

# Week Twelve

Week Twelve focuses on social interaction, goal-setting, fitness, and gratitude. Through interactive and engaging activities, students have the chance to practice social skills, set and track personal goals, and reflect on gratitude, all while staying active. The week offers a blend of fun icebreakers, teamwork, and self-reflection that helps students develop both their physical and emotional well-being.

## Learning Intentions:

- 1. Foster Social Interaction and Teamwork:** Activities like Mingle Mingle and Gratitude & Giving focuses on building connections, helping students practice engaging with peers and working together in a supportive group environment.
- 2. Encourage Reflection and Personal Growth:** Goal Mapping and Gratitude & Giving provides students with the tools to reflect on their goals, aspirations, and the positive aspects of their lives, fostering gratitude, empathy, and emotional growth.
- 3. Promote Physical Fitness:** Rolling with Luck and Gratitude & Giving incorporates physical challenges to keep students moving, combining fun, competition, and exercise in a way that promotes cardiovascular health and strength.

## Success Criteria:

- 1. Active Participation:** Students actively participate in group activities, whether in social mingling games or physical challenges, maintaining engagement throughout.
- 2. Teamwork and Communication:** Whether in Mingle Mingle Mingle or Gratitude & Giving, students demonstrate effective communication, cooperation, and support for one another during the activities.
- 3. Goal Setting and Self-Reflection:** In Goal Mapping, students set specific goals and created actionable steps to achieve them, reflecting on how accomplishing these goals would make them feel.
- 4. Physical Engagement:** In games like Rolling with Luck, students demonstrate good sportsmanship and physical fitness, completing various exercises as part of the game while staying engaged.
- 5. Gratitude and Empathy:** Gratitude & Giving provides opportunities for students to reflect on gratitude, share positive experiences, and collaborate as teams to express appreciation for themselves and others.



## Activity 1: Mingle Mingle Mingle

**Duration:** 5 minutes

**Objective:**

To promote social interaction, help students discover shared interests, and foster connections based on commonalities.

**Learning Intentions:**

- Engage with peers through active listening and sharing.
- Form connections based on common interests or preferences.

**Success Criteria:**

- Form groups quickly and engage in meaningful conversations.
- Contribute to a positive and inclusive atmosphere by participating enthusiastically.

**Gameplay:**

Students walk around the room, singing "mingle, mingle, mingle" until the teacher calls a category (e.g., "favourite colour"). Students then form groups with others who share the same answer. The game continues with new categories.

**Debrief:**

Discuss the importance of discovering common ground with peers and how the game facilitated connections with others.

## Activity 2: Goal Mapping

**Duration:** 25 minutes

**Objective:**

To help students set specific, achievable goals and create actionable plans to reach them, while reflecting on the emotional rewards of goal achievement.

**Learning Intentions:**

- Set a specific goal for the month and create a plan to achieve it.
- Track progress and reflect on how achieving the goal will make them feel.

**Success Criteria:**

- Create a detailed plan with actionable steps to reach the goal.
- Reflect on how achieving the goal will impact their emotions and motivation.

**Gameplay:**

Students write down a goal they want to achieve within the next month and create a simple map outlining the steps they will take to reach that goal.

**Debrief:**

Reflect on how goal-setting helps with personal growth, responsibility, and maintaining motivation.

## Activity 3: Rolling with Luck

**Duration:** 10 minutes

**Objective:**

To combine luck, strategy, and physical fitness in a dice-rolling game that encourages decision-making and exercise.

**Learning Intentions:**

- Practice predicting outcomes based on probability.
- Complete physical exercises based on dice rolls while tracking points.

**Success Criteria:**

- Correctly predict the outcome of dice rolls and perform the required exercises.
- Track progress and stay motivated to achieve the highest score.

**Gameplay:**

Players roll dice, predict whether the instructor's roll will be higher, lower, or the same, and perform exercises based on whether they guessed correctly. Points are awarded for correct predictions, and exercises are performed for incorrect guesses.

**Debrief:**

Discuss how making predictions and completing exercises based on the dice roll kept the game exciting and encouraged physical engagement.

## Activity 4: Gratitude & Giving Puzzle

**Duration:** 20 minutes

**Objective:**

To foster teamwork and gratitude through a series of challenges where each completed task earns a puzzle piece. Once all challenges are completed, the team assembles the puzzle to reveal a "Magic Gratitude Word."

**Learning Intentions:**

- Express and practice gratitude through creative activities.
- Work collaboratively to complete challenges and reflect on positive experiences.

**Success Criteria:**

- Actively contribute to each challenge, share gratitude, and engage creatively.
- Collaborate with teammates to solve the puzzle and complete all challenges.

**Gameplay:**

Teams complete eight gratitude-related challenges, each earning a puzzle piece. Challenges include Gratitude Charades, creating a gratitude song, performing acts of kindness, and more. Once all challenges are completed, the team assembles the puzzle to reveal a gratitude-related word.

**Debrief:**

Reflect on the importance of gratitude and teamwork, discussing how the collaborative efforts led to the successful completion of the puzzle.

## **Conclusion:**

Week Twelve encourages students to connect with their peers through fun and interactive activities, while also promoting personal growth through goal-setting and reflection. Whether discovering common interests in Mingle Mingle Mingle, setting personal goals in Goal Mapping, or practising gratitude in Gratitude & Giving, students experience a well-rounded week that combines social engagement, physical activity, and emotional well-being. These activities foster teamwork, empathy, and a positive mindset that will benefit students both inside and outside the classroom.

