

Weekly Celebration



Weekly Celebration is a reflective activity designed to promote gratitude and a positive mindset. It encourages everyone to answer four key questions that help them reflect on the past week—celebrating the best bits, recognising acts of kindness, acknowledging personal growth, and setting a positive intention for the week ahead.



Family Objects

Cultivating Gratitude and Positivity:

Every family member takes a moment to reflect on the good stuff from the week, recognising the little acts of kindness and positive experiences that make life sweeter.

Fostering Self-Improvement and Future Planning:

We learn to acknowledge our personal growth and set intentions for the coming week, so that each new week is a chance to be a bit better than before.

Promoting Mindfulness and Well-Being:

By taking time out to reflect, we boost our overall well-being and create a space for mindful thought and positive anticipation for the days ahead.



Success Milestones

Thoughtful Reflection on the Week's Highlights:

Family members regularly jot down or doodle their best moments from the last seven days, showing a real understanding of gratitude and positive thinking.

Recognition of Acts of Kindness and Personal Growth:

Everyone identifies at least one act of kindness they've done or experienced, along with something that added value to their week, highlighting their impact on others and themselves.

Setting Positive Intentions for the Future:

Each person takes a moment to note something to look forward to in the coming week, demonstrating their ability to plan for and anticipate positive experiences.



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Objective:

Weekly Celebration is a reflective activity designed to promote gratitude and a positive mindset. It encourages everyone to answer four key questions that help them reflect on the past week—celebrating the best bits, recognising acts of kindness, acknowledging personal growth, and setting a positive intention for the week ahead.

Players:

Ideal for individuals or groups, whether you're at home, in the classroom, or in the workplace. It's a ripper way to start or wrap up the week with a bit of reflection and a lot of positive vibes.

Materials:

- Pen and paper, or a journal.
- Alternatively, you can use colourful Post-it notes if you're feeling creative!

Setup:

- Set aside five to ten minutes for the activity—either at the beginning or end of the week.
- Find a comfy spot where everyone can sit together and have a quiet moment of reflection.

Gameplay:

1. Reflect on the Best Bit:

Spend about one minute writing or drawing your favourite moment from the last seven days—the little moment that made you smile.

2. Note an Act of Kindness:

Write down one kind thing you did for someone else or that someone did for you during the week. It could be as simple as helping a mate out or sharing a cuppa.

3. Record a Moment of Value:

Think about something you did over the past week that added value to your life, whether it was learning something new, taking time for yourself, or lending a hand.

4. Set a Positive Intention:

Jot down something you're looking forward to in the coming week—a goal, an event, or simply a moment you're excited about.

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Variations for Different Settings:

- **Educational Edition:**

Use Weekly Celebration as a regular reflection for students, fostering gratitude and a growth mindset throughout the school week.

- **Staff Edition:**

Incorporate this activity into team meetings to boost morale, encourage team bonding, and celebrate collective achievements.

- **Family Edition:**

Make it a shared family activity to strengthen bonds and open up honest, positive conversations about everyone's week.

Additional Notes:

Weekly Celebration is a straightforward yet powerful tool for lifting your mood and enhancing overall well-being. It's all about taking a little time to reflect, feel grateful, and look forward to what's coming next. Whether you're using it as a personal routine or a group activity, this reflective practice can help create a culture of positivity and mindfulness that carries through into every new week. Enjoy the process, and have a go at making each week better than the last!

