

Get Detecting



To reflect on four major environments in your life and identify the elements of the Daily PEGG (Play, Exercise, Gratitude, and Giving). Reflect on how each environment contributes to your mental and physical health and how it gives back to those around you.



Learning Intentions

Reflect on Environmental Impact

Students will reflect on how their various environments—home, school, friendship group, and a chosen environment, contribute to their mental and physical well-being through the elements of Play, Exercise, Gratitude, and Giving (Daily PEGG).

Identify Key Elements of Well-being

Students will identify and analyse the presence of the Daily PEGG in different areas of their lives, understanding how these elements support their overall health and happiness.

Enhance Personal and Environmental Well-being

Students will explore ways to strengthen the Daily PEGG's presence in their daily routines and environments, fostering a balanced and healthy lifestyle.



Success Criteria

Completion of Reflection Worksheet

Students have thoughtfully completed the reflection worksheet, providing detailed examples of how Play, Exercise, Gratitude, and Giving are present in each of the four environments.

Identification of Positive Elements

Students have successfully identified at least one way each environment contributes to their mental and physical well-being through the Daily PEGG.

Engagement in Reflection and Sharing

Students have actively engaged in personal reflection on their environments and, if applicable, participated in group discussions, sharing insights on how to maintain and enhance the Daily PEGG in their lives.



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Objective:

To reflect on four major environments in your life and identify the elements of the Daily PEGG (Play, Exercise, Gratitude, and Giving). Reflect on how each environment contributes to your mental and physical health and how it gives back to those around you.

Materials Needed:

- A printed worksheet with sections for each of the four environments.
- Pens or pencils for writing.
- Optional: Markers or coloured pencils for adding notes or illustrations.

Setup:

1. **Preparation:** Distribute the printed worksheet to each participant. The worksheet should be divided into four sections, each representing one of the environments: Home, School, Friendship Group, and Free Choice (a hobby, sports team, workplace, or another significant environment).
2. **Introduction:** Explain the concept of the Daily PEGG and how Play, Exercise, Gratitude, and Giving contribute to mental and physical health. Emphasise the importance of reflecting on how these elements are present in different environments of their lives.

Game Play:

Environment Reflection (15-20 minutes):

- **Home:** Reflect on your home environment. Identify and list where or how you can see or feel the elements of Play, Exercise, Gratitude, and Giving. Consider questions like:
 - Where do you find moments of play or joy at home?
 - How do you incorporate exercise or physical activity into your daily routine at home?
 - In what ways do you express or receive gratitude at home?
 - How do you or others in your home practice giving?
- **School:** Reflect on your school environment. Identify and list the elements of the Daily PEGG that you experience at school. Think about:
 - How does play or fun manifest in your school day?
 - What opportunities for exercise or movement are present at school?
 - How is gratitude shown or encouraged at school?
 - In what ways do you or others contribute to giving within the school community?

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- **Friendship Group:** Reflect on your friendship group. Identify and list where you see or feel the elements of the Daily PEGG in your interactions with friends. Consider:
 - How do you and your friends incorporate play or fun into your time together?
 - What activities do you do with friends that involve exercise or physical activity?
 - How do you express gratitude within your friendship group?
 - In what ways do you and your friends practise giving to each other or others?
- **Free Choice:** Choose another environment that is significant in your life, such as a hobby, sports team, workplace, or any other place where you spend time. Reflect on how the elements of the Daily PEGG are present in this environment.

Reflection and Sharing:

- **Individual Reflection:** After filling out the worksheet, take a few minutes to reflect on how these environments contribute to your overall well-being. Think about how you can enhance the presence of Play, Exercise, Gratitude, and Giving in these areas.
- **Group Sharing (Optional):** Participants can share their reflections with the group, discussing how different environments support their mental and physical health. This can lead to a broader conversation about how to strengthen these elements in various aspects of life.

Debrief:

- Conclude with a discussion about the importance of the Daily PEGG and how reflecting on these elements can help maintain a balanced and healthy lifestyle. Encourage participants to think about ways to increase the presence of the Daily PEGG in their daily routines.

Follow-Up:

- Consider making this a recurring activity where participants revisit their environments and reflect on any changes or improvements they've made in incorporating the Daily PEGG into their lives. You might also explore how these reflections can be applied to new environments as they arise.

This game encourages participants to actively reflect on how key aspects of well-being are present in their lives and environments, promoting a deeper understanding of how to maintain and enhance mental and physical health.

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Home



School

Friendship Group

Free Choice



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Notes and room to answer questions about your four areas of your life on the previous page.

A large, solid gray rectangular area with rounded corners, intended for the user to write their notes.