

# Week Three

Week Three focuses on engaging students in high-energy activities that promote mental agility, physical coordination, empathy, and gratitude. The activities aim to enhance social connections, encourage creativity, and keep the atmosphere positive and fun.

## Learning Intentions:

- **Quick Thinking & Counting:** Set Go encourages quick mental calculations and rapid decision-making, boosting students' mental agility while keeping them physically active.
- **Goal Setting & Self-Reflection:** The Best Me Today guides students in setting personal goals for the day, helping them reflect on their potential and encouraging self-motivation.
- **Imaginative Movement & Coordination:** Off to the Big Game involves students using their imagination to perform a variety of stretches and movements, promoting flexibility and coordination.
- **Gratitude Expression & Teamwork:** Gratitude Charades helps students practice gratitude through creative expression, fostering empathy and teamwork through collaborative play.

## Success Criteria:

- **Active Participation & Engagement:** In Set Go, students actively participate in quick counting and finger gestures, staying engaged with enthusiasm and energy. In The Best Me Today, students focus on setting personal goals and reflect on how achieving them would make them feel.
- **Physical Coordination & Imagination:** In Off to the Big Game, students demonstrate coordination and flexibility through a series of stretches, all while using their imaginations to bring the story to life.
- **Creative Gratitude Expression & Empathy:** In Gratitude Charades, students use body language and gestures to express gratitude and cooperate with teammates to guess gratitude-related prompts.

## Activity 1: Set Go

**Duration:** 5 minutes

**Objective:**

Engage students in a fun, high-energy game that promotes quick thinking and physical activity.

**Learning Intentions:**

- Improve quick thinking and counting.
- Stay active and have fun.
- Interact positively with peers.

**Success Criteria:**

- Quick and accurate counting.
- Active participation in the game.
- Positive and friendly interaction with classmates.

**Gameplay:**

In pairs, students hide their hands behind their backs on "Set" and reveal their fingers on "Go." The goal is to quickly calculate the total number of fingers shown. Points are awarded for correct answers.

**Debrief:**

Reflect on the importance of quick thinking and how physical movement keeps the game energetic and fun.

## Activity 2: The Best Me Today

**Duration:** 25 minutes

**Objective:**

Encourage self-reflection and goal-setting to help students focus on becoming the best version of themselves.

**Learning Intentions:**

- Set a positive, achievable goal.
- Reflect on how achieving that goal will feel.
- Take action toward achieving the goal.

**Success Criteria:**

- Set a specific goal for the day.
- Reflect on the emotional benefits of achieving the goal.
- Take steps to achieve the goal.

**Gameplay:**

Students write down one goal they wish to achieve today. They reflect on how they will feel when they accomplish it and set intentions for the day.

**Debrief:**

Discuss how setting goals can help build self-confidence and lead to personal growth throughout the day.

## Activity 3: Off to the Big Game

**Duration:** 10 minutes

**Objective:**

Provide a fun, story-based physical activity where students engage in imaginative play while completing stretches and movements.

**Learning Intentions:**

- Follow instructions and perform stretches.
- Engage in physical activity with imagination.
- Enhance flexibility and coordination.

**Success Criteria:**

- Actively engage in stretches and movements.
- Follow instructions carefully to perform each action correctly.
- Use imagination to embody characters and scenarios.

**Gameplay:**

Students follow a series of movements, such as squatting, stretching, or jumping, while imagining they are in different scenarios during a football game day.

**Debrief:**

Discuss how imaginative play can make physical activity more enjoyable and how stretching helps maintain flexibility.

## Activity 4: Gratitude Charades

**Duration:** 20 minutes

**Objective:**

Encourage students to express gratitude through creative movements and develop empathy through teamwork and communication.

**Learning Intentions:**

- Express gratitude creatively.
- Work as a team to identify emotions.
- Build empathy through understanding gratitude.

**Success Criteria:**

- Use body language to creatively express gratitude.
- Actively participate in guessing and communicating gratitude expressions.
- Work together as a team to complete the game.

**Gameplay:**

Students act out gratitude prompts without speaking, while their teammates guess what they are expressing. The game can be played in teams or individually.

**Debrief:**

Reflect on the importance of gratitude and how expressing appreciation fosters stronger emotional connections and positive relationships.

### **Conclusion:**

Week Three successfully blends physical activity with emotional development. Set Go promotes mental agility and movement, while The Best Me Today encourages goal-setting and self-reflection. Off to the Big Game offers an imaginative way to enhance coordination and flexibility, and Gratitude Charades fosters creativity and teamwork. These activities help students stay active, reflect on their emotions, and develop stronger interpersonal connections. The week highlights the value of being active, thinking quickly, setting goals, and practicing gratitude in a fun and interactive way.