

Week Six

This week's activities focus on enhancing quick thinking, mindfulness, physical fitness, and teamwork, offering students opportunities to practice problem-solving, develop coordination, and engage in meaningful self-reflection. The games and activities are designed to foster communication, resilience, and adaptability, while encouraging students to reflect on their strengths and how they can work together to achieve goals.

Learning Intentions:

- 1. Develop Quick Thinking and Coordination:** Students practise making fast decisions and synchronised actions through games like "Seven Eleven" and "Duck Duck Dice."
- 2. Promote Mindfulness and Reflection:** Activities such as "Mindful Moments" encourage students to reflect on present experiences and develop a deeper appreciation for the current moment.
- 3. Enhance Communication and Teamwork:** Through games like "Seven Eleven" and "Escape Room - The Four Elements," students improve their ability to communicate non-verbally, collaborate effectively, and reflect on the collective contributions of their teams.
- 4. Foster Friendly Competition and Resilience:** Activities like "Seven Eleven" and "Dance Monkey by Tones & I" introduced friendly competition, while "Escape Room - The Four Elements" emphasises resilience and adaptability in the face of challenges.

Success Criteria:

- 1. Active Participation and Engagement:** Students remain involved in the activities, whether through quick decision-making, physical challenges, or self-reflection.
- 2. Effective Teamwork and Communication:** Students engage in both verbal and non-verbal communication, collaborating with peers to achieve shared goals.
- 3. Reflection and Self-Awareness:** Students reflect on personal strengths, mindfulness practices, and how to approach challenges with resilience.
- 4. Emotional Growth and Empathy:** Through "Mindful Moments" and "Escape Room," students develop a greater sense of empathy, understanding how their actions can impact both themselves and others.

Activity 1: Seven Eleven

Duration: 10 minutes

Objective:

To develop quick thinking, enhance coordination, and promote communication as students guess the total number of fingers shown by a group.

Learning Intentions:

- Make quick decisions and work in sync with partners.
- Build communication skills without speaking.
- Engage in friendly competition and celebrate achievements.

Success Criteria:

- Students accurately guess the total number of fingers shown, aiming to hit 7 or 11.
- Positive interaction and active participation in the guessing process.

Gameplay:

Players pair up, and after each round, they guess the combined number of fingers shown by both players. They score points if they hit the magic numbers of 7 or 11. The game encourages fast-paced decision-making and fosters collaboration.

Debrief:

Discuss how quick thinking and coordination with others helped players succeed in guessing correctly and how this improved their communication skills.

Activity 2: Mindful Moments

Duration: 20 minutes

Objective:

To encourage mindfulness by reflecting on moments when students feel fully present, helping them develop a habit of being mindful in everyday life.

Learning Intentions:

- Recognise and reflect on moments of mindfulness.
- Practice mindfulness techniques to improve focus and enjoyment.
- Apply mindfulness to daily routines.

Success Criteria:

- Students identify and reflect on a time they felt fully present.
- Students express how mindfulness made them feel and how it can be applied in their daily lives.

Gameplay:

Students reflect on mindful moments, describe how it felt to be present, and identify ways to incorporate mindfulness into daily routines. The activity helps students develop emotional regulation and improve focus.

Debrief:

Reflect on how mindfulness can help students stay present, reduce stress, and improve overall well-being. Discuss the benefits of incorporating mindfulness into daily activities.

Activity 3: Dance Monkey by Tones & I

Duration: 5 minutes

Objective:

To improve physical fitness and coordination by performing exercises synced with the rhythm of the song.

Learning Intentions:

- Enhance strength, endurance, and coordination.
- Practice syncing movements with music.
- Engage in a fun, energetic fitness routine.

Success Criteria:

- Students perform exercises with proper form while staying in sync with the song.
- Students remain engaged and energetic throughout the entire workout.

Gameplay:

Students perform various exercises (e.g., squats, sit-ups, squat thrusters) when they hear specific keywords in the song "Dance Monkey." The game promotes cardiovascular fitness and coordination while having fun with the music.

Debrief:

Discuss how syncing movements with the music helped improve coordination and energy levels during the workout. Reflect on how music can make exercise more enjoyable.

Activity 4: Escape Room - The Four Elements

Duration: 30 minutes

Objective:

To work collaboratively and reflect on personal strengths while completing challenges related to the elements: Earth, Air, Fire, and Water.

Learning Intentions:

- Reflect on personal strengths and contribute to team success.
- Develop collaboration, empathy, and resilience through problem-solving.
- Engage in physical and mental challenges that promote well-being.

Success Criteria:

- Students actively contribute to their team's success by sharing strengths and supporting others.
- Students collaborate to complete challenges and persevere through obstacles.

Gameplay:

Teams navigate through four elemental stations, each focusing on a specific well-being quality: Earth (self-awareness), Air (empathy), Fire (resilience), and Water (adaptability). Teams complete physical and mental challenges at each station to collect Emoji images, which they use to create a final story.

Debrief:

Reflect on the skills developed through teamwork, communication, and perseverance. Discuss how each challenge helped students apply personal strengths and work together to solve problems.

Conclusion:

This week's activities combine physical fitness, strategic thinking, mindfulness, and emotional intelligence to create a well-rounded learning experience. Games like "Seven Eleven" and "Dance Monkey by Tones & I" provide opportunities for students to improve coordination and engage in friendly competition, while "Mindful Moments" and "Escape Room - The Four Elements" focus on self-reflection, empathy, and teamwork. These activities foster a positive, supportive environment where students build resilience, practice mindfulness, and develop valuable life skills such as collaboration and emotional awareness.