

Game On! and Go Girls!

Go Girls!/Game On! is a group program that incorporates fun, educational games and activities designed to stimulate self-reflection and group discussion. The goal of this program is to provide your child with information and support to make informed choices about healthy lifestyles, mental and physical health, self-esteem, and communication skills.

The program consists of 5-7 sessions, one session per week, at the school, for youth in Grade 2 to Grade 8. Sessions can run for a duration of 30 minutes to 1 hour. We are happy to be able to provide lunch and/or snacks for the youth in our programs. We can schedule and facilitate the program in a variety of ways in order to best support the children/youth within the schools. All groups can take place during school hours, during lunch hours, or after school.

In accordance with the Memorandum of Understanding held with the school division, BBBS programs will be facilitated with respect for the teachings of Holy Spirit Catholic School Division.

Game On! / Go Girls! Session Breakdowns:

- Session 1: Setting the Scene. The mentors complete introductions, ice breakers and discuss group rules and boundaries.
Activities include Human Bingo, Walk and Talk, Active Living Relay, Tag, Famous Pairs.
- Session 2: Kindness and Communication. The objective is to work on communication skills within the group and have a greater understanding of teamwork and effective verbal and non-verbal communication.
Activities include Telephone, Balanced Eating Discussion, Ultimate Chicken game, Shuffle Up and Deal, Group Juggle
- Session 3: Strengthening Group Dynamics. The group participates in activities that require them to collaborate and communicate with other group members. Activities promote respecting each other, active listening and leadership skills.
Activities include Tower Building, Guess Who!, Yarn of Communication, Fitness Circuit.
- Session 4: Taking Care of Me. The mentees develop self-care plans for their mental, emotional, and physical health, and we discuss ways to boost self-esteem.
Activities include Skipping Relay, Gold Rush (team game), self-care reflection, and self-esteem reflection.
- Session 5: Dealing with Stress. Talk about ways in which we can deal with stress, and identify where we feel stress within our body. We also talk about how stress can impact our appetite.
Activities include Stressful Situations, 15 Stress Busters, Balloon Bounce, How Stress Affects Appetite, Muscle Relaxation and Breathing Exercises.
- Session 6: Voices and Choices. Introduce what it means to be assertive, demonstrate ways to make healthy decisions and communicate them to others. The group also works on identifying short and long-term goals and creating plans to achieve them.
Activities include Simon Says, Practicing Assertiveness, Goal Setting, The Dice of Life, STAR Problem Solving Process.
- Session 7: Wrapping it Up. An opportunity to share what the group has achieved, and demonstrate a further understanding and execution of an active, healthy, and happy lifestyle. The group is also provided with an opportunity to share positive reflections about the group and other participants.
Activities include Mirror Me, Charades, 10 Year Reunion Reflection, Building a Balanced Meal.
- The goals of each session to have group members understand and develop communication skills, teamwork, active living, balanced eating and self-esteem while having fun.