

Fun and Single Relay Race

Goal

- To show that being single can be fun.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Family Studies

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 & S4 4.4.2 Analyze and evaluate strategies for building, maintaining, and ending relationships.*

Guidance Education *GLOs under Personal/Social Component.*

Physical Education

- *K.4.S2.A.1 Assess personal attributes and talents across a variety of domains, and assess how each contributes to self-esteem/self-confidence.*

Have Ready

- Write on two flipchart paper and markers, or chalk/white board, “Fun Things To Do When Single.”
- Tape, if using flipcharts.

Instructions

- Have the youth brainstorm things they can do to have fun when they are single.
- This can be done as a large group brainstorm, small group flipcharts, or for a lot of fun, break youth into two teams and create a relay race where each team has individuals running to the flipchart, writing an activity and running back to the team to tag off until everyone has had a turn or two.

Sample Flipchart

Fun Things To Do When Single

- Watch movies
 - Go camping
 - Hang with friends
 - Play bingo (Win!)
 - Spend time with Elders
 - Flirt
 - Learn your history
 - Visit family
 - Create art
 - Join a team/club
 - Go to a party
 - Volunteer
 - Sit by the fire
 - Read
 - Sweats
 - And more...
- Spend time outside
 - Play card games
 - Masturbate
 - Be a role model
 - Fishing
 - Attend gatherings
 - Try something new
 - Swimming
 - Make dinner
 - Work out
 - Crafts
 - Dance
 - Meet new people
 - Ceremonies
 - Facebook

Debrief

- This list shows us that being single can be really fun.
- Being single is also better for your self-esteem than being in an unhealthy/abusive relationship.
- Being single does not mean that you have a boring life. In fact, there are tons of things you can do to feel good about yourself and to have fun.
- This is a great list to have even if you are in a relationship because a big part of healthy relationships is having space to do your own thing and be your own person.