

Week Seven

Week Seven focuses on enhancing reaction time, teamwork, communication, creativity, and gratitude. Activities such as Gotcha, Happy Letter in the Post, Running Dice, and Dice Accumulator promotes physical fitness, self-reflection, and collaboration, while encouraging students to express gratitude and work effectively in pairs.

Learning Intentions:

- 1. Quick Reflexes & Focus:** Gotcha helps students develop quick reactions and hand-eye coordination while enhancing focus and concentration. This fast-paced game requires students to stay alert and react promptly to avoid being "caught."
- 2. Gratitude Expression & Empathy:** Happy Letter in the Post encourages students to reflect on their gratitude and express appreciation to someone who has a positive impact on their lives. It promotes empathy and emotional well-being through thoughtful written communication.
- 3. Teamwork & Creativity:** Dice Accumulator emphasises the importance of teamwork and communication while engaging in creative and reflective challenges. The game allows students to work together to complete challenges, fostering cooperation and empathy.

Success Criteria:

- 1. Quick Reactions & Engagement:** In Gotcha, students actively participate by focusing on quick, accurate reactions and working together in friendly competition.
- 2. Gratitude & Reflection:** In Happy Letter in the Post, students reflect on personal gratitude and express their appreciation through a meaningful letter. They also consider the impact of their words on others.
- 3. Collaboration & Creativity:** In Dice Accumulator, students collaborate to complete challenges, engage creatively in their tasks, and reflect meaningfully on their experiences.



Activity 1: Gotcha

Duration: 5 minutes

Objective:

To enhance quick reflexes, hand-eye coordination, and social interaction through a competitive game where students attempt to grab their opponent's finger while avoiding having theirs grabbed.

Learning Intentions:

- Develop quick reflexes and hand-eye coordination.
- Improve focus and concentration in a fast-paced environment.
- Foster positive social interactions and teamwork.

Success Criteria:

- Accurately lift your finger at the right time and grab someone else's finger.
- Stay engaged and focused throughout the game.
- Interact positively with others, promoting friendly competition.

Gameplay:

Students form a circle and must quickly lift their left index finger and grab the right index finger of the person next to them. Points are scored by successfully completing these actions without getting caught.

Debrief:

Reflect on strategies for staying focused and quick, and discuss how teamwork and communication helped in the game.

Activity 2: Happy Letter in the Post

Duration: 25 minutes

Objective:

To encourage students to express gratitude through writing a letter to someone who has positively impacted their lives.

Learning Intentions:

- Express gratitude for positive influences in life.
- Practice writing as a tool for emotional communication.
- Reflect on the impact of expressing gratitude.

Success Criteria:

- Write a letter of gratitude with specific reasons for appreciation.
- Reflect on how it felt to express gratitude.
- Consider how the recipient will feel upon receiving the letter.

Gameplay:

Students write a letter of gratitude to someone they appreciate and reflect on the emotional impact it may have on the recipient. They decide how to share the letter.

Debrief:

Discuss the importance of gratitude and how expressing it strengthens relationships.

Activity 3: Running Dice

Duration: 10 minutes

Objective:

To combine physical activity and teamwork by rolling dice to determine exercises, completing challenges, and improving fitness.

Learning Intentions:

- Develop teamwork and cooperation.
- Improve fitness through different exercises.
- Set and achieve goals within a time limit.

Success Criteria:

- Actively engage in rolling dice and completing exercises.
- Complete exercises with increasing repetitions.
- Work collaboratively to maximise the number of rounds completed.

Gameplay:

Students roll a six-sided dice to determine exercises, increasing repetitions with each round. The goal is to complete as many rounds as possible in the time allotted.

Debrief:

Reflect on how teamwork helped in completing rounds, and discuss strategies for pacing oneself.

Activity 4: Dice Accumulator

Duration: 20 minutes

Objective:

To foster communication, teamwork, creativity, and reflection through challenges based on dice rolls. The goal is for teams to complete challenges, earn points, and work together to accumulate 18 points.

Learning Intentions:

- Practice communication and teamwork to complete creative and reflective challenges.
- Engage in creative activities that encourage reflection on meaningful experiences.
- Demonstrate empathy and active listening during interactions.

Success Criteria:

- Collaborate with your partner, ensuring both engage in the challenges.
- Complete each challenge creatively and reflect on the shared experiences.
- Communicate effectively, actively listening and responding thoughtfully.

Gameplay:

In pairs, students roll three dice, and the total determines which challenge they must complete. Each challenge has different points based on difficulty. Teams can use reduced dice rolls for certain rounds and re-roll if necessary.

Debrief:

Discuss how effective communication and teamwork helped teams complete the challenges. Reflect on the importance of empathy and active listening during the activity.

Conclusion:

Week Seven emphasises reaction time, gratitude expression, and collaboration. Gotcha improves focus and physical coordination, Happy Letter in the Post fosters gratitude and empathy, Running Dice combines teamwork with fitness, and Dice Accumulator encourages communication, creativity, and reflection. These activities support social connection, physical health, and emotional well-being, helping students build meaningful relationships and stay engaged in their learning.