



Week Thirteen

Week Thirteen focuses on promoting social interaction, kindness, physical fitness, and reflection. The activities are designed to help students connect with one another, reflect on positive actions, set goals, and engage in physical challenges. From interactive icebreakers like Circle Swap to fitness games such as Dice We Go, the week provides an exciting mix of fun, movement, and reflection on personal growth and community building.

Learning Intentions:

1. **Promote Social Interaction and Engagement:** Circle Swap encourages students to engage with their peers, share personal facts, and practice using names while staying active. The game emphasises the importance of building connections in a fun, low-pressure environment.
2. **Encourage Reflection on Kindness:** Acts of Kindness Tracker and Kindness Memory Match provides students with opportunities to reflect on their actions and share meaningful kindness experiences, fostering empathy and positive relationships.
3. **Support Physical Fitness and Endurance:** Dice We Go challenges students to push their physical limits while following instructions, fostering endurance, resilience, and a competitive spirit in a supportive environment.

Success Criteria:

1. **Active Participation and Engagement:** Students participate actively in all activities, whether sharing names in Circle Swap or engaging in physical exercises in Dice We Go. The focus is on inclusivity, interaction, and mutual support.
2. **Goal-Setting and Reflection:** Students reflect on their actions and how they impacted others, particularly through the Acts of Kindness Tracker, and identify ways to incorporate more kindness into their daily routines.
3. **Building Social and Empathetic Connections:** Through games like Kindness Memory Match and Circle Swap, students learn to engage with one another respectfully, listen actively, and reflect on how they can contribute to a positive, supportive environment.
4. **Physical Engagement and Resilience:** In Dice We Go, students demonstrate resilience by increasing their physical capacity through repeated exercises and tracking progress, all while maintaining a positive attitude.





Activity 1: Circle Swap

Duration: 5 minutes

Objective:

To engage students in social interaction, helping them learn each other's names and personal details while incorporating physical activity.

Learning Intentions:

- Engage with peers and share unique facts about themselves.
- Complete physical exercises (burpees, squats, etc.) in response to shared facts.

Success Criteria:

- Actively participate in the game by sharing names and facts.
- Complete physical challenges and move efficiently to new spots.
- Engage respectfully with peers while communicating during the activity.

Gameplay:

Students form a circle, and one student in the centre shares their name and a fun fact. Anyone who shares a similar trait must perform an exercise (like a burpee) and run across the circle to find a new spot. The next student repeats the process.

Debrief:

Reflect on the benefits of learning each other's names and the importance of building connections within the group through active listening.

Activity 2: Acts of Kindness Tracker

Duration: 25 minutes

Objective:

To encourage self-reflection on acts of kindness and their positive impact on both the giver and receiver.

Learning Intentions:

- Reflect on personal acts of kindness and their impact.
- Identify practical ways to incorporate more kindness into daily life.

Success Criteria:

- Track and describe three acts of kindness performed during the week.
- Reflect on personal feelings and others' reactions to the acts.
- Explain the importance of kindness and how to practice it more.

Gameplay:

Over a week, students track their acts of kindness and reflect on their feelings and the reactions of others. At the end of the week, they reflect on how kindness impacts relationships.

Debrief:

Discuss how acts of kindness can make a significant difference in building positive relationships and fostering a supportive community.





Activity 3: Dice We Go

Duration: 10 minutes

Objective:

To engage in a fitness game that combines physical activity with decision-making and endurance.

Learning Intentions:

- Follow instructions and complete exercises based on dice rolls.
- Improve physical fitness through endurance-based exercises and running.

Success Criteria:

- Complete the required number of repetitions for each exercise.
- Increase physical capacity and resilience throughout the game.
- Track progress and encourage peers during the activity.

Gameplay:

Players roll dice to determine the number of repetitions for various exercises (e.g., push-ups, squats, leg raises). After completing the exercises, they run a set distance and proceed to the next round. The rounds get progressively harder as the dice rolls increase.

Debrief:

Reflect on the importance of perseverance and how setting small goals within a larger challenge helps build endurance and confidence.

Activity 4: Kindness Memory Match

Duration: 20 minutes

Objective:

To reflect on personal acts of kindness through a memory match game, fostering empathy and teamwork.

Learning Intentions:

- Reflect on and share personal kindness experiences.
- Collaborate with peers to reinforce the importance of kindness.

Success Criteria:

- Match kindness-related questions with personal experiences.
- Participate in meaningful conversations about kindness during the game.

Gameplay:

Players flip over two cards at a time, answering kindness-related questions based on their own experiences. If they match a pair, they keep the cards. The goal is to match all the pairs and reflect on the kindness shared.

Debrief:

Discuss what students learned from the game about kindness and how these experiences can be incorporated into daily life. Reflect on how acts of kindness build positive connections.





Conclusion:

Week Thirteen is centred around building relationships, kindness, and physical engagement. Activities like Circle Swap allowed students to connect socially, while Acts of Kindness Tracker and Kindness Memory Match encourages reflection on positive behaviours. Meanwhile, Dice We Go provides a fun and competitive way for students to improve their physical fitness while also tracking progress. The week's activities emphasise the importance of kindness, teamwork, and self-reflection, leaving students with valuable insights into how they can positively impact their community and their own well-being.

