



# Week Eighteen

In Week Eighteen, the activities focus on creativity, self-reflection, teamwork, physical fitness, and gratitude. Participants engage in fun, interactive activities that encourage connection with peers while practising valuable life skills like communication, empathy, and self-awareness. The week's activities also combine creativity with physical challenges, promoting positive and supportive group dynamics.

## Learning Intentions:

### 1. Creativity and Humor:

- Drawing Animals on Your Head allows participants to engage in a creative activity, fostering a relaxed, fun environment where laughter and creativity thrived.

### 2. Self-Reflection on Friendship:

- Friendship Recipe encourages students to reflect on the qualities that make a good friend and how they can apply these in their daily lives to strengthen friendships.

### 3. Physical Fitness and Strategic Thinking:

- Double Dice Movement combines physical exercise with strategy and teamwork, providing a competitive yet fun environment where participants work together to achieve fitness goals.

### 4. Gratitude and Mindfulness:

- This or That Gratitude helps participants reflect on their gratitude by choosing between two options and discussing their choices, fostering mindfulness and connection in a group setting.

## Success Criteria:

### 1. Creativity and Social Engagement:

- Drawing Animals on Your Head allows participants to actively engage in a non-competitive, fun drawing activity and share laughter through guesses, building a sense of community.

### 2. Reflection on Friendship and Kindness:

- Friendship Recipe encourages students to identify key traits of friendship and actively practice these qualities in their own lives, fostering positive relationships.

### 3. Physical Activity and Collaboration:

- Double Dice Movement challenges players to complete exercises based on dice rolls while collaborating with their teams to achieve high scores, promoting fitness and teamwork.

### 4. Gratitude and Social Connection:

- This or That Gratitude provides a structured way for students to reflect on what they are grateful for and share their reflections with others, promoting empathy and positive group dynamics.





## Activity 1: Drawing Animals on Your Head

**Duration:** 5 minutes

**Objective:**

To encourage creativity and humour in a non-competitive, lighthearted environment.

**Learning Intentions:**

- Engage in a creative and fun activity with others.
- Contribute to group interactions with fun and humorous guesses.
- Create a lighthearted atmosphere, making everyone feel comfortable.

**Success Criteria:**

- Participate actively in drawing and enjoy others' creativity.
- Guess the animals humorously and encourage others with positive feedback.

**Gameplay:**

Participants place a piece of paper on their heads and try to draw their favourite animal. After the drawing time, they share their drawings, and the group guesses what animal was drawn.

**Debrief:**

Discuss how creativity and humour contributed to the fun, encouraging students to share the experience of making mistakes and laughing together.

## Activity 2: Friendship Recipe

**Duration:** 25 minutes

**Objective:**

To reflect on the qualities of a good friend and how these traits can be applied in daily life.

**Learning Intentions:**

- Identify the qualities that make a good friend.
- Express how to be a good friend in real-life interactions.
- Think about how to practice kindness and friendship every day.

**Success Criteria:**

- List the qualities valued in a friend.
- Create a "recipe" for being a great friend.
- Reflect on how to apply these qualities daily.

**Gameplay:**

Students create a "recipe" for being a great friend by identifying ingredients (qualities) and directions (actions). They then reflect on how they can apply these traits in their own relationships.

**Debrief:**

Have students share their recipes in pairs or small groups, discussing the common qualities they value in friends and how they can practice them.





### Activity 3: Double Dice Movement

**Duration:** 10 minutes

**Objective:**

To engage in a fitness game that combines physical exercise with strategic thinking and teamwork.

**Learning Intentions:**

- Improve physical fitness through different exercises.
- Make strategic decisions based on dice rolls.
- Work collaboratively with a partner or team to achieve goals.

**Success Criteria:**

- Roll the dice and complete the assigned exercise.
- Collaborate with a partner or team to complete tasks efficiently.
- Adapt to different challenges with a positive attitude.

**Gameplay:**

Teams roll two dice and perform exercises based on the outcomes, completing the assigned reps for each exercise. Teams earn points for completed exercises, and the team with the most points wins.

**Debrief:**

Reflect on the teamwork and strategic thinking that helped the teams achieve their goals, and discuss how to stay motivated during fitness challenges.

### Activity 4: This or That Gratitude

**Duration:** 20 minutes

**Objective:**

To reflect on personal gratitude and connect with others through shared reflections.

**Learning Intentions:**

- Reflect on what you are thankful for.
- Connect with others by sharing your gratitude.
- Foster mindfulness and positive reflection in a group setting.

**Success Criteria:**

- Share gratitude reflections thoughtfully with others.
- Actively listen to others and appreciate their perspectives.
- Contribute to a supportive and positive atmosphere.

**Gameplay:**

Participants choose between two gratitude options, reflect on their choice, and share their thoughts with others who made the same choice.

**Debrief:**

Reflect on how the activity helped participants deepen their appreciation for the positive aspects of their lives and connect with others over shared gratitude.





### **Conclusion:**

Week Eighteen emphasises creativity, physical activity, reflection, and gratitude. Drawing Animals on Your Head encourages humour and creativity, while Friendship Recipe allows students to reflect on how to be better friends. Double Dice Movement combines fitness with teamwork, and This or That Gratitude fosters a sense of connection and mindfulness through shared reflections. The activities promote a fun, inclusive, and supportive environment, strengthening relationships, physical well-being, and emotional health.

