

Week Fifteen

Week Fifteen focuses on interactive and engaging activities that promote teamwork, non-verbal communication, gratitude, and physical fitness. Activities such as The Coin Year, Proud Star Wall, Dice Golf, and Mastermind Gratitude encourages students to think creatively, work collaboratively, and reflect on positive experiences, all while incorporating physical activity and fun.

Learning Intentions:

1. Non-verbal Communication & Teamwork:

- The Coin Year encourages non-verbal communication through body language and gestures to form a line based on the year of the coins. This fosters teamwork and cooperation, as students had to rely on creative strategies to communicate without speaking.

2. Gratitude & Reflection:

- Proud Star Wall and Mastermind Gratitude is designed to help students reflect on personal achievements and express gratitude for the positive aspects of their lives. These activities help develop self-reflection, empathy, and a supportive classroom environment.

3. Physical Fitness & Friendly Competition:

- Dice Golf combines exercise and math by challenging students to make predictions, calculate differences, and engage in physical activities based on their scores, promoting both fitness and friendly competition.

Success Criteria:

1. Active Participation & Non-verbal Communication:

- In The Coin Year, students engage in non-verbal communication and demonstrate teamwork by using gestures and body language to organise themselves into the correct chronological order of coins.
- In Mastermind Gratitude, students demonstrate collaboration and mindfulness while participating in both the mental (gratitude reflection) and physical (fitness challenges) aspects of the game.

2. Gratitude & Self-reflection:

- Proud Star Wall encourages students to reflect on and express their proud moments, sharing these achievements with the group and celebrating each other's successes.
- In Mastermind Gratitude, students work together to solve the gratitude code, reflecting on what they are thankful for and connecting with their peers.

3. Physical Movement & Coordination:

- Dice Golf encourages physical fitness and applied math in an exciting, competitive format.
- The Coin Year requires students to quickly and effectively move, communicate, and organise, helping them develop coordination and team collaboration.



Activity 1: The Coin Year

Duration: 10 minutes

Objective:

To encourage non-verbal communication and teamwork by forming groups based on the years on the coins, fostering cooperation and collaboration without speaking.

Learning Intentions:

- Communicate non-verbally to solve a challenge.
- Reflect on historical events and understand chronological order through coins.
- Develop teamwork and collaboration skills.

Success Criteria:

- Successfully organise the group based on the years on their coins.
- Use non-verbal communication effectively (gestures and body language).
- Complete the task within the time limit.

Gameplay:

- Students must arrange themselves in chronological order based on the year on their coin, without speaking, using only body language and gestures.
- The group must complete the task within one minute.

Debrief:

Discuss how students communicate without speaking, what strategies worked best, and how the challenge promoted teamwork and creativity.

Activity 2: Proud Star Wall

Duration: 20 minutes

Objective:

To help students recognise and share their achievements and moments they are proud of, fostering a positive environment for self-reflection and celebration.

Learning Intentions:

- Reflect on achievements and proud moments.
- Share personal accomplishments with others.
- Recognise and appreciate the achievements of others.

Success Criteria:

- Write or draw something they are proud of.
- Share their achievements with the group confidently.
- Celebrate the proud moments of others.

Gameplay:

- Students write or draw something they are proud of on star-shaped sticky notes and stick them on a wall, creating a "Proud Star Wall."
- Students take turns explaining their stars and why they are proud of them.

Debrief:

Encourage students to reflect on their achievements and how sharing positive moments helps build a supportive community. Discuss the importance of celebrating each other's successes.

Activity 3: Dice Golf

Duration: 10 minutes

Objective:

To combine prediction, math, and physical activity in a fun, competitive format where students predict dice rolls, calculate their scores, and perform exercises.

Learning Intentions:

- Predict dice rolls and calculate differences.
- Apply basic math (subtraction and comparison).
- Participate in friendly competition and physical fitness.

Success Criteria:

- Accurately guess dice rolls and calculate scores.
- Complete the required exercises efficiently.
- Participate in friendly competition while maintaining a positive attitude.

Gameplay:

- Players predict the dice roll, roll the dice, and calculate the difference between their guess and the result. They then perform exercises based on their score (e.g., burpees for each point).
- The player with the lowest score at the end of the game wins.

Debrief:

Discuss how math and physical activity can be combined to create a fun game and emphasise the importance of fitness and fair play.

Activity 4: Mastermind Gratitude

Duration: 20 minutes

Objective:

To reflect on gratitude, work collaboratively to solve a gratitude code, and integrate gratitude challenges and reflections..

Learning Intentions:

- Reflect on what they are grateful for and articulate it thoughtfully.
- Collaborate with others to solve a challenge.
- Integrate gratitude challenges with gratitude reflections.

Success Criteria:

- Answer gratitude-related questions thoughtfully.
- Work with the team to solve the gratitude code.
- Participate in both the challenges and reflection aspects of the game.

Gameplay:

- The group works together to guess the "Gratitude Code" by placing different coloured markers in a certain order trying to match the code set by the creator. Students work collaboratively to position their answers correctly using the feedback given by the Code Creator. The group completes gratitude challenges during the game whilst reflecting on gratitude questions and prompts.

Debrief:

Discuss how gratitude impacts well-being and reflect on how teamwork and communication helped solve the Gratitude Code.

Conclusion:

Week Fifteen focuses on non-verbal communication, gratitude, and teamwork. Activities like The Coin Year and Mastermind Gratitude challenges students to collaborate and reflect on gratitude, while Proud Star Wall and Dice Golf celebrates achievements and fostered physical fitness. These activities combine cognitive, emotional, and physical development, helping students build meaningful connections with their peers while staying active and engaged.

