

Weekly Celebration



Weekly Celebration is a reflective activity designed to promote gratitude and positive thinking. Participants answer four specific questions to reflect on their past week, focusing on positive experiences, acts of kindness, self-improvement, and future aspirations.



Learning Intentions

Cultivating Gratitude and Positive Reflection

Students will develop a habit of reflecting on positive experiences and acts of kindness, fostering a mindset of gratitude and appreciation for the good things in their lives.

Encouraging Self-Improvement and Future Planning

Students will learn to recognise their personal growth and set intentions for the future, encouraging continuous self-improvement and positive anticipation.

Promoting Mindfulness and Well-Being

Students will practise mindfulness by taking time to reflect on their week, enhancing their overall well-being through intentional focus on positive aspects of life.



Success Criteria

Thoughtful Reflection on the Week's Experiences

Students consistently reflect on and record meaningful moments from the past week, demonstrating an understanding of the importance of gratitude and positive thinking.

Identification of Acts of Kindness and Self-Improvement

Students accurately identify and describe acts of kindness they've performed and actions that added value to their lives, showing an awareness of their impact on others and themselves.

Setting Positive Future Intentions

Students reflect on something to look forward to in the coming week, demonstrating their ability to plan and anticipate positive experiences, contributing to a positive mindset.



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Objective:

Weekly Celebration is a reflective activity designed to promote gratitude and positive thinking. Participants answer four specific questions to reflect on their past week, focusing on positive experiences, acts of kindness, self-improvement, and future aspirations.

Players:

Individuals or groups in various settings such as classrooms, workplaces, or families.

Materials:

- Pen and paper or a journal.

Setup:

Allocate five to ten minutes for the activity, ideally at the beginning or end of the week.

Gameplay:

- Participants spend one-minute writing or drawing about the best part of the last seven days.
- Write down one act of kindness done for someone else.
- Note something done in the past week that added value to one's life.
- Reflect on something in the future to look forward to.

Variations for Different Settings:

- **Educational Edition:** Use it as a weekly reflection for students to foster positivity and gratitude.
- **Staff Edition:** Incorporate it into team meetings to build morale and encourage team bonding.
- **Family Edition:** A shared activity to strengthen family bonds and encourage open communication.

Additional Notes:

- Weekly Celebration is a simple yet powerful tool for improving mood and overall well-being.
- It encourages mindfulness, gratitude, and positive anticipation.
- This activity can be a meaningful routine for personal growth and group cohesion.

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Please spend one-minute writing or drawing about the best part of the last seven days.

A large, solid gray rectangular area designed for writing or drawing.

Write down one act of kindness you have done for someone else.

A large, solid gray rectangular area designed for writing or drawing.

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Note something you have done in the past week that has added value to someone's life?

A large, solid gray rectangular area within a white frame, intended for the user to write their response.

Finally, please reflect on something in the future that you are looking for to and why.

A large, solid gray rectangular area within a white frame, intended for the user to write their response.