

YOUR LIMBO IS LISTENING

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 1” and play. *New to Kahoot? Sign up for free - after you’ve signed in, go to “discover” and search for the relevant lesson.*

✪ **Scissors, Paper, Rockstar!** Pair-up to play “scissors, paper, rock” (best of three games). The loser of each game becomes the cheer-squad for the winner (by loudly cheering their name) as they move to compete with another winner. The loser of the next game (and their cheer squad) then becomes part of the cheer squad for the new winner (by loudly chanting their name). This continues until the ultimate play-off between the last two winners. It gets really noisy and fun!

✪ **Guess who is amazing at...:** Ask people to write their greatest personal achievement on a piece of paper. Put the papers into a box and draw out one at a time, getting the group to match the achievement with each group member.

✪ **Secret admirer:** Identify things you admire about others in your group and write them on sticky notes to share.

✪ **Exaggerated compliments:** Pair up and face each other (1.5 m apart). The pair offer compliments back and forth, and the game ends when one of the pair laughs or takes longer than 3 seconds to offer a compliment in return. This game can be extended by including a winner’s play-off until the ultimate play-off occurs between the final two winners.

MOTION CREATES EMOTION

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 2” and play.

✪ **Time warp:** Get moving by playing some old-fashioned school games. Favourites include: tunnel ball, captain ball, rats and rabbits, egg and spoon race.

✪ **Walkie talkie:** This is preferably completed in an open outdoor space such. Provide your group with a printed list of 10 questions and explain to them that you are going to blow a whistle, or call out, every minute. As your group walk around, people are to discuss the first question on the list for one minute. When the whistle blows, they need to quickly find a new partner and continue walking while discussing the next question. Suggested questions you may like to discuss are:

- If you could only eat at one restaurant for the rest of your life, which would it be?
- What’s one piece of advice that you have been given that you think is wrong?
- If you could sit down with your 15-year-old self, what would you tell him or her?
- If you had just 24 hours to live, what would you want to do with your time?
- If money wasn’t a limitation where would you like to travel and what would you do there?
- What’s the best gift you’ve ever been given?
- If you could go on a road trip with anyone in the world (dead or alive) who would it be and why?
- What do you consider to be the most incredible job in the world?
- If you were transported 400 years into the past with no clothes or anything else, how would you prove that you were from the future?
- When you were a kid, what movie/tv show did you watch constantly?

✪ **Movement Challenge:** In pairs, plan an event to challenge your family, friends, or community to join you in a physical / outdoor recreation activity. The activity could be a one-time event (for example, a fun-run), or a recurring event (for example, a weekly beach walk).

BLUE AND GREEN SHOULD OFTEN BE SEEN

Kahoot Quiz: Go to <https://kahoot.com> and search for: "The Lift Project - Lesson 3" and play.

🌟 **Partner Blind Walk:** Divide the group into pairs and blindfold one person in each pair. The person that is blindfolded is guided by a partner, in a safe manner, and taken on a 5-minute walk. Within this time frame the guide is challenged to ask their blindfolded friend to identify various natural objects by using their touch, taste and/or smell only. After this task is completed the pair should switch roles and repeat the activity.

🌟 **Nature Photo Scavenger Hunt:** Form teams and challenge your group to go outside and take photos that relate to the following captions in the most artistic way possible. Each photo must have at least one team member in it:

"Tree hugger"

"Flower power"

"You are my sunshine"

"Water bender"

"When grass attacks"

🌟 **The Land Owns Us:** Refer your group to the following website:

<https://www.globalonenessproject.org/library/films/land-owns-us> that describes how Indigenous Australians recognise the connection between the health of humans and the planet. In small groups, ask your group to reflect on the words of Dennis Foley, "we don't own the land, the land owns us". If this is the case, how should this shape the way we relate to nature and the planet?

TOGETHER FEELS BETTER

Kahoot Quiz: Go to <https://kahoot.com> and search for: "The Lift Project - Lesson 4" and play.

🌟 **Love Languages Self-Assessment:** Ask the group to rank in order from 1 (least) to 5 (most) how they would rate their dominant love language: words of affirmation, acts of service, physical touch, gifts, quality time. Following this, have them complete the Love Languages quiz available at www.5lovelanguages.com and see how well the results match their rating.

🌟 **Love Language Groups:** Divide the group into smaller groups based on the dominant love languages that have been indicated. Have each group create a list of specific examples of things that (a) make them feel loved and (b) align with their dominant love language. Have each team choose a spokesperson to share five of their answers with the rest of the group.

🌟 **Loving Others:** Challenge each person to identify the love language of someone they are close to (if you have time, it can be more than one person). Have them come up with actionable things they can do for the people they have listed to make them feel loved and cared for this week.

FEELINGS FOLLOW YOUR FOCUS

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 5” and play.

✪ **Gratitude Visit:** Ask each person to identify someone (who is living) that has changed their life for the better. Ask them to write a letter to that person explaining why they feel so grateful towards them. Encourage them to plan a visit to read their letter out loud to the person they have chosen. While this challenge is most powerful when completed face to face your group can complete this experience over the phone, on Zoom, or even via email.

✪ **Search Party:** How many organisations can you find that support mental health in your community? What kind of support services do they offer?

FOOD FEEDS YOUR MOOD

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 6” and play.

✪ **Food Diary:** Ask your group to write a list of all the foods they consumed in the last 24 hours. Ask them to identify the foods on their list that are considered to be high in fibre and to estimate how many servings of fibre they ate (NOTE: 1 serving = quantity of high fibre foods the equivalent of about half to one fist size).

✪ **Master Chef Me:** Ask the group to search the internet to find three recipes (entrée, main, and dessert) that they would be excited to use to prepare a high fibre meal for their family/friends.

REST TO FEEL YOUR BEST

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 7” and play.

✪ **Graph My Sleep:** Have group members create a graph illustrating the approximate hours they slept each night during the last week (y axis = hours slept; x axis = days of the week).

✪ **You Are Getting Sleepy:** Become “Sleep Doctors” and develop a “sleep prescription” that provides recommendations to a patient who needs to improve their sleep quality.

STRESS LESS

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 8” and play.

✪ **Stress and Me:** Brainstorm some common causes of stress. Identify the signs your body sends if you are over-stressed. Discuss the ways you can reduce stress. Find three apps that focus on relaxation and discuss how they could facilitate wellbeing.

✪ **Relaxation Response:** Encourage your group to participate in the following relaxation response guided activity: <https://vimeo.com/69064641>

✪ **Clouds:** Go outside and “cloud watch” in groups of two or three. Explain to each other what images you can see in the clouds.

✪ **Burn it Off:** Involve the group in active play (it is the other way to reduce stress!) such as handball, tunnel ball, ultimate frisbee.

GIVING IS LIVING

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 9” and play.

✪ **Be a RAKtivist!** Encourage your group to plan a Random Act of Kindness that they can act on in the next 24 hours (or even around the school during class).

✪ **Giving is Living:** Plan an initiative that encourages your group to give back and show kindness (i.e. bake cookies for teachers or health care workers).

✪ **Service Sweet Spot:** Ask group members to identify their “service sweet spot” by reflecting on four questions:

1. What am I good at?
2. What do I love to do?
3. How can I serve others?
4. What can I do that fulfils all of these at once?

✪ **Seeing Others’ Strengths:** Have the group identify the strengths they see in others and then share them with each other.

✪ **Signature Strengths Assessment:** Complete it online and share the results:
<https://www.viacharacter.org/character-strengths-via>

WHAT DOES IT TAKE TO FLOURISH

Kahoot Quiz: Go to <https://kahoot.com> and search for: “The Lift Project - Lesson 10” and play.

✪ **In My Corner:** A study in one of the Hawaiian Islands found that young people who succeed in life had a common thing working for them. They all had at least one person in their life who accepted them unconditionally, regardless of their temperamental idiosyncrasies, physical attractiveness, or intelligence. Ask the group to talk about someone who is a “significant other” in their life that accepts and loves them unconditionally. Who do they have “in their corner”?

✪ **Goal Setting:** Challenge the group to identify a goal for themselves to go after that is Specific, Measurable, Attainable and Realistic, and Time orientated. Have them develop an action plan that outlines the steps they would have to take to achieve this goal.

✪ **My Motto:** Develop a motto / mantra or printed quote that is your guide for living your best life. This can include things that you have learnt during The Lift Project.