

My Dream Day

WRITTEN

To promote positive imagination and goal-setting by encouraging students to reflect on what their perfect day would look like and how they can bring parts of it to life.



Learning Intentions

I can use my imagination to create a vision of a perfect day:

This helps students reflect on what would make a day feel special, encouraging them to dream big and think creatively.

I can set positive goals for my future:

This encourages students to think about what actions they can take to bring parts of their dream day to life, promoting goal-setting and planning.

I can reflect on what makes a day special and how to make it happen:

This helps students understand that they have the power to make positive moments happen in their lives, fostering a sense of agency and optimism.



Success Criteria

I can imagine and describe what my perfect day would look like:

This ensures that students use their creativity to think about what makes a day enjoyable and memorable.

I can express my thoughts and ideas through writing or drawing:

This encourages students to communicate their dreams and ideas creatively, reinforcing self-expression.

I can reflect on how to make part of my dream day come true:

This encourages students to set small, achievable goals that can bring parts of their dream day into reality.



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Objective:

To promote positive imagination and goal-setting by encouraging students to reflect on what their perfect day would look like and how they can bring parts of it to life.

Players:

Ideal for individual reflection, small groups, or classrooms.



Materials:

- Paper
- Crayons, markers, or pens

Setup:

Provide each student with a piece of paper and access to crayons, markers, or pens for drawing and writing their dream day.

Activity:

1. Imagine Your Dream Day:

Ask the students to think about what their perfect day would look like. Who would they spend it with? What activities would they do? Where would they be? Encourage them to think big and focus on what makes them feel happy and excited (it doesn't matter if their dream day is purely made up of fantasy and wild dreams!).

2. Write or Draw About Your Dream Day:

Have the students write or draw their dream day. They can include all the fun things they would do, the people they would be with, and the things that would make the day extra special.

3. Reflect on Making It Happen:

After writing or drawing, ask the students to reflect on one part of their dream day that they could make happen soon. This might be spending time with a friend, doing a fun activity, or enjoying a favorite place.

Reflection Prompt:

- How can you make a little part of this dream day come true tomorrow?
- What steps can you take to bring this part of your dream day to life?
- How will it feel when you make part of your dream day happen?



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Winning the Game:

There is no winner in this activity. The goal is to encourage students to dream about positive experiences and think about how they can make their dreams a reality.

Family or Classroom Variation:

In a group setting, students can share their dream days with each other. This encourages them to learn about each other's interests and aspirations, building connection and empathy.

Additional Notes:

My Dream Day helps students think creatively about what they enjoy and what makes a day feel special. By setting small goals and reflecting on how to make these moments happen, students learn that they can take steps toward making their dreams come true.

• • • • This activity encourages optimism, goal-setting, and the importance of enjoying life's special moments.

