



# Week Two

This week's activities combine physical fitness, self-reflection, mindfulness, gratitude, and social interaction, fostering both individual and collective growth. Students engage in playful yet reflective activities that promote teamwork, physical coordination, and emotional awareness. Through these activities, students learn to communicate non-verbally, reflect on sensory experiences, build physical strength, and practice empathy with their peers.

## Learning Intentions:

1. **Improving Non-Verbal Communication:** Students will practice communicating through body language and actions, learning to connect with others in creative and playful ways.
2. **Building Empathy and Teamwork:** By engaging in group activities, students will enhance their ability to work together, show empathy, and support one another.
3. **Reflecting on Gratitude and Sensory Experiences:** Students will connect with their senses to reflect on the positive things they are grateful for, fostering self-awareness and appreciation for the world around them.
4. **Strengthening Physical and Mental Endurance:** Through engaging physical activities, students will develop coordination, strength, and resilience, while also improving their ability to stay focused and energised.

## Success Criteria:

1. **Effective Non-Verbal Communication:** Students use animal sounds or actions effectively in the "Animal Pairing" game, practising non-verbal communication to find their match.
2. **Creative Expression of Gratitude:** Students express gratitude creatively by reflecting on and drawing sensory experiences in the "5 Senses of Gratitude" activity, demonstrating creativity and self-awareness.
3. **Engagement in Physical Activities:** Students complete exercises like lunges, planks, and squats in the "AC/DC - TNT" workout, demonstrating good form, timing, and enthusiasm.
4. **Empathy and Positive Reflection:** In the "Escape Room - The Laboratory," students practice gratitude, empathy, and teamwork, actively contributing to the group's success and reflecting on their personal growth.







## Activity 1: Animal Pairing

**Duration:** 10 minutes

**Objective:**

To break the ice, create fun energy, and encourage non-verbal communication and teamwork. Students use animal sounds or actions to find their matching partner, fostering connection and collaboration.

**Learning Intentions:**

- Enhance non-verbal communication through creative movement.
- Develop teamwork and collaboration by working in pairs to find matching animals.

**Success Criteria:**

- Students demonstrate effective communication through animal sounds/actions.
- Active participation as students enthusiastically mimic animal movements and sounds.

**Gameplay:**

Students are given animal cards and must use only their animal sounds or actions to find their matching partner. Once they form pairs, they celebrate their success together.

**Debrief:**

Students reflect on how non-verbal communication helped them connect with others and how this can be applied to other social situations.

## Activity 2: 5 Senses of Gratitude

**Duration:** 20 minutes

**Objective:**

Encourage students to connect with the things they love through their five senses and creatively express gratitude.

**Learning Intentions:**

- Reflect on the things students are grateful for through their sensory experiences.
- Express gratitude creatively through writing and drawing.

**Success Criteria:**

- Identification of sensory experiences that students are grateful for.
- Creative expression through drawing and writing about their sensory experiences.

**Gameplay:**

Students trace their hand on paper, assigning each finger to a different sense. They write or draw something they love related to each sense and reflect on how these sensory experiences make them feel.

**Debrief:**

Students discuss the connections they made between gratitude and sensory experiences, sharing what they learned about themselves and their peers.







### Activity 3: AC/DC - TNT Workout

**Duration:** 5 minutes

**Objective:**

Students engage in a fun and high-energy workout synchronised with the song "TNT" by AC/DC. This workout targets strength, coordination, and cardiovascular fitness.

**Learning Intentions:**

- Build strength and endurance through bodyweight exercises.
- Improve coordination by syncing movements with the rhythm of the song.

**Success Criteria:**

- Proper exercise form and safety during the workout.
- Rhythmic coordination by matching movements to the cues in the song.

**Gameplay:**

Students follow the cues in the song for squats, planks, and burpees. They synchronise their movements with the music, enhancing their physical fitness while enjoying the energy of the song.

**Debrief:**

Students reflect on how the workout challenged their physical endurance and coordination, and how they felt energised after completing it.

### Activity 4: Escape Room - The Laboratory

**Duration:** 25 minutes

**Objective:**

Students work together in teams to solve a series of challenges related to mindfulness, gratitude, physical activity, and empathy. By completing these tasks, they aim to "escape" the room and restore balance in the School of Play Laboratory.

**Learning Intentions:**

- Develop teamwork and problem-solving skills while completing challenges.
- Reflect on gratitude, empathy, and physical well-being through various activity stations.

**Success Criteria:**

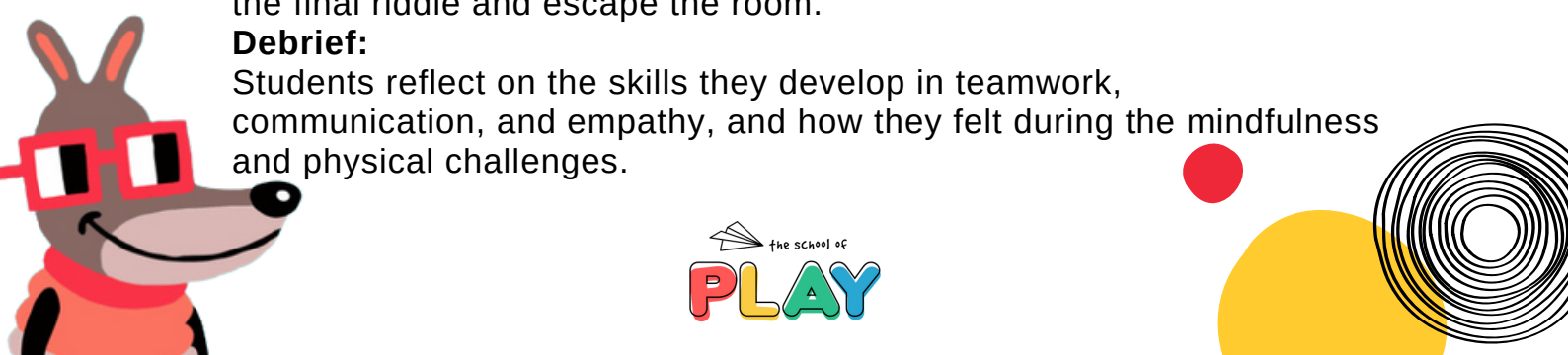
- Active participation and collaboration to solve challenges.
- Completion of the mindfulness, gratitude, and physical activity tasks while reflecting on personal growth.

**Gameplay:**

Teams rotate through five stations, each focusing on a different aspect of well-being (mindfulness, gratitude, physical activity, teamwork, and empathy). After completing each station, teams receive a clue to solve the final riddle and escape the room.

**Debrief:**

Students reflect on the skills they develop in teamwork, communication, and empathy, and how they felt during the mindfulness and physical challenges.







### **Conclusion:**

This week's activities successfully integrate physical movement, creative self-expression, and reflection on personal growth. Students engage in non-verbal communication, build their physical endurance, and practice gratitude through their sensory experiences. They work collaboratively to solve problems and reflect on how empathy and gratitude contribute to a supportive community. By the end of the week, students will not only improve their physical and cognitive abilities but also strengthen their emotional awareness and social bonds.

