

Peer Reflection Activities



One of the key ways to make students be kinder to each other is to help them reflect on their own behaviour. Sometimes we don't recognise that how we are feeling inside, affects how we behave with others. The activities below provide fun ways of helping students to recognise the different emotions they feel, and think about how these affect the way they interact with others both online and offline.

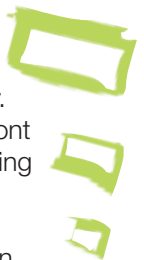


Positive posts ▶ Write out different examples of tweets, posts on Facebook, posts on Instagram etc. on separate cards. Ask students to sort the cards into two piles depending on whether they think they are positive or negative posts. Go through a few of the examples of the posts and ask students how they would feel if they received these.

My online personality ▶ Ask students to work in pairs with a friend. Get them to look at each other's activity on social media and make a list of all of the positive and negative words they have used in their posts and on their comments. Ask students to think about whether they are happy with their behaviour, or if there is anything they would want to change about their online behaviour.

Guess what I'm feeling

▶ Write on sticky labels different emotion words e.g. angry, happy, upset, frustrated, lonely. Ask a member of the group to come up to the front and stick a label on his/her forehead without seeing what's on it. The class then have to think about what they look like when they experience that emotion and just use their face to act the emotion out. The person with the sticky label then has to guess the emotion their peers are acting out.



In the manner of

▶ Select one person from the group to be the Leader, this could be the teacher. Without showing the rest of the group, the Leader has to write down a list of emotions using the list of emotions in the table below. The Leader then selects two volunteers from the group and whispers one of the emotions to them. The rest of the group then ask the two volunteers to act out different activities in the manner of that emotion e.g. make a cup of tea in the manner of. The person who can guess the emotion gets a point. Take it in turns to have a go at acting out different emotions.

A day in the life of ▶ Give all students a large piece of paper and ask them to draw the columns below. In the 'Activity' column ask them to list all of the main activities they do in a normal school day, from when they get up to when they go to bed. In the next column ask them to write how that activity makes them feel and then put a tick or cross in the next column to show whether they like feeling like this. In the final column ask them to write why they feel like this. For any feelings that have an X by them, ask them to write how they could move from this feeling to a more positive feeling.

Activity

(go to football practice, journey to school, go on social media etc.)

This makes me feel...

(happy, sad, frustrated, excited etc.)

I like/dislike this feeling

Reflecting on my feelings

Why do I feel like this? What can I do to change this feeling?

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My school week ▶

Diaries – For one week ask students to note down things that happen in the school which trigger an obvious emotion. Ask them to write down the emotion and what happened to trigger this emotion; make sure they don't include any student's name. At the end of the week bring students back together to review their diaries.

Ask them to create a list of the emotions that appeared most in their diaries. Circle the emotions they like to feel and put a square around the emotions they don't like to feel. Pair up the students and get them to discuss what they can do when they are feeling the emotions in the squares.



Emotions table ▶



enraged • panicked
stressed • jittery • shocked
livid • furious • frustrated
tense • stunned • fuming • frightened • angry
nervous • restless • anxious • apprehensive
worried • irritated • annoyed • repulsed
troubled • concerned • uneasy • peeved

disgusted • glum • disappointed
down • apathetic • pessimistic • morose
discouraged • sad • bored • alienated
miserable • lonely • disheartened • tired
despondent • depressed • sullen • exhausted
fatigued • despair • hopeless • desolate
spent • drained



surprised
upbeat • festive
exhilarated • ecstatic
hyper • cheerful •
motivated • inspired • elated
energised • lively • enthusiastic
optimistic • excited • pleased •
happy • focussed • proud • thrilled
pleasant • joyful • hopeful • playful •
blissful

at ease • easy-going
content • loving
fulfilled • calm • secure
satisfied • grateful • touched • relaxed
chill • restful • blessed • balanced • mellow
thoughtful • peaceful • comfy • carefree
sleepy • complacent
tranquil • cosy • serene

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