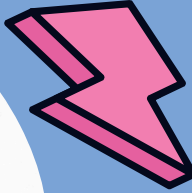


# My Perfect Day

Grade Three & Four



**Promote creativity and joy by encouraging students to envision their ideal day and reflect on how to incorporate aspects of it into their real lives.**



## Learning Intentions

**I can use my imagination to create my perfect day:**

Students will develop creativity by thinking about what makes them happiest and incorporating it into a visual or written activity.

**I can identify activities and people that bring me joy:**

Students will reflect on what aspects of their day-to-day life bring them happiness and incorporate those into their vision of a perfect day.

**I can think of small actions that could improve my daily life:**

Students will reflect on how to make positive changes to their routine to bring them closer to their idea of a perfect day.



## Success Criteria

**I can describe my perfect day through writing or drawing:**

Students will create a visual or written representation of what their perfect day looks like, incorporating activities and people they love.

**I can reflect on the elements of my perfect day and what makes me happy:**

Students will identify specific activities or people that make them feel joyful and connected.

**I can think of small changes I can make to improve my daily life:**

Students will come up with simple ideas for improving their everyday life by incorporating aspects of their perfect day.



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## Objective:

Promote creativity and joy by encouraging students to envision their ideal day and reflect on how to incorporate aspects of it into their real lives.

## Materials Needed:

- Paper or a journal for writing or drawing.
- Pens, pencils, or coloured markers (if drawing).
- Optional: A printed template for "My Perfect Day" if available.

## Setup:

- Provide students with a worksheet or blank paper.
- Explain that they will be using their imagination to think about what would make the perfect day for them, including the people, activities, and places they would enjoy.

## Instructions:

### 1. Draw or Write Your Perfect Day:

Imagine the happiest day you can think of. Who would you spend it with? What activities would you do? Where would you go? How would the day make you feel?

Write or draw your perfect day. It could be a whole day or just part of it — it's up to you! Feel free to use colours if you're drawing to make it more vivid.

### 2. Reflect on Your Perfect Day:

After you finish creating your perfect day, take a moment to think about what aspects of it make you happiest. Is it spending time with friends, going to a favorite place, or doing an activity that brings you joy?

Answer the following reflection prompts:

## Reflection Prompt:

- How can you make parts of your "perfect day" happen in real life?
- What small changes could make your day better?

## Closing the Activity:

- Once students have completed their "perfect day" activity and reflection prompt, ask them to share their ideas with a partner or in small groups, if they feel comfortable.
- Encourage students to think about how they can add some of the activities or people from their perfect day into their regular routine, whether it's spending more time with friends, engaging in hobbies, or visiting special places.



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## Variations:

- **Classroom Edition:** Students can work in pairs or small groups to combine their perfect days and create a group "perfect day" story.
- **Family Edition:** Students can share their perfect day with family members and discuss what activities or places bring joy to their family.
- **Goal-Setting Edition:** After reflecting on their perfect day, students can set small, achievable goals to incorporate one part of their perfect day into their life within the next week.

## Additional Notes:

This activity encourages students to think about what truly makes them happy and how to incorporate these elements into their lives. It also promotes creativity and positive thinking, helping students focus on joyful experiences while fostering a sense of gratitude. By reflecting on their perfect day, students learn to recognise the importance of making time for what they love in order to enhance their well-being.

