**Minute to Win it – PSW Edition**

1. This activity is set up in a rotating station manner. There are 6 stations in total, but please feel free to opt out of any station that you think would not be suitable or feasible in your classroom.
2. Set up 6 tables around the room and leave some space around each table for the students to safely move and carried out the activities.
3. Students will have 5 minutes at each station
   1. 1 minute: Go through the station’s instructions
   2. 1 minute: Carry out the activity at that station
   3. 3 minutes: Reflect on what tasks/responsibility did that activity just simulate
4. **Advanced**: You can make the activity more challenging by reducing the time from 1 minute to 30 seconds or 45 seconds.
5. Ration the materials for each station so that you can easily replaced and reprep the station every time the students rotate.
6. Please refer to the list below for specific instructions and materials needed for each station.

***Personal Support Worker tasks/responsibilities:***

* Preparing medications
* Help patients commute and move around
* Prepare meals
* Logging data of the patient (vital signs)
* Accommodating to emotional needs
* Assisting with schedules and appointments
* Assisting with personal care
* Light chores (laundry, cleaning, etc.)
* Assisting with feeding
* First aid care/CPR

**Activity Station 1: Preparing medications**

**Instructions:** Students will have one minute to prepare 4 “prescription orders” using color counters. Students will be shown a pharmacist’s prescription and will have to prepare medication by placing the right amount of Smarties/color counters/color blocks into the paper plates as shown in the prescriptions for their patients.

**Materials:**

* Medicine using color counters/Smarties/small color blocks
* 4 paper plates per pair of students
* 4 prescription orders

**Prescription orders**:

**Prescription #1**

**Prescription #2**

**Prescription #4**

**Prescription #3**

**Activity Station 2: Help patients commute and move around**

**Instructions:** Students will have 1 minute to transport 6 balloons to the other side of the room. The balloon will be held together between two students, and they have to work together to bring the balloon to the other side without using their hands.

**Materials:**

* Balloons; feel free to replace balloons with other objects if there is a latex allergies concern in your classroom

**Activity Station 3: Prepare meals for patients**

**Instructions:** Students will have 1 minute to prepare 3 different plates of food based on the patients’ request and following the Canadian food guide toolkits. If your classroom doesn’t have kitchen toys or figures, you can print out different pictures of food and drink. Put these pictures/toys figure on the table and have the student place them on a paper plate according to the patients’ request. Then the students will have to point out the ‘unhealthy food/drink’ in that plate and propose a healthy replacement.

**Patients’ orders:**

* Plate 1: Apple, carrots, fried chicken, white rice, and a cup of milk.
* Plate 2: Banana, broccoli, a piece of steak, mashed potatoes, and a can of pop.
* Plate 3: Strawberries, green beans, Slices of pork belly, salad, and a cup of water

**Materials:**

* Paper plates
* Food/drink pictures or toy figures

**Activity Station 4: Assisting patients with emotional needs**

**Instructions:** Students will have one minute to answer all the questions in an emotion reaction game. Students will be shown an emotion and they will have to propose in 1 or 2 words what they can do when someone is feeling that way. Students will be given 4 different emotions/feeling and have 1 minute to explain what they will do when a senior is feeling that way. You can also put the emotion in a situation and ask what the students would do in that situation.

* Angry
* Sad
* Lonely
* Tired
* Useless/Vulnerability
* Anxious
* Scared
* Frustrated
* Grief

**Activity Station 5: Assisting patients with feeding**

**Instructions:** In 1 minute, students have to transfer all the beads/liquid from one cup to another using a spoon.

**Materials:**

* Beads; feel free to replace beads with things like dry beans or even liquid.
* Plastic spoon
* 2 cups

**Activity Station 6: First aid care and CPR**

**Instructions:** Students will have 1 minute to blow 10 balloons to the other side of the line using a straw

**Materials:**

* Balloons
* Straws