the circle, by either saying big fish (goes right) or little fish (goes Left). However your arms show the opposite size to what you say. For example, big fish is the smaller distance between hand and little fish is bigger.	
15	Main activity	Helium stick- Group attempts to lower a stick or other object, under which each person is resting one of their fingers, aiming to keep their fingers in contact with the object at all times.	Stick, or pole, or boffer etc. long enough for everyone to hold it
15	Discussion activity/debrief	Reflect, Analyse, Apply What happened? So what does it mean? Now what can we do differently next time/in our lives?	Workbook: Controlling yourself!

Purpose: To experience frustration and test self-control. Reflect on a frustrating experience and discuss how self-control works and why we need to practice it. Even though the world may be affecting us, and we can influence our world, the only thing we can control is ourselves.

Activity briefs:

Ninja tag:

Gather the group into a circle. The game starts with everyone standing in a tight circle facing outwards, with backs towards the centre of the circle. On the count of 3, everyone jumps outwards, striking their best ninja pose! Everyone must be frozen in their pose and hold it until it is their turn. Then, with one ninja-inspired movement, each member in the circle of people takes turns trying to tag between the elbow and fingertips of another person who, also with one movement, attempts to avoid being tagged. If the strike connects, then the person struck loses that limb- they must tuck it behind their back. If they lose both arms they must freeze, and become a statue. They are not out, they become part of the environment.

Rob the nest:

Establish group boundaries, space out 3 hoola hoops in an even triangle, with a pile of balls/objects in the middle of the three. Split the group into 3 small teams. Give each of the small teams one hoola hoop as their 'nest'. The objective is for each team to get as many balls/objects as possible. Once all the objects in the middle are gone, players can choose to steal from opposing nests. Only one participant per team may run at a time otherwise ALL of their nest is emptied into the middle. Participants may only pick up one object at a time, otherwise the same penalty applies.

Big fish little fish:

Gather group into a circle. This activity is a bit like Zah, but more control and thinking needed. Pass the pulse around the circle, by either saying BIG fish (goes right) or LITTLE fish (goes Left) and holding your hands up to represent a big fish or little fish. However your arms show the opposite size to what you say. For example, big fish is the smaller distance between hand and little fish is bigger. If someone makes the wrong hand sign, takes too long or goes when they shouldn't, restart the round, don't eliminate.

Helium Stick:

Gather group into two single file lines, facing each other and shoulder to shoulder. Ask everyone in the group to point their index fingers and have their arms out in front of them, at stomach level with their arms bent. When everyone has done this, introduce the helium stick- a long, thin, lightweight rod. Lay the helium stick down across their fingers, and get the group to adjust their finger level until the stick is horizontal, and everyone's fingers are touching the stick. The objective of the challenge is to, as a team, lower the stick to the ground, WITHOUT losing contact with the helium stick-their fingers must be making contact the whole time. They must make contact with their index finger below only, no thumbs or hooking fingers over the top. Don't be alarmed if the stick goes up, everyone will push it up in order to keep contact. This challenge will draw out those with good self-control.

Equipment: A long, thin, lightweight pole (around 2m)- bamboo works great, or a tent pole!

MAIN ACTIVITY DEBRIEF CYCLE: **Workbook-** Controlling yourself!

Sit down in a circle with the group

Reflect

-What happened?

What happened in this activity? What did you have to do? What was the end result?

Analyse

- So what?

Why did things turn out this way? What did the group do well/not do so well? What skills did you have to use? What did you find frustrating? Why was it so frustrating? What do you think this has to do with self-control? So what do you think we can learn about self-control from this activity?

Relate/Apply

- Now What?

What is the one thing in the world that anyone can control? (themselves) How do we normally react if: someone mocks us/our family, bullies us, picks a fight with us, annoys us? (add your own examples in). Is that the best way to react? What do you think the best way of reacting is? Is it hard to choose between what we feel like doing and what we know is right? Why do you think it's called self-control? What do you think self-control looks like?