RGS Peer Support Board 2013

**Secondary 108 PSL Session 5 Proposal**

*Last edited by: [Agnes Tan, 16 February 2013, 9.52p.m.]*

*Last vetted by: []*

Agenda for PSL Session

Date/Time : 20th February, 2013, 3-4pm

Duration : 1 hour

Conducted by : Agnes Tan, Julia Goh, Koh Wei Xin [PSLs] Ong Yi Jing, Qiu Biqing [SPSLs]

Venue : J1 shared Classroom

Method of Conduction : PSLs to stand facilitate moat challenge and story-telling

Topics Covered : Resilience

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| Time | Activity | Questions | Strategies/Steps | Objectives |
| 10 min 3.00pm - 3.10pm | Settling down + Taking Attendance | - How was school? | - PSLs to complete the set up 5-10 mins before the start of the session- 2 PSLs will escort the class from the classroom to the J1 Shared |  |
| 30 min5 min briefing5 min strategising/ planning15 min for activity5 min for debrief | Moat Challenge | - Any questions about the rules?- What annoyed you the most?- Why do you think you had to restart so many times?- What do you think you did well?- Was there anything you felt you could have done better? As an individual or as a class?- What do you think this is trying to teach you?- How do you think you can apply these values in your daily life? | - Split them into 3 groups (Support Groups)1. Cards will be placed in a zigzag line, from 1 to 152. Each group will have to cross the cardboard cards in sequence, starting with one and ending with fifteen3. At any one time, each card (excluding the cards in front of the first person and the cards behind the last person) must have at least one foot on it4. All players are not allowed to talk when they are on the cards (crossing the moat)5. Players are not allowed to touch the moat (floor) at all6. PSLs will act as Facils during the game, walking around the moat checking for fouls. If any of the rules mentioned above are broken, regardless of which row the group member was from, a whistle will be blown by Facils, signaling that ALL rows have to start all over again7. Groups must try to cross the moat in the shortest time possible8. Facils will prompt Year Ones to derive at the conclusion on their own as far as possibleTo PSLs:*- Safety FIRST! (shoelaces)**- PSLs may prompt Year Ones to encourage their classmates (if necessary)**- Keep in mind that we are emphasizing resilience. To further bring this across, PSLs can pressure Y1s by asking questions/ etc.**NOTE: Discouraging comments are fine if you explain their rationale afterwards. Please do NOT insult the Y1s, use your discretion. :)*Debrief Content (Refer to Appendix A) | - To create a situation to stress out the Year Ones in order to teach them about strengthening their mindsets and resilience  |
| 10 min5 min story5 min debrief  | Story-telling | - What happened in the story?- Why did the sister rock turn out so much different from the brother?- What were the differences between the Brother and Sister rock?- What do you think the moral of the story is? | - PSLs will tell the Year Ones a story to reiterate the points mentioned- Refer to Appendix B | - To end the session memorably  |
| 5 min | Sharing |  | PSLs will share their own experiences with the year 1s on the challenges they have faced in RGS and how they overcame it. Year 1s will reflect on their RGS journey so far. | - To give Year 1s an idea of possible challenges they may face in RGS and how they might be able to overcome them |
| 5 min | Buffer |  |  | - In case we overrun. |

Logistics needed

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| Item | Quantity | Brought by |
| Numbered pieces of A4 paper | 3 sets (1 - 15) | Agnes - 1 set (Will pass it to you guys during Classical Tuesday as I will not be able to make it for PSL Session)Wei Xin - 1 setJulia - 1 set |
| Masking Tape  | Sufficient | Julia |
| Whistle | Each PSL to bring 1 | All PSLs |

**Appendix A - Debrief Content for Moat Challenge**

**Testing Resilience** - when the whistle is blown, all Year Ones must start over again and try again, which makes them take forever to complete it. They might feel frustrated, but doing it together as a team is always important, and in life, no matter how many times you fail or have to start over, just keep trying, and never give up. In the end, your efforts will pay off and you will succeed. (:

Although they were frustrated at how many times they needed to redo, they got past it (setback) and used it to motivate them to complete it. Even though they might have felt tired and exasperated during the game, they pushed themselves towards the goal and never gave up even though they had to face so many obstacles (:

Although they had to take \_\_\_ times to finally complete it, they still did it in the end, TOGETHER as a whole class.

Failure has no set consequences, and what failure entails is determined by your own mindset. You can take failure as a tripping stone or as a stepping stone to propel you higher. Should not take failure as something that restrains them from trying again but take it as just a minor setback and something that motivates them and allows them to do better (Channel their anger to a higher purpose) Life is full of setbacks, but we shouldn't give up so easily (never say never!). By persevering and getting through an obstacle one after the other, we'll also grow stronger and become a better person.

Not being allowed to talk - Restraint and communication barrier

Teamwork, **Encouraging** (should encourage one another during the game!), Always Looking Forward / Ahead, Don’t worry about Mistakes

**Appendix B - Story**

**Brother Rock and Sister Rock**

Once upon a time there were two rocks, Brother Rock and Sister Rock. These two rocks, coincidentally, were sent to the same rock sculptor to be made into beautiful sculptures. The sculptor first picked up the Brother Rock, and started hammering away. However, Brother Rock was stubborn and tough. No matter how hard the sculptor tried, he could not chisel and hammer away the parts of Brother Rock that he wished he could, as the Brother was too resistant to it. In the end, the sculptor felt that the Brother Rock was a useless piece of rock for making a proper sculpture, and threw it away. Next, he picked up the Sister Rock, and started doing the same sculpting work to it. Sister Rock behaved differently from Brother Rock – she was calm and patient, and let the sculptor work on her, being hammered, drilled and chiseled away, reacting to whatever the sculptor wanted to create. Soon, she was a beautiful piece of art – A statue of a goddess. She was sent to be put in a showcase at a museum, and crowds of people surrounded her everyday to look at how beautiful she was.

Years passed, and the museum underwent a major renovation. The Brother Rock was made into a floor tile, and coincidentally, he was being installed right next to where Sister Rock was at in the museum. Brother and Sister were very happy to be reunited, and when the Brother looked at how beautiful she was now, he said, “I’m so proud to have a sister like you, so beautiful, so majestic…” And the Sister Rock replied, “If only you weren’t as stubborn and resistant to change and the sculptor’s methods, then you would have become a tall and majestic structure as well. But I thank you for giving me that chance to be picked to become so beautiful, it was only because you were stubborn that the sculptor picked me.”

In life, the only thing that is constant is change. If we react to it in the way in which Brother Rock did, we might miss out on something that may potentially change our lives for the better. Like the Sister Rock, we can choose to adapt, and change under pressure. Eventually, we may become something beautiful. If you want the rainbow, you have to have the rain first (: Just like how diamonds are formed => they are formed when a rock is compressed under the highest pressure. Before that, if they cannot withstand the pressure, they crack and disintegrate, and turn into something of less value. So strengthen your mind. You can adapt to new situations and change, and eventually, become someone you never thought you can become.