

Week Three

Week Three focuses on self-awareness, leadership, creativity, movement, and self-love. Activities like *Follow the Leader* encourage leadership skills and teamwork, while *My Dream Day* provides an opportunity for students to express their ideal day creatively. *Off to the Big Game* blends physical activity with imaginative play, and *Self-Love Heart Drawing* fosters self-esteem by encouraging students to reflect on their positive qualities. These activities support confidence-building, creative expression, and positive emotional reflection.

Learning Intentions

Leadership & Listening:

- *Follow the Leader* promotes leadership skills and listening abilities as students take turns leading and following instructions.

Creativity & Self-Expression:

- *My Dream Day* and *Self-Love Heart Drawing* encourage students to reflect on their personal desires and strengths while practising drawing and verbal expression.

Physical Activity & Coordination:

- *Off to the Big Game* engages students in creative physical movements, helping develop coordination, balance, and flexibility.

Self-Awareness & Self-Esteem:

- *Self-Love Heart Drawing* promotes positive self-reflection and boosts self-esteem by encouraging students to reflect on their unique qualities.

Success Criteria

Engagement & Participation:

- *Follow the Leader* fosters leadership, attentiveness, and cooperation in a group.
- *My Dream Day* helps students practice expressing their creativity and sharing personal experiences.
- *Off to the Big Game* encourages active participation, listening, and imagination during a physical adventure.
- *Self-Love Heart Drawing* supports students in expressing their positive qualities and builds verbal expression skills.



Activity 1: Follow the Leader

Duration: 10-15 minutes

Objective:

To develop leadership, listening, and coordination skills by having students take turns leading and following movements and actions.

Learning Intentions:

- Practice leadership by guiding others with creative movements.
- Follow the leader's movements and stay focused.
- Build confidence by participating as both leader and follower.

Success Criteria:

- Lead classmates with creative movements.
- Follow the leader's movements closely.
- Take turns as the leader, building confidence and teamwork.

Gameplay:

- Start with one leader who creates movements for the group to follow.
- Switch leaders every few minutes to allow all students to lead and follow.
- Encourage creativity and engagement from both leaders and followers.

Reflection Prompt:

- How did it feel to lead your classmates?
- What was the most fun movement you did as a leader?
- How did you stay focused while following?

Activity 2: My Dream Day

Duration: 10-15 minutes

Objective:

To encourage students to use their imagination and creativity by drawing and sharing what their perfect day would look like.

Learning Intentions:

- Practice creativity by illustrating the ideal activities and places for a dream day.
- Develop verbal expression by sharing ideas with the group.
- Reflect on personal preferences and what makes them happy.

Success Criteria:

- Draw a picture that shows the activities and people of the dream day.
- Share with the group and explain why it's a perfect day.
- Reflect on why certain activities or places are important to them.

Gameplay:

- Ask students to draw their perfect day, including activities, places, and people.
- After drawing, have students share their dream day with the group.

Reflection Prompt:

- What makes your dream day special?
- Why is that activity or place important to you?
- How did you feel while drawing your dream day?

Activity 3: Off to the Big Game

Duration: 15-20 minutes

Objective:

To engage students in physical activity while following along with a fun, story-based adventure that promotes stretching and imaginative play.

Learning Intentions:

- Follow instructions and perform physical movements while engaging in a story.
- Use imagination to participate in creative physical activities.
- Enhance flexibility, balance, and coordination through movement.

Success Criteria:

- Actively participate in each movement and follow instructions.
- Use imagination to connect with the story while moving.
- Stay engaged and have fun while completing the adventure's stretches and actions.

Gameplay:

- Start with the story of heading to a football match, and follow instructions for physical movements like squatting, stretching, and performing actions like running or reaching.
- Encourage students to use their imagination to fully embrace each scenario.

Reflection Prompt:

- How did you feel while pretending to be part of the story?
- What movements did you enjoy the most?
- Did the story make the movements more fun?

Activity 4: Self-Love Heart Drawing

Duration: 10-15 minutes

Objective:

To help students practice self-love and enhance verbal expression by reflecting on their positive qualities and drawing a self-love heart.

Learning Intentions:

- Reflect on positive qualities and develop self-awareness.
- Express self-love through creativity by drawing a heart filled with positive traits.
- Improve verbal expression by sharing the self-love heart with the group.

Success Criteria:

- Draw a heart filled with things they love about themselves.
- Reflect on personal strengths and explain what makes those qualities special.
- Share the self-love heart confidently with the group.

Gameplay:

- Ask students to draw a heart and fill it with words or images representing their positive qualities.
- After completing their hearts, have students share them with the group.

Reflection Prompt:

- What qualities do you love about yourself?
- Why are these qualities important to you?
- How did you feel when sharing your self-love heart?

Conclusion:

Week Three focuses on leadership, self-expression, self-awareness, and physical activity. *Follow the Leader* helps develop leadership skills and coordination, while *My Dream Day* and *Self-Love Heart Drawing* encourage creativity, self-reflection, and verbal expression. *Off to the Big Game* blends imagination with movement to engage students physically and mentally. These activities promote positive social interactions, creativity, self-confidence, and teamwork in a fun and supportive environment.