



Week Nineteen

Week Nineteen's activities focus on gratitude, self-reflection, physical engagement, and connection. The blend of games and reflective activities helps participants develop a positive mindset, enhance their physical fitness, and foster meaningful social interactions. The focus on gratitude and self-love empowers individuals to reflect on their personal strengths and appreciate the positive aspects of their lives.

Learning Intentions:

1. Gratitude and Reflection:

- Gratitude Counting encourages participants to reflect on gratitude while staying engaged in physical activity, promoting mindfulness and connection.

2. Imagination and Positive Thinking:

- My Perfect Day invites students to visualise their ideal day, fostering creativity and joy, and helping them reflect on the things that truly make them happy.

3. Math, Strategy, and Fitness:

- The Magic Number combines math skills with physical activity, helping participants develop strategic thinking while completing fun fitness challenges.

4. Self-Love and Appreciation:

- Self-Love and Appreciation Snap promotes self-reflection and self-love through a fun and engaging card game, encouraging participants to share and appreciate their strengths and qualities.

Success Criteria:

1. Active Participation and Focus:

- In Gratitude Counting, students remain engaged both physically and mentally, practicing focus and mindfulness while sharing gratitude.

2. Creative Expression:

- In My Perfect Day, students create a visual or written representation of their ideal day and reflect on how to bring those aspects into their real life.

3. Math and Strategy Application:

- In The Magic Number, students practice addition and strategic decision-making while completing exercises based on dice rolls.

4. Self-Reflection and Empathy:

- Self-Love and Appreciation Snap encourages students to reflect on their strengths and self-worth while supporting others in their self-reflection.





Activity 1: Gratitude Counting

Duration: 5 minutes

Objective:

To combine physical activity with moments of gratitude reflection, enhancing both mindfulness and social interaction.

Learning Intentions:

- Reflect on and express gratitude for people, experiences, and things in life.
- Stay focused during physical exercises while practising mindfulness.
- Build connections by sharing and actively listening to others' reflections.

Success Criteria:

- Remain engaged in the game, balancing focus and physical activity.
- Share meaningful moments of gratitude related to the theme of each round.
- Collaborate with a partner to achieve the highest score.

Gameplay:

Pairs assume a squat hold and take turns counting aloud. When reaching multiples of three or numbers with the digit three, participants stand and share gratitude related to a theme (determined by the dice roll). The game continues until a mistake is made, and the highest number reached is recorded as their score.

Debrief:

Reflect on how the game combined physical activity with mindfulness and how it helped students appreciate gratitude in a fun, engaging way.

Activity 2: My Perfect Day

Duration: 25 minutes

Objective:

Encourage creativity and reflection by having students imagine their perfect day and think about how they can bring those elements into their daily life.

Learning Intentions:

- Use imagination to create a perfect day.
- Identify activities and people that bring joy.
- Reflect on small actions to improve daily life.

Success Criteria:

- Create a visual or written representation of a perfect day.
- Reflect on the elements that make them happy.
- Identify ways to incorporate aspects of their perfect day into their daily life.

Gameplay:

Students write or draw their ideal day, focusing on people, activities, and places they love. Afterward, they reflect on how they can introduce elements of this perfect day into their real life.

Debrief:

Have students share their perfect days with others, discuss what brings them joy, and encourage them to implement positive changes in their routine.





Activity 3: The Magic Number

Duration: 10 minutes

Objective:

A dice-based fitness game that combines math, strategy, and physical activity.

Learning Intentions:

- Practice basic math skills through addition.
- Make strategic decisions balancing risk and reward.
- Engage in friendly competition while staying active.

Success Criteria:

- Add numbers quickly and accurately.
- Strategise to match the magic number or get as close as possible.
- Complete exercises after each round and stay active.

Gameplay:

Pairs roll dice to create a "magic number." Players then roll the dice again and aim to match or get closest to the magic number. Points are awarded based on how close the rolls are to the target. After each round, players complete a fitness exercise based on the number rolled.

Debrief:

Reflect on the balance between strategy, math, and physical activity. Discuss how the game helped them engage in both cognitive and physical challenges.

Activity 4: Self-Love and Appreciation Snap

Duration: 20 minutes

Objective:

A fun and interactive card game that encourages self-love and reflection.

Learning Intentions:

- Practice self-love by reflecting on personal strengths.
- Build empathy by listening to others' reflections.
- Foster a positive and supportive environment through shared gratitude.

Success Criteria:

- Reflect on personal strengths and share self-love.
- Actively listen to others' reflections and offer support.
- Contribute to a positive atmosphere through participation.

Gameplay:

Players take turns flipping cards, with matching cards resulting in a "snap." The player who calls "snap" wins the round and shares a self-love reflection prompt with others. Each player answers the reflection prompt, and the round continues.

Debrief:

Reflect on how the game encouraged self-love and appreciation. Discuss the importance of positive self-reflection and how it can strengthen emotional connections.





Conclusion:

Week Nineteen promotes gratitude, creativity, and self-reflection through engaging activities. Gratitude Counting combines physical movement with moments of reflection, helping students stay active while focusing on the positive aspects of their lives. My Perfect Day encourages students to visualise happiness and think about how to bring those elements into their daily routine. The Magic Number provides a fun, competitive way to practice math and physical fitness. Finally, Self-Love and Appreciation Snap facilitates self-reflection and empathy, helping students foster a supportive environment while building self-esteem. The activities contribute to both individual and group well-being, enhancing mindfulness, social connections, and physical fitness.

