

KNOW YOURSELF, GROW YOURSELF CONVERSATIONS CUBE ACTIVITY

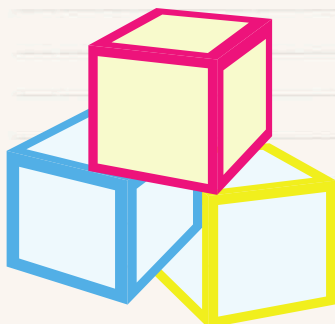
These Conversations Cubes have been created to help your class engage with this year's theme for Children's Mental Health Week.

We have created 3 Conversations Cubes, each designed to spark conversation around the theme and trigger positive response and activation among students.

- **Knowing Yourself:** The 6 questions on this card are designed to help get students talking more about themselves, sharing with one another things they like, some of their motivations and also challenges. It aims to increase connections and compassion.
- **Growing Yourself:** This cube focuses on the positive actions that we can take to develop our thinking and also push ourselves. Used in a team it helps students better support each other when they are striving for growth.
- **Reflections Cube:** This cube is all about being reflective and sharing highs and lows, helping children practise reflection, gratitude and also a sense of both agency, and accountability.

HOW TO MAKE YOUR CUBES

- Print out the templates on thickened paper or card.
- If you don't have thickened paper, print on normal paper and stick on to some recycled card.
- Carefully cut out the nets and gently score the flaps.
- Form into cubes by tucking the flaps in and securing with glue or tape.
- Your cubes are ready to roll!



KNOWING YOURSELF

Something that makes me smile

Something that really upsets me

ALL PLAY
Something I find really difficult that I would like help with is...

My favourite lesson at school is...

Three things I love...

Something that makes me proud of myself

GROWING YOURSELF

Give yourself a challenge for the next month and tell your group what it is so they can support you.

What's the one thing you want to do more of in the future?

If you could do one thing to make the world a better place, what would you do?

Choose one of the questions to ask another player.

What's the one thing you wish you could do better?

If you could make a dream come true what would it be and why?

REFLECTION CUBE

