

Week Six

Week Six focuses on fun physical activities, emotional reflection, and fostering gratitude. Activities are designed to build teamwork, physical coordination, emotional awareness, and positive relationships among students. This week's games combine movement, creativity, and reflection to help students engage with their peers and reflect on their personal growth.

Learning Intentions:

- **Teamwork & Cooperation:** Paper Scissors Rock Cheer Squad encourages students to work together, forming cheer trains while participating in a fun, physical game.
- **Emotional Reflection & Positive Thinking:** Happy Thoughts Journal guides students to identify positive moments in their day, express their feelings, and plan for more happiness in the future.
- **Physical Fitness Through Imagination:** Sports Adventure Story blends physical exercise with storytelling, encouraging students to act out movements tied to different sports events and athletes.
- **Expressing Gratitude Creatively:** Gratitude Pictionary helps students express gratitude through drawings, fostering empathy and helping students connect with others in a non-verbal way.

Success Criteria:

- **Active Participation & Teamwork:** In Paper Scissors Rock Cheer Squad, students actively participate in challenges, work as part of a team, and cheer for others. In Sports Adventure Story, students engage in various movements and show creativity in imagining themselves as athletes.
- **Emotional Expression & Self-Reflection:** In Happy Thoughts Journal, students reflect on happy moments, write or draw about them, and plan for future positive moments. In Gratitude Pictionary, students express their gratitude through drawings, participate in guessing, and share the meaning behind their gratitude.
- **Building Connections & Empathy:** Gratitude Pictionary allows students to connect by sharing what they are grateful for, strengthening positive relationships within the group.

Activity 1: Paper Scissors Rock Cheer Squad

Duration: 10 minutes

Objective:

To play an energetic version of Paper, Scissors, Rock, which incorporates teamwork, cheering, and movement. The goal is to be the last player standing with a train of followers.

Learning Intentions:

- Practice fair play and take turns.
- Cooperate and work together in a group.
- Stay active and engage in a fun, energetic activity.

Success Criteria:

- Actively participate in challenges and join cheer trains with enthusiasm.
- Display good sportsmanship and friendly competition.
- Cheer with energy and support others.

Gameplay:

Students challenge each other to a round of Paper, Scissors, Rock. The loser and their cheer squad joins the winner's cheer train. The last two players play off in a grand final with the winner becoming the "train conductor" and leads a victory lap with their cheering train following behind them.

Debrief:

Discuss the importance of teamwork, positive energy, and supporting each other during games. Reflect on the fun and active nature of the game.

Activity 2: Happy Thoughts Journal

Duration: 20 minutes

Objective:

To encourage positive thinking and self-reflection by helping students identify and express happy moments from their day.

Learning Intentions:

- Recognise positive moments in daily life.
- Express feelings through writing and drawing.
- Set intentions for more happy moments in the future.

Success Criteria:

- Identify one happy moment from the day.
- Express the moment through writing or drawing.
- Plan for another happy moment in the future.

Gameplay:

Students write or draw about a happy moment from their day and reflect on how it made them feel. They then plan for another happy moment in the future.

Debrief:

Share happy moments with the group, focusing on the importance of recognising positive experiences in daily life. Reflect on how this helps foster a joyful mindset.

Activity 3: Sports Adventure Story

Duration: 10 minutes

Objective:

To engage students in a fun, story-driven physical activity, where they follow movements tied to different sports adventures.

Learning Intentions:

- Follow instructions and perform physical movements based on a story.
- Use imagination to become a sports hero.
- Improve physical fitness through fun and engaging exercises.

Success Criteria:

- Actively participate in each movement.
- Follow instructions to perform movements accurately.
- Use imagination to embrace the role of a sports hero.

Gameplay:

Students follow a sports-themed adventure story, performing different physical movements for each scenario (e.g., side-to-side jumps, squat thrusters, or jogging in place).

Debrief:

Reflect on how the adventure makes the physical movements more exciting and fun. Discuss the benefits of staying active while using creativity to imagine different sports scenarios.

Activity 4: Gratitude Pictionary

Duration: 20 minutes

Objective:

Encourage students to express gratitude through drawing, fostering empathy and understanding by interpreting and sharing what others are grateful for.

Learning Intentions:

- Express gratitude creatively through drawing.
- Understand and appreciate others' gratitude by guessing their drawings.
- Share and reflect on what others are grateful for.

Success Criteria:

- Create meaningful drawings that express gratitude.
- Participate in guessing and share personal reflections on gratitude.
- Contribute to a "gratitude wall" to promote a positive atmosphere.

Gameplay:

Each student creates a drawing that represents something they are grateful for, without using words, numbers, or letters. Once completed, they share their drawings with the group, and everyone tries to guess what the drawing represents. After guessing, the artist explains why they are grateful for the object or experience.

Debrief:

Discuss the significance of expressing gratitude and how it can positively impact our emotions. Reflect on the drawings and how they helped everyone connect, appreciate, and understand each other's gratitude.

Conclusion

Week Six offered a series of activities designed to foster physical movement, emotional reflection, and gratitude. Paper Scissors Rock Cheer Squad encouraged teamwork and cooperation, while Happy Thoughts Journal gave students an opportunity to reflect on positive moments and plan for more happiness. Sports Adventure Story combined fitness and imagination, allowing students to engage in physical exercises through a fun, sports-themed narrative. Finally, Gratitude Pictionary promoted gratitude and empathy through creative expression. These activities helped students stay active, engaged, and connected with their peers, promoting physical, emotional, and social well-being.