

Week Five

This week's activities focus on creativity, self-awareness, physical movement, and gratitude. The games and tasks help students practice mindfulness, flexibility, and self-expression, while fostering teamwork and positive emotions. *Biggest Stretch Challenge* encourages students to explore their bodies through fun stretches, *I Am Awesome* helps students reflect on their unique qualities and build self-esteem, *Alice in Wonderland Movement Adventure* brings imagination into fitness, and *Gratitude Cloud* promotes appreciation and collaboration.

Learning Intentions

Physical Awareness & Creativity:

- *Biggest Stretch Challenge* encourages students to explore their flexibility and creativity through stretches, while *Alice in Wonderland Movement Adventure* combines fitness with imaginative storytelling.

Self-Awareness & Positive Reflection:

- *I Am Awesome* promotes self-awareness, confidence, and verbal expression, helping students reflect on and share the positive qualities that make them special.

Gratitude & Collaboration:

- *Gratitude Cloud* helps students express gratitude through art and teamwork, fostering a positive classroom or family environment.

Success Criteria

Engagement & Creativity:

- *Biggest Stretch Challenge* and *Alice in Wonderland Movement Adventure* encourage active participation, with students using their imagination and creativity to complete physical challenges.

Self-Expression & Reflection:

- *I Am Awesome* gives students an opportunity to express themselves through art and verbal reflection, reinforcing positive self-awareness.
- *Gratitude Cloud* encourages students to reflect on what they are grateful for and share it with others.



Activity 1: Biggest Stretch Challenge

Duration: 10-15 minutes

Objective:

To help students practice physical movement and body awareness by exploring different stretches and movements in a creative and fun way.

Learning Intentions:

- Explore various stretches to increase flexibility and coordination.
- Express creativity through unique stretches and movements.
- Develop mindfulness by paying attention to how their bodies feel during stretches.

Success Criteria:

- Show creative and flexible stretches using different parts of the body.
- Participate actively and explore unique stretches.
- Reflect on how their body feels during each stretch.

Gameplay:

- Demonstrate a few simple stretches (e.g., reaching up high, touching toes, balancing) and encourage students to think creatively.
- Take turns showing the biggest or most creative stretch.
- Discuss how the stretches felt and encourage students to describe their movements.

Reflection Prompt:

- What did it feel like to stretch your body in different ways?
- How did your creativity help make the stretch unique?
- What was the biggest stretch you could do?

Activity 2: I Am Awesome

Duration: 10-15 minutes

Objective:

To help students reflect on their special qualities and practice self-awareness by drawing and sharing what makes them awesome.

Learning Intentions:

- Reflect on personal strengths and express them visually.
- Improve verbal expression by sharing personal traits with the group.
- Celebrate uniqueness and build self-esteem.

Success Criteria:

- Draw a picture of themselves and reflect on three things that make them special.
- Share the three things that make them awesome with the group.
- Practice speaking confidently about their strengths.

Gameplay:

- Draw a picture of themselves in the centre of the page, representing their unique qualities.
- Write or dictate three things that make them awesome.
- Share the drawing and three qualities with the group.

Reflection Prompt:

- What do you like most about yourself?
- How do these qualities help you be awesome?
- How does it feel to share your awesome qualities with others?

Activity 3: Alice in Wonderland Movement Adventure

Duration: 15-20 minutes

Objective:

To engage students in physical activity through an imaginative storytelling adventure that incorporates different fitness challenges.

Learning Intentions:

- Follow instructions and perform physical movements.
- Use imagination to participate in the Alice in Wonderland adventure.
- Improve strength, coordination, and flexibility through physical activities.

Success Criteria:

- Actively participate in each movement of the story.
- Follow instructions correctly and perform movements as described.
- Use creativity to transform into different characters while moving.

Gameplay:

- Narrate the Alice in Wonderland adventure, guiding students through corresponding movements (e.g., bunny hops, plank holds, and squats).
- Encourage students to pretend to be characters from the story as they complete the movements.

Reflection Prompt:

- Which part of the adventure was the most fun?
- How did your imagination help with the movements?
- What did you learn about your body through the fitness challenges?

Activity 4: Gratitude Cloud

Duration: 15-20 minutes

Objective:

To help students express gratitude, reflect on what they are thankful for, and collaborate with their classmates to create a collective gratitude sky.

Learning Intentions:

- Reflect on one thing they are grateful for and express it creatively.
- Share gratitude with classmates and collaborate to build a visual display.
- Foster positive thinking and teamwork through artistic expression.

Success Criteria:

- Draw or write something they are thankful for on a cloud-shaped piece of paper.
- Share their gratitude with the group and contribute to the collective "gratitude sky."
- Participate in a supportive and collaborative activity.

Gameplay:

- Draw or write one thing they are grateful for on a cloud-shaped paper.
- Share their gratitude with the group, and then contribute the cloud to the larger "gratitude sky."
- Reflect on the collective display of gratitude and celebrate what everyone is thankful for.

Reflection Prompt:

- Why is the thing you are grateful for important to you?
- How does it feel to share your gratitude with others?
- What did you enjoy about creating the gratitude sky with your classmates?

Conclusion:

Week Five combines creativity, movement, self-awareness, and gratitude in a series of fun, engaging activities. *Biggest Stretch Challenge* and *Alice in Wonderland Movement Adventure* provide opportunities for physical expression, while *I Am Awesome* and *Gratitude Cloud* promote self-reflection and emotional expression. These activities foster a positive and creative environment, encouraging students to embrace their unique qualities and appreciate the good things in their lives.