



ACTIVITY SHEET 9

WP: Connecting with yourself

SCHOOL: LGT Bremontier

Activity name: Board game

Name of the person in charge: Aurélia Vernhes

Participants (number, grade, age): Groups of pupils from primary to secondary school

Dates/period: Dec 2024

AIMS	External/in-house speaker
<p>Playing a game that builds self-esteem and self-confidence</p> <p>Relax and enjoy yourself.</p>	<p>High school teacher : Aurélia Vernhes</p>

IMPLEMENTATION
<p>The students arrived and were seated at several tables. They already knew each other and were in the same class.</p> <p>I then explained the TOTEM game and how it worked. Then I let them have their fun!</p> <p>This game is great for building self-esteem:</p> <p>'Each player takes it in turns to build a Totem in their image. It consists of an Animal card, associated with a strength, and a Quality card, both chosen and described by the other players from the cards in their hands.</p> <p>Totem is the game that lets you have fun while discovering your strengths.</p> <p>Receiving your Totem means hearing and discovering the best of yourself through the eyes of the people around you. It means becoming aware of your strengths and qualities through play, making every player a winner.</p> <p>Fun and excitement guaranteed!</p>

Material
<p>We bought 2 TOTEM games for the school.</p>

Résultats
<p>A caring workshop that was very easy to set up. To be repeated with students during the year!</p>

PHOTOS :

