

# The Ultimate Life Skills Game



**Navigate the journey of life at school by facing fun challenges that test your life skills. Earn "Achievement Tokens" by responding thoughtfully to these challenges and learning valuable lessons along the way.**



## Learning Intentions

### **Develop Life Skills Awareness:**

Students will identify and reflect on essential life skills, such as confidence, vulnerability, empathy, and adaptability, and how these skills are applicable in real-life scenarios.

### **Practise Critical Thinking and Problem-Solving:**

Students will engage in thoughtful responses to life challenges, applying critical thinking and problem-solving to navigate various scenarios.

### **Encourage Collaboration and Communication:**

Students will work together to evaluate the responses of their peers, fostering a supportive and communicative environment that encourages the sharing of insights and personal growth.



## Success Criteria

### **Insightful Responses to Scenarios:**

Students demonstrate the ability to provide thoughtful and reflective responses to life skill challenges based on real-life applications, earning "Life Tokens" for insightful answers.

### **Active Participation in Discussions:**

Students actively participate in discussions by listening to their peers, providing constructive feedback, and collaborating to evaluate responses in a positive and encouraging manner.

### **Application of Life Skills:**

By the end of the game, students will have shown an understanding of how to apply life skills such as empathy, adaptability, resilience, and conflict resolution in both the game scenarios and real-world situations.



# The Ultimate Life Skills Game



## Objective:

Navigate the journey of life at school by facing fun challenges that test your life skills. Earn "Achievement Tokens" by responding thoughtfully to these challenges and learning valuable lessons along the way.

## Components:

- A deck of cards (remove the 10s, Jacks, Queens, and Kings).
- A six-sided dice.
- "Achievement Tokens" (or a simple scoring system).
- Life Skills Scenario Book with different scenarios and questions for each life skill.

## Setup:

### Life Card Assignment:

- **Ace:** Confidence
- **Two:** Vulnerability
- **Three:** Play
- **Four:** Empathy
- **Five:** Gratitude
- **Six:** Adaptability
- **Seven:** Conflict Resolution
- **Eight:** Kindness
- **Nine:** Resilience

Spread the deck face-down to form a "Community Circle" in the centre of the playing area. Keep the Life Skills Scenario Book and dice nearby to guide your journey through life's adventures.

## Gameplay:

- **Card Selection:** On their turn, students pick a card from the Community Circle and roll the dice.
- **Life Challenge:** The card they choose determines which life skill they will focus on. The number on the dice corresponds to a specific scenario or question from the Life Skills Scenario Book.
- **Scenario Discussion:** The student sitting to the right (or a designated "guide") reads the scenario aloud, and the student who picked the card answers it.
- **Earning Achievement Tokens:** If the group agrees that the answer is thoughtful or insightful, the player earns an "Achievement Token." For younger players, focus on learning and encouragement rather than just getting the correct answer. The next player then takes their turn.

# The Ultimate Life Skills Game



## Example Life Skills Questions:

### Confidence

1. You've been chosen to represent your class in a school event. How do you confidently prepare for your role?
2. Imagine you need to give a short speech at an assembly. How do you prepare and stay confident?
3. You're starting a new hobby like learning a sport or instrument. How do you stay positive and confident even if you're not perfect at it yet?
4. How would you share an idea in class when you're unsure how others will react?
5. You feel nervous before a big test or exam. What strategies do you use to stay confident?
6. You're asked to perform a new role in a group project. How do you approach it with confidence?

### Vulnerability

1. You've made a mistake in a group project. How do you admit it to your classmates and ask for help?
2. You're struggling with a subject and don't want others to know. How do you ask your teacher or a friend for support?
3. Share a time when you needed to ask for help from a friend. How did it feel?
4. You're feeling anxious about something at school. How would you share your feelings with a trusted friend or teacher?
5. You're afraid to share your work in class because you think it's not good enough. How do you push past that fear and be brave?
6. You're unsure how to handle a difficult situation. How do you open up to your family about what's bothering you?

### Play

1. What's a fun and creative game you could organise during recess that everyone can enjoy?
2. How would you make a school assembly more playful and exciting?
3. Imagine a way to turn a tedious school activity into a fun challenge.
4. What game could you create for your classmates to celebrate the end of a school project?
5. How would you add some playfulness to your daily routine at school?
6. You're planning a surprise for a friend who's feeling down. What playful activity would you organise?

# The Ultimate Life Skills Game



## Empathy

1. A friend didn't get picked for the school sports team and feels sad. How do you show them you care?
2. You notice a classmate is quieter than usual. What do you do to support them?
3. A friend is struggling with homework. How do you offer help without making them feel bad?
4. A classmate is upset after a disagreement with a friend. How do you comfort them?
5. Your sibling is upset after a tough day at school. How do you show empathy and help them feel better?
6. How would you show empathy to a new student who seems nervous about fitting in?

## Gratitude

1. How can you show appreciation to a teacher who has helped you improve in a subject?
2. What's a thoughtful way to thank a friend who supported you during a difficult time?
3. Think of a time when someone helped you out at school. How would you show your gratitude?
4. How would you express gratitude to a classmate who helped you with a project?
5. What's a unique way to thank your family for supporting you through school challenges?
6. How can you celebrate the hard work of your class after finishing a big assignment?

## Adaptability

1. Your class project suddenly changes direction. How do you adjust and stay focused?
2. A field trip gets cancelled at the last minute. How do you make the best of the day?
3. You're paired with someone new for a group project. How do you adapt and work together?
4. You need to complete a task at school, but your plan isn't working. What do you do to change your approach?
5. Your teacher introduces a new way of learning a subject. How do you adjust?
6. Your after-school plans change suddenly. How do you stay flexible and make the most of your time?

## Game Conclusion:

At the end of the game, the student with the most Achievement Tokens is named the Life Skills Champion. Finish with a reflection session where everyone shares what they've learned, focusing on the life skills they've practised and how they can apply these skills in real-life situations at school and beyond.

