



# Week Four

This week's activities focus on colour recognition, emotional expression, physical movement, and gratitude. The games and tasks encourage independence, teamwork, creativity, and positive emotional awareness, all while engaging students in active learning and fun group interactions. Activities like *Colour Hunt* enhance colour recognition and independent problem-solving, while *My Happy Place* fosters emotional reflection. *Tour De France Bike Race* combines imaginative movement with fitness, and *Thank You Cards* encourages students to express gratitude creatively.

## Learning Intentions

### Colour Recognition & Independence:

- *Colour Hunt* helps students practice colour recognition while developing independence and teamwork through a fun scavenger hunt.

### Emotional Expression & Self-Reflection:

- *My Happy Place* promotes emotional awareness, helping students reflect on the environments where they feel safe and happy.

### Imagination & Physical Fitness:

- *Tour De France Bike Race* encourages physical activity and imaginative play, while *Thank You Cards* fosters creativity and fine motor skills as students express gratitude.

## Success Criteria

### Engagement & Participation:

- *Colour Hunt* and *My Happy Place* encourage students to engage in the tasks actively, whether searching for colours or drawing their safe place.
- *Tour De France Bike Race* and *Thank You Cards* require students to participate fully, using imagination for movement and creativity in crafting.

### Creativity & Reflection:

- *Colour Hunt* focuses on teamwork and collaboration in identifying colours, while *Thank You Cards* and *My Happy Place* foster self-expression and emotional reflection.





### Activity 1: Colour Hunt

**Duration:** 10-15 minutes

**Objective:**

To practice colour recognition, develop independence, and enhance teamwork through a colour-based scavenger hunt.

**Learning Intentions:**

- Identify and collect objects of specific colours.
- Develop independence in completing the hunt.
- Collaborate with a partner to find and collect objects.

**Success Criteria:**

- Find objects matching the specified colour.
- Work independently or with a partner.
- Share findings and practice colour recognition.

**Gameplay:**

- Call out a colour and have students search the room or outdoor area for objects matching that colour.
- Encourage students to work together in pairs, share what they find, and present their results.

**Reflection Prompt:**

- What was the easiest colour to find?
- How did you feel when you worked with your partner?
- What colours did you have trouble finding?

### Activity 2: My Happy Place

**Duration:** 10-15 minutes

**Objective:**

To reflect on places where students feel safe and happy and express their emotions through drawing.

**Learning Intentions:**

- Express emotions through drawing.
- Reflect on what makes a place feel safe and happy.
- Share their drawings and experiences with the group.

**Success Criteria:**

- Draw a place that makes them feel safe and happy.
- Reflect on the features of the place that bring comfort.
- Share their happy place with the group and explain why it's special.

**Gameplay:**

- Students draw a place where they feel happy and safe, including special details.
- After drawing, they share their happy place with the group and explain why it's significant.

**Reflection Prompt:**

- What makes your happy place special?
- How do you feel when you're in that place?
- Why is it important to have a place where you feel safe?





### Activity 3: Tour De France Bike Race

**Duration:** 15-20 minutes

**Objective:**

To get students moving while completing physical exercises and using their imagination in a bike race adventure.

**Learning Intentions:**

- Follow instructions and perform physical movements.
- Use imagination during physical activity.
- Improve physical fitness while having fun.

**Success Criteria:**

- Complete each movement correctly.
- Use imagination to engage with the story.
- Stay active and engaged throughout the activity.

**Gameplay:**

- Narrate the bike race story and guide students through corresponding physical movements, like squats, planks, and burpees.
- Encourage students to use their imagination while staying engaged in the race.

**Reflection Prompt:**

- Which movement was the hardest to do?
- How did using your imagination help make the game more fun?
- What part of the race did you enjoy most?

### Activity 4: Thank You Cards

**Duration:** 15-20 minutes

**Objective:**

To practice gratitude, express kindness, and improve fine motor skills by creating thank-you cards for someone special.

**Learning Intentions:**

- Reflect on who they appreciate and why.
- Create and personalise a thank-you card.
- Improve fine motor skills through drawing and writing.

**Success Criteria:**

- Draw and write a thank-you card with a personalised message.
- Reflect on who they are thankful for and why.
- Share the card with someone and express appreciation.

**Gameplay:**

- Students create thank-you cards, decorate them, and write messages of gratitude.
- After completing the cards, students can share their reasons for gratitude with the class.

**Reflection Prompt:**

- Who are you thankful for, and why?
- How does it feel to express gratitude?
- What kind things have others done for you that you appreciate?





### Conclusion:

Week Four emphasises creativity, emotional expression, teamwork, and physical activity. *Colour Hunt* and *My Happy Place* offer engaging ways to develop cognitive and emotional skills, while *Tour De France Bike Race* blends fitness with imagination. *Thank You Cards* teaches gratitude and self-expression, fostering kindness and appreciation. These activities provide students with opportunities to reflect on their feelings, build teamwork, and stay active while having fun.

