



Building Better Conversations through relationships

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### What is Sport3:

A curriculum based, innovative program for **middle school students** using games/activities/movement as a catalyst to facilitate positive conversations while creating psychological safety to discuss themes such as inequality, respect, technology, belonging and diversity.

Sport3 is designed to use a **unique** combination of **experiential education strategies** to create trust and belonging to engage students to explore topics together that youth face to help mold them into young leaders. The activities are adapted to the different learning styles and needs of the class dynamics.

In partnership with the Leacross Foundation and Partners for Youth Inc. (PFY) this is a **continued learning experience** allowing for the students and teachers to learn together.

### Why Sport3 (activities/games/movement):

**Is there a time when you have been impacted by a conversation that was uncomfortable because you didn't agree with someone or felt something wasn't fair?**

Schools that incorporate Sport3 see student impact with increased communication, cooperation, belonging and new perspectives in their learning through the **3-part model: team building (pre-discussions), sport/movement/activities and peer debriefing**. Student engagement boosts collaborative and cognitive learning while enjoying the process and translate the elements into their everyday lives via improved confidence, responsibility, mediation and conflict resolution strategies, and enriched life skills.

*"I really enjoyed breaking down the game and talking about the experience."* stated one participant.

Click here to find out more information: <https://leacrossfoundation.ca/sport3/>