

# Respect Quest: The Amazing Race

Respectful Relationships

To work in teams to complete playful, respectful challenges that build teamwork, inclusion, and an appreciation of similarities and differences.



## Learning Intentions

**Students aim to work as part of a respectful team.**



This supports students to collaborate and practise respectful behaviour through group tasks.

**Students look to include others and share leadership.**

This encourages inclusive participation and the value of shared responsibilities.

**Students aim to name things that helped them succeed as a group.**

This promotes self-awareness, team reflection, and the appreciation of teamwork dynamics.



## Success Criteria

**Team collaboration:**

Students actively contribute to team tasks and include others respectfully.



**Inclusive leadership:**

Students take turns leading and supporting others to succeed.

**Group reflection:**

Students reflect on what helped their team succeed and celebrate each other's strengths.



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## Respectful Relationships

### Objective:

To work in teams to complete playful, respectful challenges that build teamwork, inclusion, and an appreciation of similarities and differences.

### Players:

Teams of 4–6 students.

### Materials:

- Printed instructions for each "Respect Station" (found in PDF resource tab).
- Blindfolds for 'Trust Track' (students jumpers can be used!).
- Paper, building blocks, or other classroom-safe materials for building a tower.
- Space to rotate between stations

### Setup:

Prepare 4–6 "Respect Stations" around the room or outdoor area. Each station should have clear instructions and necessary materials. Assign each team a starting point and a team name. Please note, you are welcome to create your own Respect Stations if you like, you know your students best!

### Activity:

#### 1. Team Briefing:

Introduce the challenge as a "Respect Quest" where each team is racing to complete activities that promote kindness, communication, and respect.

#### 2. Station Challenges:

Examples include:

- Station 1 – Build It Together:** Build the tallest tower using blocks or other materials supplied. Each member must place one block or piece of building material in each round, it must be a team effort!
- Station 2 – Trust Track:** One partner is blindfolded while others guide them verbally through a simple obstacle course.
- Station 3 – Admire & Acknowledge:** Each student shares something they admire about another teammate.
- Station 4 – Similarities & Differences:** As a team, list 10 things you have in common, and 10 things that make you unique.

#### 3. Rotation:

Once a team finishes a task and demonstrates respectful teamwork, they rotate to the next station.

#### 4. Group Circle:

At the end of the game, gather all students in a large circle to reflect and celebrate.

- What helped your team work well?
- What did you learn about your team members?
- How did you show respect and include others?



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## Reflection Prompt:

- What did it feel like to be included and listened to?
- What strengths did your team use to complete the challenges?
- How can we show respect every day at school?

## Winning the Game:

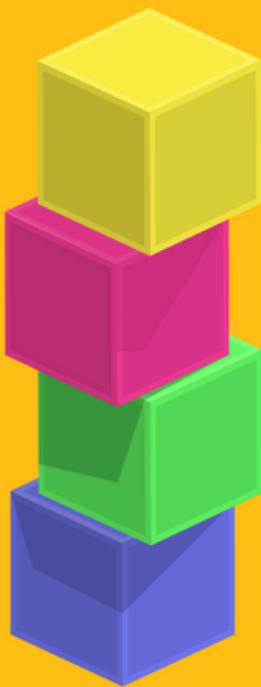
There are no winners, every team that completes the quest respectfully and thoughtfully is celebrated as a Respect Champion Team.

## Additional Notes:

This is a great whole-class activity for students that blends physical activity with social-emotional learning. You can adapt stations for different age groups or classroom needs.



# RESPECT STATION CARDS

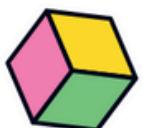


## STATION 1 – BUILD IT TOGETHER:

BUILD THE TALLEST TOWER USING BLOCKS OR OTHER MATERIALS SUPPLIED. EACH MEMBER MUST PLACE ONE BLOCK OR PIECE OF BUILDING MATERIAL IN EACH ROUND, IT MUST BE A TEAM EFFORT!

the power of  
**PLAY**

the power of  
**PLAY**



# RESPECT STATION CARDS



## STATION 2 – TRUST TRACK:

ONE PARTNER IS BLINDFOLDED WHILE OTHERS GUIDE THEM VERBALLY THROUGH A SIMPLE OBSTACLE COURSE.

the power of  
**PLAY**

the power of  
**PLAY**

# RESPECT STATION CARDS



## STATION 3 – ADMIRE & ACKNOWLEDGE:

EACH STUDENT SHARES SOMETHING THEY ADMIRE  
ABOUT ANOTHER TEAMMATE.

the power of  
**PLAY**

the power of  
**PLAY**

# RESPECT STATION CARDS



## STATION 4 – SIMILARITIES & DIFFERENCES:

AS A TEAM, LIST 10 THINGS YOU HAVE IN COMMON  
AND 10 THINGS THAT MAKE YOU UNIQUE.

the power of  
**PLAY**

the power of  
**PLAY**

