

Week Two

Week Two aims to foster social interaction, emotional awareness, and physical activity through engaging and interactive games. The activities are designed to encourage students to work with others, reflect on their feelings, and engage in physical movements while having fun. Each game offers a unique opportunity for students to connect with their peers, build emotional intelligence, and stay active.

Learning Intentions:

- **Social Interaction & Connection:** Head, Shoulders, Knees, Toes Add Up promotes teamwork and collaboration, helping students practice social skills and build friendships in a relaxed and fun setting.
- **Emotional Awareness & Empathy:** My Empathy Tree helps students recognise and reflect on how their actions impact others emotionally, fostering empathy through creative expression.
- **Imagination & Physical Coordination:** What Animal Would You Be? encourages students to engage their imaginations while participating in physical movement, improving motor skills through animal movements.
- **Emotional Expression & Communication:** Six in a Row Emoji helps students identify and reflect on their emotions, promoting open communication and empathy as they share their experiences with a partner.

Success Criteria:

- **Active Participation & Fun Engagement:** In Head, Shoulders, Knees, Toes Add Up, students actively participate by performing gestures, staying engaged, and encouraging each other throughout the rounds.
- **Empathy Building & Self-Reflection:** In My Empathy Tree, students reflect on how their actions help others feel better and express their emotions creatively through writing or drawing.
- **Imagination & Physical Activity:** In What Animal Would You Be?, students enthusiastically act out animal movements, engaging their bodies and imaginations while following instructions.
- **Emotional Expression & Reflection:** In Six in a Row Emoji, students reflect on different emotions and share personal experiences, strengthening emotional awareness and communication skills.



Activity 1: Head, Shoulders, Knees, Toes Add Up

Duration: 5 minutes

Objective:

Encourage social interaction, physical activity, and connection with a fun, fast-paced game that combines body movements and gestures.

Learning Intentions:

- Promote social interaction and connection.
- Encourage physical activity and coordination.
- Foster a positive and fun atmosphere.

Success Criteria:

- Actively participate in the game by performing gestures and interacting with partners.
- Show accuracy in performing gestures and maintaining coordination.
- Contribute to a positive group atmosphere by encouraging others and enjoying the game.

Gameplay:

Students pair up, count down together, and choose one of four gestures (head, shoulders, knees, or toes). Points are earned if both players make the same gesture. After scoring, students add a fitness move before changing partners.

Debrief:

Discuss the importance of teamwork and how the game encourages interaction, cooperation, and fun.

Activity 2: My Empathy Tree

Duration: 25 minutes

Objective:

Help students reflect on their actions, build empathy, and understand the emotional impact of their behavior on others.

Learning Intentions:

- Recognise and understand how others feel.
- Express feelings and actions creatively.
- Reflect on how helping others makes both the helper and the recipient feel.

Success Criteria:

- Recall a time when they helped someone feel better.
- Express their actions and feelings through writing or drawing.
- Reflect on how their actions make both themselves and the other person feel.

Gameplay:

Students reflect on a time they helped someone, write or draw their experience, and consider how both they and the recipient feel. Students then share their reflections with a partner or group.

Debrief:

Discuss the emotional benefits of helping others and how students can continue to practice empathy in their daily lives.

Activity 3: What Animal Would You Be?

Duration: 10 minutes

Objective:

Combine imagination and physical activity as students act out different animals while performing corresponding movements.

Learning Intentions:

- Use imagination to pretend to be different animals.
- Improve coordination and motor skills through animal movements.
- Participate in group activities and follow along with instructions.

Success Criteria:

- Enthusiastically participate in animal movements, engaging with the story and performing the actions.
- Show excitement and creativity while transforming into various animals.
- Follow instructions and perform movements accurately.

Gameplay:

Students listen to the story and perform movements like crawling like a worm or jumping like a kangaroo. Each animal transformation includes a physical activity, such as squats for a bear or burpees for a whale.

Debrief:

Reflect on how different animals move and how imagination makes physical activity more enjoyable and engaging.

Activity 4: Six in a Row Emoji

Duration: 20 minutes

Objective:

Help students recognise and express their emotions while fostering communication, empathy, and cooperation.

Learning Intentions:

- Identify different emotions using emojis.
- Practice open communication by sharing experiences related to emotions.
- Build cooperation and patience through teamwork.

Success Criteria:

- Identify and reflect on emotions using emojis.
- Share personal experiences with a partner and listen respectfully.
- Complete the bingo grid by marking off squares with reflections.

Gameplay:

Students roll a die to choose an emoji on the bingo grid and share a time they felt that emotion. After sharing, they mark off the square. The goal is to complete a line of six squares in a row.

Debrief:

Discuss how understanding and sharing emotions helps build empathy and strengthens relationships with peers.

Conclusion:

Week Two is designed to focus on developing empathy, social skills, and physical coordination through interactive and creative activities. Head, Shoulders, Knees, Toes Add Up energises students with playful movements, while My Empathy Tree and Six in a Row Emoji encourage self-reflection and emotional awareness. What Animal Would You Be? uses imaginative play to engage both the body and the mind. These activities not only help students stay active but also reinforce the importance of kindness, empathy, and positive communication in a fun and engaging way.

