

## Academic Tutorial: Wellbeing Paper Planes



### Wellbeing Tutorial

**Session Length: 45mins-1hour**

#### Aims:

- All students will connect with their peers and build up relationships as well as learning new wellbeing and resilience skills.
- This session will allow students to work as part of a team towards a shared goal - looking into problem solving and being physically active/moving around.
- Discuss wellbeing and working in groups – connection there is evidence that making friends and support is vital to wellbeing.

#### Set Up:

Place masking tape at intervals across the floor creating a runway - placing the wellbeing question cards on the lines. When student's hit certain points on the runway they will be asked the various wellbeing questions and answer as a group. Give students a few sheets of A4 paper - this can be patterned or plain.

#### Equipment:

- A4 Paper - patterned or plain.
- [Paper Plane Instruction Sheet](#)
- [Wellbeing Q&A Sheet](#)
- [Wellbeing Runway Topics](#)
- Masking/Electrical Tape
- Scissors
- Optional—[Intro](#) and [Exit](#) Forms

## Structure:

### Session Introduction (5mins):

Introduce the task to the group. Students will now fill out optional intro form. As well as this put the students into pairs for the blind paper plane activity. Optional - ask students to complete a digital intro form.

### Task 1 (5-10mins):

In pairs the students will stand back to back. One member of the pairing will be the 'instructor' and have visual instructions on how to make a standard type of paper plane. The other will be the 'maker' and using an A4 piece of paper, will be tasked to create the paper plane without seeing the instructions. This will build upon communication skills.

### Task 2 (5-10mins):

They will then swap positions and the instructor will become the maker and vice versa. In the end the pairs will have two different paper planes created.

### Task 3 (20mins):

The main task will consist of a runway that is laid out with various wellbeing questions/topics at different points on the runway. The facilitator of the session will also have a question and answer sheet with the corresponding question and answers. The game will involve the pairs throwing their paper aeroplanes at the runway and which ever section the plane lands in they must answer the corresponding question about wellbeing.

### Task 4 (5mins):

The main task will hopefully spark discussion and conversation on these wellbeing topics. At this point the facilitator will go around the room and have individual discussions with the pairs. This leading to a group discussion as a class to end the session.

Optional - students will now be asked to complete a digital exit form for feedback on the session.