RGS Peer Support Board 2013

**Secondary 103 PSL Session 6 Proposal**

*Last edited by: [Tricia Tan230313 9.45pm]*

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Agenda for PSL Session

Date/Time : 27 March 2013/ 3pm-4pm

Duration : 1 hour

Conducted by : [Tricia Tan, ZahirahRosle, Tan Kang Ting] [Caitlin Ng, Judy Hong]

Venue : 103 Homeroom

Method of Conduction :

Topics Covered : More about Myself

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| Time | Activity | Question to ask | Strategies/Steps | Objectives |
| 5 min  3.00-3.05pm | Buffer time | - | Time for Y1s to settle down and to move tables and chairs if they have not done so previously | * To get the Y1s to settle down before PSL Session! |
| 10 min  3.05-3.15pm | Ice Breakers | - | **Facilitation: Tricia in charge**  - PSLs will instruct Y1s to each grab a chair and form a wide circle in the middle of the class.  - They will invite the class chairs to go into the center of the circle to act as invaders.  - The invaders will have to try and sit down on the empty chairs, and the class will have to work together to stop the invaders from sitting down.  - After 3 minutes we will ask the class Secretaries to go on and act as invaders as well, this will make the game more exciting and challenging.  - After another 3 Minutes we will ask the class treasurers to act as invaders to up the difficulty level.  (The reason why we use class chairs and not the PSLs is so they need not go obtain extra chairs for the game. If there are absentees the PSLs can be invaders instead) | * Hype the Y1s up for the PSL session. |
| 20 min  3.15-3.35pm | I am eSPECIALly... | - What is the one weakness you identify yourself with?  - How can you overcome these weaknesses?  - Do you agree with the awesome traits that your friends feel you have?  - How can you then turn your weaknesses into strengths? | **Briefing and Facilitation: Zahirah in charge**  (Gather Y1s in the center for briefing, then get them to sit in a circle after for activity)  1) Everyone will receive one piece of coloured paper. They will write a brief intro of themselves and write a weakness they feel they have, they then will sign off with their name  2) They will then fold the piece of paper into an aeroplane and throw it to a random person in class. Everyone will pick up an aeroplane and read what it says inside, she will then write a positive trait she feels the owner of the aeroplane possesses.  3) She will then fold it and throw it to another person and the cycle continues.  4) After 4 rounds, the final person will return the aeroplane to the original person and give that person a hug! She will then be able to read all the nice things written about herself by others :)  **Debrief: Kang Ting in charge**  - Refer the Y1s to the one negative trait they wrote about themselves and ask them to look at all the nice things that their friends said about them. Remind them that even though they are not perfect (Reference back to the session where we talked about excellence VS perfection and how no one is perfect) they still have alot of things about them that are respectable, and they should never look down on themselves, emphasise the importance of self-respect. Mention that there are many positive traits they have, so there’s no need to feel inferior or unhappy about themselves. Everyone is unique and we should accept and respect others as well as ourselves the way they are. | * To let the year 1s better understand their strengths and weaknesses * To increase the year 1s’s self esteem, as they will know some of the positive traits they have * To remind the Y1s that they have many highly respectable traits that they should always remember they possess |
| 15 min  3.35-3.50pm | Sharing groups | - Do you always practice self-respect?  - What does self-respect mean to you?  - Why is self-respect important?  - Coming to RGS do you find it harder to practice self-respect? Why?  -In what instances do you feel you did not respect yourself?  - Will you practice self-respect more now?  -How will you practice self-respect from now on? | -PSLs will split the Y1s into their sharing groups.  -PSLs will ask the Y1s to do a five finger throw: On the scale of 1-5 how often do they practice self-respect? PSLs can observe what the Y1s think and talk about the topic of self-respect and self-esteem.  -Firstly, She can ask the Y1s to reflect, and think of someone they really respect, they then write that person’s name and the characteristic the person possesses that makes her respectable on the sheet of paper (with all their nice traits on it) We will then go in a circle and say the person and the trait. After we go a full circle, PSLs will ask the Y1s to look at their traits, and see how many of them match the traits mentioned. Whether a high or low number of traits match, the PSLs should remind the Y1s that the traits written on their paper are really highly respectable, and somewhere out there, someone looks up to them for it.  -Then she will move on to talk about the importance of self-respect and how to practice it. Emphasise that self-respect is really simple: Never sell yourself short, Always give yourself credit, remember that everything you have achieved is something you have worked for, and most importantly, just love and accept yourself for who you are, because you are SPECIAL. It’s important to set aside time for yourself and not forget yourself. Coming to RGS may not be the best for one’s self-esteem, it is really competitive and honestly the best of the best are here, so the Y1s may feel like they aren’t smart enough or things like that. Remind them that we have gone through feeling inferior to others, and this is where self-respect comes in. Remember that they are in RGS for a reason, because they are talented in many aspects and they are daughters of a better age. And no Bio SPA result should make them feel otherwise.  -Remind them that they really are really really special in their own little ways, and they have to tell themselves that, and love themselves for it. And that’s self-respect. We can ask them to share instances where they felt inferior to others. We can also share instances where we felt inferior and why, now looking back. we shouldn’t have felt inferior.  -Relate this back to RGS, should they ever feel inferior or sad, they have to remind themselves just how great they really are.  - Talk about the inner-outer beauty thing. Emphasise that really we can’t be Barbie dolls, and our outer appearance really should not matter so much. Being girls, we all have our insecurities about our appearance, but we should remind the Y1s not to let these insecurities get the better of them, because ultimately it the inside that counts, we can share the following pick up line:  “I’m like chocolate pudding, I don’t look very good, but really on the inside I’m sweet as sweet can be” :) And that’s why everyone loves chocolate pudding. | * To let the year 1s learn about self-respect and how each and every one of them has respectable traits. They deserve respect * Let the year 1s know that they’re talented in their own way and so needn’t feel inferior. * To explain the importance of loving and accepting yourself * Remind the Y1s how easy self-respect really is * Let the Y1s know we understand their feelings and we all have been through feeling inferior and sad, so they won’t feel so alone. * Remind the Y1s that we PSLs will always love them no matter what! |
| 10 min  3.50-4.00pm | Song sharing session | - Have you heard of these songs?  - What are your feelings on the songs?  - What songs do you listen to that make you feel happy and “Boss?” | -As people nowadays really connect with music, the Y1s probably do too! Music can be used to express their emotions and it really might have a great impact on how they think.  -PSLs will get the ball rolling by sharing the one or two songs that they feel boost their self-esteem and cheer them up when they are feeling down, the songs are as follows so it won’t be repeated:  Tricia: I feel pretty/unpretty by glee and Perfect by P!nk :)  Kang Ting: Love me for me (Cher Lloyd) and Who Says (Selena Gomez)  Zahirah:  Judy: Part of me (Katy Perry), You are loved (Josh Groban)S  Caitlin: Gold by Britt Nicole and Undefeated by Jason Derulo  -The Y1s can then comment on the songs we just listed or share their own happy songs :) -PSLs can encourage the Y1s to give a listen to the songs shared by the PSLs and their classmate  -PSLs can maybe create a youtube playlist of the songs and post the link on the class facebook page, so they can listen to it anytime and feel reminded them to love and respect themselves when they feel sad or inferior :)  -After the PSL session, PSLs can post links to the believe in yourself video (<http://www.youtube.com/watch?v=Y4uqDL8_c4U>) on their facebook page, as playing the videos in class may be hard considering the IT doesn’t work :( | * To use a fun and relatable way to convey the importance of having self-esteem. * The year 1s can listen to those songs mentioned during the song sharing at home and hopefully feel happy or feel better about themselves * Since listening to songs is something the year 1s can do anytime, they might be able to actually “use” and benefit from this Song Sharing in their daily lives. |

Logistics needed

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| Item | Quantity | Brought by |
| Coloured paper | 38 | All |