

Week Ten

Week Ten combines movement, gratitude, and social connection, offering a blend of physical activities, creative reflection, and meaningful social interactions. The week focuses on energising students through active games, fostering kindness through compliments, and encouraging gratitude through personal reflections. Each activity aims to enhance physical fitness, emotional intelligence, and positive social bonds.

Learning Intentions:

- **Physical Activity & Coordination:** Yay, Nay, Let's Stay and Five Little Monkeys help improve students' coordination and motor skills by incorporating fun, energetic movements such as jumping, spinning, and crawling. Five Little Monkeys integrates exercises like squats, push-ups, and sit-ups with a sing-along story, helping students stay fit and active while engaging their imaginations.
- **Gratitude & Empathy:** Gratitude Rainbow and Wellness Guess Who focus on reflection and gratitude, encouraging students to recognise and appreciate positive aspects of their lives and share these feelings creatively. Wellness Guess Who promotes empathy as students work together to guess the gratitude memories of their peers, fostering social connection and understanding.
- **Social Connection & Teamwork:** Yay, Nay, Let's Stay encourages teamwork and coordination, as students work together to complete the commands and movements in sync. Gratitude Rainbow and Wellness Guess Who foster social interaction through sharing and listening, creating a positive and supportive group environment.

Success Criteria:

- **Active Participation & Movement:** Yay, Nay, Let's Stay and Five Little Monkeys keep students active by having them follow commands quickly and accurately, improving their coordination and physical fitness. Students actively engage in the movements, showing enthusiasm and energy throughout the activities.
- **Imaginative Reflection & Gratitude:** Gratitude Rainbow and Wellness Guess Who encourage students to reflect on the positive aspects of their lives and creatively express their gratitude through drawing and writing. Students share their gratitude with others, fostering empathy and appreciation within the group.
- **Social Interaction & Teamwork:** Yay, Nay, Let's Stay requires students to work together, focusing on keeping in rhythm and following the sequence of movements as a team. Wellness Guess Who promotes teamwork and communication, as students collaborate to guess whose gratitude memory is being shared.

Activity 1: Yay, Nay, Let's Stay

Duration: 10 minutes

Objective:

To promote quick thinking, physical coordination, and teamwork by following fun and energetic commands.

Learning Intentions:

- React quickly and follow simple instructions (jump forward, jump backward, spin).
- Improve physical coordination and motor skills.
- Foster teamwork and social connection.

Success Criteria:

- Follow the commands accurately and quickly.
- Actively engage in the game with enthusiasm and good coordination.
- Work together as a team, supporting each other throughout the game.

Gameplay:

Students follow commands such as "Yay" (jump forward), "Nay" (jump backward), and "Let's Stay" (spin). Sequences are given at increasing speed to challenge students' ability to stay in sync with the group.

Debrief:

Discuss the importance of staying focused and coordinating with others to successfully complete each sequence. Highlight how the game helps with quick thinking and physical fitness.

Activity 2: Gratitude Rainbow

Duration: 20 minutes

Objective:

To encourage students to reflect on and express gratitude for different aspects of their lives through creative drawing and writing.

Learning Intentions:

- Recognise and appreciate different aspects of life (family, friends, activities).
- Express gratitude creatively.
- Reflect on how gratitude makes them feel.

Success Criteria:

- Identify something they are grateful for in each section of the rainbow.
- Express their gratitude through drawings or writing.
- Reflect on the positive emotions that gratitude brings.

Gameplay:

Students draw a rainbow with sections representing different aspects of their lives (e.g., family, friends, activities). In each section, they either write or draw something they are thankful for. Students reflect on how this gratitude makes them feel.

Debrief:

Encourage students to share their gratitude rainbows with the class. Discuss how focusing on gratitude can create a positive mindset and contribute to emotional well-being.

Activity 3: Five Little Monkeys

Duration: 10 minutes

Objective:

To combine storytelling with physical exercises, engaging students in fun movements while following a nursery rhyme story.

Learning Intentions:

- Follow along with an interactive story while performing physical exercises.
- Build strength, coordination, and flexibility through physical activities.
- Engage creativity and imagination by pretending to be monkeys.

Success Criteria:

- Participate enthusiastically in the exercises.
- Follow directions and complete each movement accurately.
- Use imagination and creativity to engage with the story.

Gameplay:

Students follow along with the singalong story, completing exercises such as squats, jumps, and crawls based on the story's events (e.g., jumping on the bed, climbing the spout). The activities match the progression of the rhyme, building strength and coordination.

Debrief:

Talk about how combining physical activity with storytelling helps students stay active and engaged. Discuss the importance of exercise for building strength and flexibility.

Activity 4: Wellness Guess Who

Duration: 20 minutes

Objective:

To encourage students to reflect on positive memories and share their gratitude with the group through a fun guessing game.

Learning Intentions:

- Reflect on and express gratitude through writing or drawing.
- Foster teamwork by guessing who shared each gratitude memory.
- Build connections through sharing and listening.

Success Criteria:

- Reflect thoughtfully on positive memories and express gratitude.
- Actively participate in the guessing game.
- Share gratitude in a clear and meaningful way.

Gameplay:

Students write or draw a memory they are grateful for and place it in a jar. The group takes turns guessing whose memory is being shared. After each guess, the author reveals themselves and shares more about the memory.

Debrief:

Discuss how sharing gratitude helps create strong connections and positive group dynamics. Emphasise how listening and sharing personal experiences contribute to empathy and understanding.

Conclusion:

Week Ten is filled with physical challenges, creative expression, and gratitude. Activities like Yay, Nay, Let's Stay and Five Little Monkeys energise students through movement, improving their coordination and physical fitness. Gratitude Rainbow and Wellness Guess Who encourage reflection, creative expression, and social connection. These activities help students stay active, appreciate the good in their lives, and build meaningful relationships with their peers.

