

Academic Tutorial: Mental Health Maze



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- Allow students to explore the differences between common mental health myths and factcheck the ways that they can seek support or advice at college whilst gamifying the experience by introducing a competitive element. Thus, improving collaboration, knowledge and resilience while building bonds and learning together using technology.

Set Up:

The session needs to be ran in a space which has access to the computers or devices for students to use in case they need to research any answers.

Equipment:

- Sphero BOLT Coding Robot x1 per group participating—the battery time on the Sphero BOLT is 2 hours.
- iPad/smartphones able to download Sphero Play/Edu apps x1 device per device per Sphero.
- Sphero Play/Sphero Edu app – free to download on IOS and Android.
- Pens to draw the maze.
- Sellotape (optional if making a larger maze)
- A1 flipchart paper – atleast one sheet per team.
- BluTack
- [Mental Health Question and Answers handout.](#)
- [Stop signs resource sheet to print and cut.](#)
- [Sphero Set Up Guide](#)
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (5mins):

Once the equipment and room is set up, allocate students into randomised groups and seat them in those groups around a table with the flipchart paper in the centre of the table. Each group will need one Sphero and one iPad/device to be given to them. Optional - ask students to complete a digital intro form.

Introduce the students to the Sphero and give a brief introduction to the Sphero Play app. You will use the free draw tool, so allow 5 minutes for each student in the groups to test drive the Sphero before each group elects their first driver. Once the activity starts each person will have a chance to drive the Sphero.

Task 1 (10mins):

The groups will work together to design a rectangular maze - the pathways need to be about 5cm wide or the width of a mobile phone. Instruct Students that each maze must have clear entrance and exit points but should be made as tricky as possible to solve.

Task 2 (15mins):

Students test drive their maze using a Sphero, this is their last chance to make any edits to make it more difficult using extra paper. Give each group 10 stop signs each and tell them that shortly they will be swapping sheets with the other team who will be trying to complete their maze – it's a competition to see who can complete fastest. Instruct them to put Stop signs in places where they think they could slow the other team down. When a team rolls over a stop sign, they will need to go answer a question or complete an activity related to mental health and change to the next driver in the team.

Task 3 (10mins):

Students swap tables with another group and their elected drivers will begin the race through the maze at the same time. The person running the session starts a timer to judge who wins. Each time a student hits the stop sign they must collect a folded-up piece of paper with a Mental Health related question they need to answer. The answer must be verified by the teacher before they can proceed.

Task 4 (10mins):

Once both teams have completed the activity, allow the students to swap and have a go at driving the Spheros through the full maze, if time allows. Finish the session with a handout given to students with all the questions and answers. Optional - students will now be asked to complete a digital exit form for feedback on the session.