

# Week Four

This week, students participate in activities that blend physical fitness with emotional intelligence and teamwork. The games incorporate cognitive skills, self-reflection, empathy, and physical challenges. These activities not only foster social connection and empathy but also encourage resilience, kindness, and the application of positive self-talk.

## Learning Intentions:

- 1. Develop Critical Thinking and Prediction Skills:** Students practise making predictions based on probabilities, utilising their knowledge of card values to enhance their problem-solving abilities.
- 2. Promote Physical Fitness and Movement:** The activities encourage physical activity, helping students improve coordination and fitness levels while incorporating exercise into fun games.
- 3. Foster Teamwork and Collaboration:** Students work together in teams, developing communication and collaboration skills to achieve common goals, both in mental and physical tasks.
- 4. Encourage Empathy, Kindness, and Resilience:** Through various reflective and group activities, students practise empathy, kindness, and perseverance, building a supportive and positive environment.

## Success Criteria:

- 1. Engagement in Physical and Mental Challenges:** Students actively participate in both the mental predictions and the physical exercises required by the games, maintaining energy and focus throughout.
- 2. Teamwork and Communication:** Successful collaboration is evident as students work together to solve challenges, share reflections, and support each other through physical and mental tasks.
- 3. Effective Reflection and Empathy Practice:** Students demonstrate thoughtful reflection on empathy, resilience, and personal strengths, contributing to the group's success by fostering positive attitudes and support.



## Activity 1: Card Golf

**Duration:** 15 minutes

**Objective:**

To enhance students' critical thinking, prediction skills, and fitness by combining card values with physical exercise.

**Learning Intentions:**

- Develop critical thinking and basic math skills through predicting card values.
- Enhance physical fitness by performing exercises based on the score difference.

**Success Criteria:**

- Students make accurate predictions and perform the corresponding exercises.
- Students engage in both mental and physical aspects, maintaining enthusiasm throughout.

**Gameplay:**

Players take turns guessing the card value, calculating the score difference if incorrect, and performing physical exercises based on their score (e.g., squats, push-ups, burpees). The goal is to achieve the lowest score over 9 holes.

**Debrief:**

Reflect on how critical thinking and prediction skills were applied in the game, and how the physical challenges helped maintain focus and engagement.

## Activity 2: Empathy in Action

**Duration:** 15 minutes

**Objective:**

To promote empathy by reflecting on how students can support others during challenging moments and develop emotional intelligence.

**Learning Intentions:**

- Understand and recognise the feelings of others.
- Reflect on how to offer support when others are feeling upset.

**Success Criteria:**

- Students recall and reflect on a time they showed empathy.
- Students identify ways to apply empathy in their daily interactions.

**Gameplay:**

Students reflect on a time when they noticed someone was upset and think about how they helped or could have helped. They also consider ways they can practice empathy in their everyday interactions.

**Debrief:**

Discuss how empathy enhances relationships and emotional well-being, and the importance of helping others when they are struggling.

## Activity 3: Full Deck Flip

**Duration:** 10 minutes

**Objective:**

To combine physical exercise with a fun, fast-paced game where students complete exercises based on card values.

**Learning Intentions:**

- Improve physical coordination by performing exercises corresponding to the suits of a deck of cards.
- Practice pacing and time management by completing the deck as quickly as possible.

**Success Criteria:**

- Students complete exercises correctly based on the card flipped.
- Students engage enthusiastically, maintaining a steady pace throughout the game.

**Gameplay:**

Students flip cards from a deck, performing the exercise associated with the card's suit (e.g., push-ups for hearts, squats for clubs). The objective is to complete the deck quickly, and teams or individuals can compete to see who finishes fastest.

**Debrief:**

Reflect on how the unpredictability of the game kept students engaged and how effective pacing helped them complete all exercises efficiently.

## Activity 4: Escape Room - Positivity Quest

**Duration:** 20 minutes

**Objective:**

To foster teamwork, courage, kindness, and resilience through a series of positive challenges that lead to solving a final puzzle.

**Learning Intentions:**

- Develop courage, kindness, and resilience through group challenges.
- Work collaboratively to solve problems and complete physical and mental tasks.

**Success Criteria:**

- Active participation in all stations, contributing to the team's progress.
- Reflection on personal strengths and encouragement towards teammates.

**Gameplay:**

Students complete four stations—Courage Cavern, Connection Forest, Kindness Lagoon, and Resilience Mountain—each focused on positive qualities. After each challenge, they receive a puzzle piece that helps them solve a final puzzle to "escape" the realm of positivity.

**Debrief:**

Students reflect on how teamwork, empathy, and positive thinking helped them solve the challenges. They discuss how these qualities can be applied in their everyday lives.

### **Conclusion:**

This week's activities provide an engaging and dynamic mix of physical and mental challenges, fostering critical thinking, empathy, teamwork, and resilience. Students learn valuable life skills, including how to work collaboratively, support each other emotionally, and engage in physical fitness. The lessons from these activities—such as the importance of empathy, the power of positive thinking, and the benefits of teamwork—will help students build stronger relationships and foster a positive environment, both inside and outside the classroom.

Students also have the opportunity to apply their learning in real-time scenarios, from working together in "Card Golf" to engaging in the "Escape Room - Positivity Quest," which emphasises perseverance, kindness, and emotional intelligence. By reflecting on their experiences, students gain a deeper understanding of how to integrate these positive traits into their daily lives.