

Rewind!

Respectful Relationships

To support students in reflecting on past behaviour, identifying more respectful responses, and rehearsing those responses through engaging group role-play.



Learning Intentions

Students learn to reflect on how their actions affect other people.

This helps students understand the impact of their behaviour and promotes emotional awareness.



Students explore and practise finding different ways to respond to conflict.

This builds resilience, empathy, and positive behaviour habits through fun, reflective learning.

Students aim to stay calm and choose respectful actions even when things go wrong.

This strengthens self-regulation skills and teaches students that mistakes are opportunities to learn and grow.



Success Criteria

Awareness:

Students can describe what went wrong in a situation and how it affected others.

Solution-Finding:

Students can suggest and act out more respectful or kind ways to handle the situation.

Emotional Regulation:

Students can demonstrate a calming strategy or a reset action during a tricky moment.



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Objective:

To support students in reflecting on past behaviour, identifying more respectful responses, and rehearsing those responses through engaging group role-play.

Players:

Small groups of 3–5 students

Materials:

- Conflict Moment Cards (found in PDF resource tab) (e.g. “You shouted at a teammate,” “You made a joke that hurt someone’s feelings,” “You ignored someone who asked to join in”)
- Optional: prop microphone or remote to say “REWIND!”

Setup:

Prepare the Conflict Moment Cards by printing and cutting them out individually.

Alternatively you could brainstorm with the class a list of 5–6 common conflicts that arise in the school yard amongst friendship groups. Or you can simply ask each group to create their own conflict scenario and keep it a secret from the rest of the class until they perform their act.

Create a calm and open space for the performances and sharing.

Activity:

1. Draw a Scenario Card:

Each group picks a card and reads it aloud to their group. Students decide who will act out the roles (e.g. the speaker, the listener, others involved) and create a short performance that highlights the conflict as it would play out in the school yard.

2. Act It Out – The First Way:

Students act out the scenario as it might go if someone responded with frustration, impatience, a lack of care/respect or without thinking.

3. Say “REWIND!”

As a class, shout “REWIND!” and freeze the scene. Invite the class to discuss:

- “What didn’t go well?”
- “How did it make others feel?”
- “What could we do differently?”

4. Replay – The Respectful Way:

Students now act out a second version using kind words, a calming strategy, or a thoughtful/empathetic response. Applaud and reflect!

5. Group Reflection:

Use simple questions like:

- “Which version felt better?”
- “Have you ever been in a similar situation?”
- “What would you do next time?”
- Is this scenario or conflict worth wasting your time and energy on?



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Reflection Prompts:

- How do you feel when someone uses a kind response instead of getting angry?
- What's one way you can press "rewind" in your real life?
- What calming strategies work best for you?

Winning the Game:

There are no scores here. Students "win" by learning new ways to manage tricky situations with respect and reflection. The more rewinds, the better the learning!

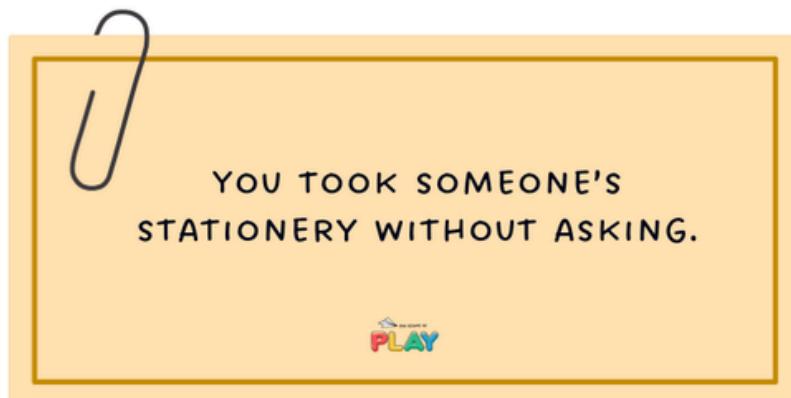
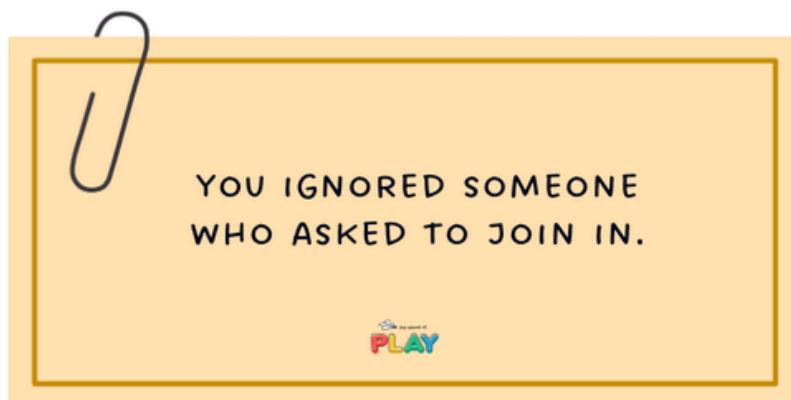
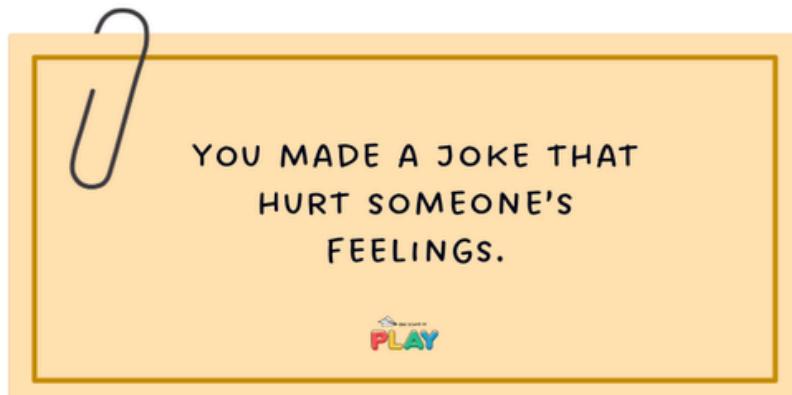
Additional Notes:

Rewind! is a powerful tool for helping students pause, reflect, and reset. It teaches that while we all make mistakes, what matters most is how we learn from them. This game supports respectful relationships by building empathy, accountability, and better decision-making, one scenario at a time.



CONFLICT MOMENT CARDS

PRINT AND CUT OUT THE CARDS. EACH CARD PRESENTS A REAL-LIFE CONFLICT MOMENT THAT STUDENTS ACT OUT, PAUSE, AND "REWIND" TO REPLAY WITH A MORE RESPECTFUL RESPONSE.



CONFLICT MOMENT CARDS

YOU DIDN'T INVITE
SOMEONE TO YOUR PARTY
AND IT UPSET THEM.



YOU LAUGHED WHEN
SOMEONE MADE A MISTAKE.



YOU BLAMED SOMEONE ELSE
FOR YOUR OWN MISTAKE.



YOU EXCLUDED A CLASSMATE
FROM YOUR GROUP ON PURPOSE.



CONFLICT MOMENT CARDS

YOU ROLLED YOUR EYES
WHEN A TEACHER GAVE
INSTRUCTIONS.



YOU INTERRUPTED SOMEONE
WHILE THEY WERE TALKING.



YOU REFUSED TO SAY SORRY
AFTER MAKING A MISTAKE.



YOU DIDN'T LISTEN WHEN A
FRIEND TRIED TO EXPLAIN
THEIR SIDE.

