



# Student Leader Training

Date

Presenter



# You are a PALS Leader in your school.



## Get ready to:

Become a more confident leader

Help solve problems on the playground

Help younger students be more physically active

Make new friends

Make everyone feel included

Have fun!

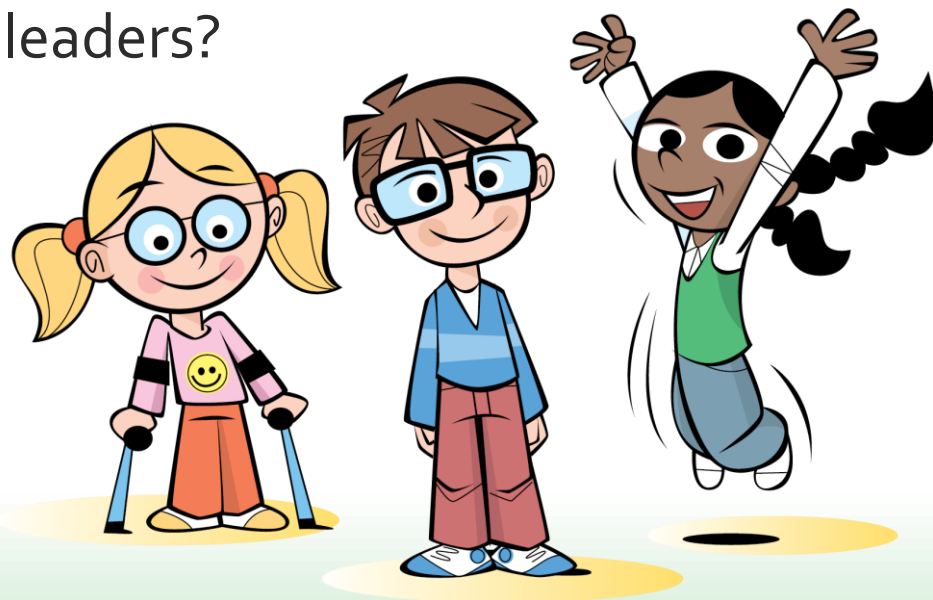
# The PALS Motto:

There's always room for one more!



What do you think our motto means?

How can we demonstrate this motto on the playground as PALS leaders?





# BINGO!

| B                | I                                      | N                                       | G                            | O                                |
|------------------|--|---|------------------------------|----------------------------------|
| I keep a journal | I like to tell jokes                   | I have the same birth month as you      | I like math                  | I like to meet new people        |
| I can whistle    | I like to play computer or video games | I am a good listener                    | I like to draw               | I have a pet                     |
| I am left-handed | I like to dance                        | <b>FREE SPACE</b>                       | I like winter activities     | I like to spend quiet time alone |
| I like to read   | I am wearing red                       | Science is one of my favourite subjects | I know how to ride a bicycle | I like to listen to music        |
| I have a sibling | I can speak another language           | I like to play board games              | I play a musical instrument  | I like to play outside           |

# Leadership Skills



Caring  
Independent  
Patient  
Organized **Confident**  
Problem Solver Helpful  
**Leadership Skills**  
Motivate Others Working with Others Good Listener  
Open to Other's Ideas  
Lead and Follow  
**Understanding**  
Honest

# Communication Skills



Listening: How well I listen

Speaking: What I say and how I say it

Actions: What I do



# Communication Skills Activity



Listening:  
How well I listen



# Communication Skills Activity



Speaking:  
What I say and how I say it





# Communication Skills Activity



Actions:  
What I do



# Communicating as a PALS Leader



Practice time!

**Leader A:** "OK everyone, we're supposed to work together to put away the playground equipment. You put the equipment away and let me know when you're done."

# Communicating as a PALS Leader



Practice time!



**Leader B:** "Today we are going to learn a new game. First, we'll read the instructions, so we know how to play. Then we'll pick teams. Then we can practice. Does that sound good to everyone?"



# Communicating as a PALS Leader



Practice time!

**Leader C:** "I'm the leader, so you have to do what I say, or I won't let you play."

# Communicating as a PALS Leader

Practice time!



**Leader D:** "You're the best runner. Do you want to be IT? Does anyone know a tag game we can play?"

# Communicating as a PALS Leader

Practice time!



**Leader E:** "I'm not sure what to do.  
Just do whatever you want."

# Conflict Resolution: Strategies



Wait and work through.

Apologize.

Ask them to stop.

Make a deal.

Talk it out.

Ask an adult for help.



# Conflict Resolution: Steps

Follow these steps to talk it out:

- 1 Identify the conflict – what do we disagree about?
- 2 Listen to each other.
- 3 Speak calmly, using "I" statements to clarify.
- 4 See the issue from multiple perspectives – think about the disagreement from all sides.
- 5 Try to stay calm until you have a solution where all sides feel their needs have been met.



# Fair Play



Choosing partners

Making teams



Let's play a game!

**Lightning in a Bottle**



Let's play a game!

Higher or Lower

# Let's play a game!

**Squirrels in the Tree**

# PALS leader commitment



- Invite all students to join in and play the games.
- Lead activities and explain the rules clearly to everyone.
- Make sure I have all the equipment needed for the activity.
- Continue to learn new games.
- Attend PALS leader meetings.
- Be responsible to show up when I am scheduled. (except for illness).
- Role model fair play, good listening, and fun.



**Playground Activity Leaders in Schools**