



Extended Services in and around schools

'Tug of War' activity

'Tug of War' at Wildridings Primary School

Year 3 children at Wildridings Primary School have been treated to an unusual experience – tug of war training!

Extended Services suggested the project and agreed to fund the programme which was aimed at addressing issues of low self esteem and some challenging behaviour.



Simon Mitchinson from Sandhurst Tug of War team went into the school to run a six week course. He began by teaching pupils the physical skills required in 'tugging', working the children in four small groups. This led on to discussing the mental strategies involved in overcoming difficulty, supporting each other and developing self belief.

Simon taught the children little mantras such as 'I love myself' to be repeated before difficult

activities which the children were observed doing before spelling tests and other difficult class work! Through experiencing wins and losses in each tug, Simon was able to show that there is no such thing as failure - you learn and try again.

During and after the course, teachers observed a distinct improvement in self esteem which was reinforced by support from the other children. The sessions provided a vehicle for teaching the children positive life skills, ways of dealing with positive and negative attitude and poor self esteem.

The children found the sessions extremely interesting as they hadn't done anything like it before. The finale was a demonstration to parents which was very well supported and ended with a parent versus children competition!

