



ACTIVITY: 'SLAM DUNK'

TIME: Five minutes
SIZE: Large groups/whole of class
SPACE: To form large circle/s of chairs
RESOURCES: Paper, pens, bucket

The aim is to present students with a single purpose where they must develop their own plan to achieve it.

The result should be fruitful discussion about the importance of flexible thinking and planning to Sense of Purpose.

1. Form chairs into a circle and place the bucket in the centre. Consider labelling the bucket 'Future'.
2. Have students sit around the circle. Each student is given one sheet of paper.
3. Allow students two minutes to write five goals that would give meaning or purpose to their lives.
4. The objective of the activity is to try and get their 'goals' into the 'Future' bucket *while remaining seated*. Give no more clues as to how this might happen.
5. Ready, set, go!
6. Some students will simply ball their paper up and throw it. Others may make a paper dart. Others may think to tear their paper into five pieces – one for each goal – to improve their chances. Some may even ask their neighbour to stand and put it into the bucket for them.



DISCUSSION SUGGESTIONS

- Who succeeded in getting their 'goals' into the 'Future'? What was your strategy? Did it rely on luck, skill, help-seeking, or all of the above? How did thinking skills compensate people who, for instance, didn't think they possessed good throwing skills?
- Was it easy or difficult to come up with five goals that would be meaningful to you? Why/why not? Anyone willing to share their goals might do so.
- Why does flexible thinking complement a strong Sense of Purpose?
- Why is flexible thinking important as you work toward your goals? In what circumstances might flexible thinking be especially important?
- Discuss why flexible thinking is important to supporting your Sense of Purpose e.g. it assists you to capitalise on your strengths, helps you compensate for areas you may not be as strong in, and assists you to find new ways forward when circumstances change.