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Future Start Lesson Plan: The Pursuit of Wellness

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Session Topic: Anxiety, Law of Attraction, Positive Thinking, and Sleep

Objectives:

- To learn about anxiety, the Law of Attraction, positive thinking, and sleep through an interactive game
- To learn how these concepts, affect our lives
- To learn how to work with these concepts

Approximate time:

- 45 to 60 minutes

Materials, props or technology:

- Print and cut cards and die legend from FutureStart.ca website
- 1 die

Room set up

- Table and chairs to play game
- 2-4 players or 8 players in partners

Workshop Details and Script

1. *Introduction:* Hi, my name is _____. Our topic is about wellness and we will be talking about anxiety, the Law of Attraction, positive thinking and sleep through a game.
2. Participant introduction: Please say your name and how you would describe wellness.
3. We are going to present our concept through a board game called “The Pursuit of Wellness”, it is similar to the game trivial pursuit.
4. Explain the Pursuit of Wellness rules and set up:
 - a. Set up cards in 4 piles
 - b. Each pile as a topic with questions and answers
 - c. Each topic as a corresponding number with the die so when you roll the die the number will determine which topic. Also see dice legend which includes miss a turn and a free card
 - d. Roll die to see who goes first (highest roll)
 - e. Play the game clockwise and the person to the right will ask the question picked.
 - f. If you answer the question correctly, you get to keep the card
 - g. Whoever has the most cards at the end of the game wins.
 - h. There will be a group discussion after each question card.

5. Sample question to ask in between rounds:
 - a. What do you think of that answer?
 - b. What stands out for you in that question?
 - c. How do you use that concept in your life?
 - d. How are you challenged by that concept or answer?
6. After playing the game for a few rounds, determine how long you want to keep playing. If energy starts to fade stop the game, it is better to end the game on a high note.
7. *Closing*: Thank you for playing this game, we want to end with a closing question: From playing this game what is something you are inspired to learn more about?

Bibliography: The Pursuit of Wellness

Sleep: Purple cards

1,2,8,9,10 – Information from pamphlet on insomnia, Pharmasave www.pharmasave.com

3 – www.sleepeducation.org

4,5,6,7- www.drweil.com

8,9,10 – <http://science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.html>

The Law of Attraction – Red cards

1,2,3, - www.mayoclinic.com

4,5,6- www.mindbodygreen.com

7,8,9- www.thelawofattraction.com

10- www.quantum-self.com

The Power of Positive Thinking – Yellow cards

1,2,3,10- www.mayoclinic.com

4,5,6- www.tinybuddah.com

7,8,9- www.success.com

Anxiety- Blue cards

1,2,3,4,5,6,7 – Information from pamphlet about anxiety Pharmasave www.pharmasave.com

8,9- www.anxietybc.com

10- www.health.com