

# Week Three

This week's activities aim to foster personal growth, connection, physical fitness, and positive self-reflection. Through engaging and creative games, students explore self-awareness, empathy, teamwork, and gratitude, while enhancing their physical fitness. The activities provide a fun and energetic way for students to connect with their peers and reflect on their personal experiences.

## Learning Intentions:

- 1. Building Social Connections and Teamwork:** Students will engage in physical activities designed to promote social interactions and strengthen connections with peers through teamwork and fun challenges.
- 2. Improving Physical Fitness and Coordination:** Through high-energy exercises like squats, push-ups, and sit-ups, students will enhance their physical fitness while learning how to work together and stay active.
- 3. Practising Positive Self-Talk and Reflection:** Students will reflect on their strengths and challenges and practice positive self-talk to build confidence, self-esteem, and resilience.
- 4. Developing Empathy and Active Listening Skills:** By engaging in reflective games like "Connect Four Reflection," students will practice empathy and learn to listen actively while sharing their thoughts and feelings with others.

## Success Criteria:

- 1. Effective Name Recall and Social Interaction:** Students successfully introduce themselves and remember new classmates' names, engaging in fun and energetic exercises to form connections.
- 2. Active Participation and Physical Engagement:** Students demonstrate enthusiasm and coordination during fitness challenges, remaining engaged throughout the activities.
- 3. Thoughtful and Positive Self-Reflection:** Students reflect on their strengths and challenges, articulating how positive self-talk can boost their confidence and motivation.
- 4. Empathetic Communication and Reflection:** Students actively listen to and empathise with their peers while sharing reflections in the "Connect Four Reflection" activity, contributing to a positive group dynamic.

## Activity 1: Fitness Friends Everywhere

**Duration:** 10 minutes

**Objective:**

To promote social interaction and physical fitness while helping students remember each other's names through fun exercises.

**Learning Intentions:**

- Build social connections through physical activity.
- Enhance coordination by performing various fitness movements with peers.

**Success Criteria:**

- Active name recall and effective communication with classmates.
- Enthusiastic participation in physical exercises.

**Gameplay:**

Students partner up, introduce themselves, and complete physical exercises together (squat jumps, push-ups, sit-ups, star jumps, and special movements). They say each other's name while completing the exercises to reinforce connection.

**Debrief:**

Students reflect on how physical activity helped them engage with classmates and how remembering names during physical exercises enhances their connection.

## Activity 2: Positive Self-Talk

**Duration:** 20 minutes

**Objective:**

Encourage students to reflect on their strengths and challenges, fostering a positive mindset and self-esteem through affirmations and positive self-talk.

**Learning Intentions:**

- Reflect on strengths and challenges through positive affirmations.
- Practice using positive self-talk to enhance confidence and motivation.

**Success Criteria:**

- Identification of three personal affirmations that boost confidence.
- Reflection on how self-talk can be applied to boost self-esteem and motivation.

**Gameplay:**

Students write down three positive affirmations they can say to themselves when feeling unsure or down, reflecting on how these affirmations help them stay positive.

**Debrief:**

Students discuss how positive self-talk can be a powerful tool for overcoming challenges and maintaining a positive mindset.

## Activity 3: Large Group Poker

**Duration:** 10 minutes

**Objective:**

To promote teamwork, memory skills, and physical fitness while forming poker hands in a fun, interactive game.

**Learning Intentions:**

- Enhance teamwork and communication skills while forming poker hands.
- Engage in physical challenges that reinforce teamwork and staying active.

**Success Criteria:**

- Clear communication and collaboration in forming poker hands.
- Active participation in fitness challenges when unable to form the correct hand.

**Gameplay:**

Students are divided into groups and work together to form specific poker hands while performing fitness challenges after each round. Fitness challenges (e.g., squats, push-ups, star jumps) are completed if students can't form the required hand.

**Debrief:**

Students reflect on how teamwork and communication helped them succeed in the game and how they stayed active and engaged throughout.

## Activity 4: Connect Four Reflection

**Duration:** 20 minutes

**Objective:**

Foster empathy and self-reflection while engaging in a competitive and reflective game of Connect Four, where students share their experiences based on reflection prompts.

**Learning Intentions:**

- Reflect on personal experiences and share insights with others.
- Build empathy by actively listening to peers' reflections and perspectives.

**Success Criteria:**

- Thoughtful reflection on personal experiences based on the prompts.
- Active listening and empathy during partner reflections.

**Gameplay:**

Players take turns in the Connect Four game while answering reflection questions based on their dice roll. The game encourages active participation and communication, allowing students to share personal reflections and listen to others.

**Debrief:**

Students reflect on how the game allowed them to connect with others emotionally and how listening to others' reflections built empathy and understanding.

### **Conclusion:**

This week's activities provide students with a balanced mix of physical activity, self-reflection, empathy, and teamwork. From building social connections through fun fitness challenges to practising positive self-talk for confidence, students engage in activities that encourage personal growth and collective collaboration. Through games like "Fitness Friends Everywhere," "Large Group Poker," and "Connect Four Reflection," students enhance their physical fitness, develop emotional intelligence, and deepen their connections with their peers. The week ends with students reflecting on how they can use positive self-talk and empathy in their daily interactions to foster a supportive and healthy environment.