

Week Twenty

Week Twenty focuses on promoting teamwork, empathy, self-reflection, physical activity, and gratitude. Through interactive and engaging activities, participants are encouraged to connect with one another, reflect on personal experiences, and build positive group dynamics. The week's games foster communication, collaboration, and a supportive environment, while also incorporating physical movement and emotional awareness.

Learning Intentions:

1. Teamwork and Collaboration:

- Legs Eleven encourages effective communication and collaboration within teams, highlighting the importance of spontaneous teamwork and celebrating collective success.

2. Gratitude and Reflection:

- Happiness Jar Ideas prompts students to reflect on positive moments in their lives, practice gratitude, and explore ways to share happiness with others.

3. Risk, Strategy, and Physical Activity:

- Skunk Dice Challenge combines math, strategic thinking, and physical exercise, encouraging players to make decisions based on risk and reward while staying active.

4. Empathy and Vulnerability:

- Empathy Go Fish promotes empathy, self-reflection, and connection by having players share personal experiences of kindness and vulnerability.

Success Criteria:

1. Active Participation and Team Success:

- In Legs Eleven, students contribute to their group's success by collaboratively showing the right number of fingers and celebrating their success as a team.

2. Gratitude and Sharing:

- In Happiness Jar Ideas, students reflect on happy memories, acknowledge the value of those moments, and think about how they could share happiness with others.

3. Strategic Thinking and Physical Engagement:

- In Skunk Dice Challenge, students demonstrate strategic decision-making, risk management, and physical engagement through exercise while playing the dice game.

4. Empathy and Connection:

- In Empathy Go Fish, students actively share personal experiences and listen to others' reflections, fostering deeper emotional connections and empathy.



Activity 1: Legs Eleven

Duration: 5 minutes

Objective:

Encourage spontaneous teamwork, quick thinking, and celebration through a fast-paced, fun icebreaker game.

Learning Intentions:

- Collaborate and communicate effectively within a team.
- Practice quick thinking and adaptability.
- Celebrate collective success and contribute to a positive group atmosphere.

Success Criteria:

- Contribute to the group's success by showing the right number of fingers.
- Collaborate effectively to reach the goal of 11 fingers.
- Engage fully in the celebration of success.

Gameplay:

In groups of three, participants count down and display a certain number of fingers, without prior communication. The goal is to collectively show 11 fingers. After each successful attempt, the group celebrates loudly and joyfully. The group with the most successful attempts in two minutes wins.

Debrief:

Reflect on how the game required teamwork and quick thinking without communication, and how celebrating success boosted morale and group dynamics.

Activity 2: Happiness Jar Ideas

Duration: 25 minutes

Objective:

Encourage students to reflect on small, joyful moments and develop a habit of acknowledging happiness.

Learning Intentions:

- Identify and appreciate happy moments in life.
- Practice gratitude by writing about things that bring happiness.
- Share happiness with others and understand its impact.

Success Criteria:

- Write down three happy memories or moments.
- Reflect on the value of remembering happy moments.
- Think about ways to share happiness with others.

Gameplay:

Students write three happy memories from the past week, then imagine adding other happy moments to a "Happiness Jar." They reflect on how revisiting these memories boosts their mood and share one happy moment with a partner.

Debrief:

Discuss how remembering happy moments can contribute to well-being, and explore how sharing happiness can create a positive environment in the classroom and beyond.

Activity 3: Skunk Dice Challenge

Duration: 10 minutes

Objective:

Combine dice rolling with physical exercises and strategic thinking in a fun, competitive setting.

Learning Intentions:

- Practice basic math skills by adding numbers.
- Make strategic decisions based on risk and reward.
- Engage in friendly competition and build teamwork skills.

Success Criteria:

- Roll the dice, calculate the score, and record the total.
- Make decisions on whether to risk rolling again or stop to keep points.
- Complete exercises based on the dice roll and engage in physical activity.

Gameplay:

Pairs roll two dice, add the numbers, and complete exercises based on the total rolled. Players choose whether to stop or risk rolling again for higher points. The goal is to accumulate the most points by the end of five rounds while avoiding the "one" or "double ones" risk.

Debrief:

Reflect on the balance of risk and reward, and how students made strategic decisions while staying physically active.

Activity 4: Empathy Go Fish

Duration: 20 minutes

Objective:

Encourage self-reflection, empathy, and connection by sharing personal experiences related to vulnerability and kindness.

Learning Intentions:

- Practice empathy by reflecting on and sharing personal experiences of vulnerability.
- Build emotional awareness and self-reflection skills.
- Foster deeper connections with others through shared vulnerability.

Success Criteria:

- Share personal reflections about vulnerability and empathy thoughtfully.
- Listen to others' experiences with empathy and support.
- Participate in the game by asking thoughtful questions and contributing to the positive atmosphere.

Gameplay:

Players try to match empathy prompts by asking for specific cards from others, and upon making a match, they share the corresponding reflection prompt aloud. The game fosters empathy, self-awareness, and deeper emotional connections as students share personal stories.

Debrief:

Reflect on how the game facilitated empathy and vulnerability, and how it helped students build emotional connections with others.

Conclusion:

Week Twenty provides engaging activities that helps students develop teamwork, strategic thinking, and empathy. Legs Eleven brings fun, fast-paced teamwork into the spotlight, while Happiness Jar Ideas encourages students to reflect on and share joyful moments. Skunk Dice Challenge combines math, strategy, and physical activity, offering a unique way to engage students. Finally, Empathy Go Fish deepens connections by promoting vulnerability and empathy. These activities contribute to students' emotional well-being, enhance their teamwork skills, and encourage gratitude and reflection in an interactive, enjoyable setting.

