

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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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!



RESPECT STATION CARDS



STATION 2 – TRUST TRACK:

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



RESPECT STATION CARDS



STATION 3 – ADMIRE & ACKNOWLEDGE:

EACH STUDENT SHARES SOMETHING THEY ADMIRE
ABOUT ANOTHER TEAMMATE.



RESPECT STATION CARDS



STATION 4 – SIMILARITIES & DIFFERENCES:

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

