

Week Six

This week's activities emphasise creativity, self-regulation, teamwork, and kindness. *Musical Statues* helps students develop listening and self-control, *My Family and Me* strengthens family connections and communication, *Sports Adventure Story* blends fitness with imagination, and *Kindness Coupons* promotes acts of kindness and positive social interaction. These activities encourage students to engage with their peers, practice mindfulness, and reflect on positive actions and relationships.

Learning Intentions

Self-Awareness & Creativity:

- *Musical Statues* focuses on listening, self-control, and creative expression through dance.
- *My Family and Me* encourages students to reflect on and creatively express their connection to family.
- *Sports Adventure Story* combines imaginative play with physical exercise, using storytelling to promote creativity and fitness.
- *Kindness Coupons* encourages students to reflect on kindness and express it through creative actions.

Social Interaction & Reflection:

- *My Family and Me* and *Kindness Coupons* promote positive social interactions, with an emphasis on communication, empathy, and building relationships.
- *Sports Adventure Story* and *Musical Statues* encourage teamwork and collaboration.

Success Criteria

Engagement & Self-Regulation:

- *Musical Statues* promotes active participation, mindfulness, and listening skills.
- *Sports Adventure Story* helps students follow instructions and actively participate in fitness movements.
- *My Family and Me* and *Kindness Coupons* enhance social interaction and verbal communication, reinforcing empathy and understanding.

Creativity & Expression:

- *My Family and Me* and *Sports Adventure Story* encourage students to express themselves creatively through drawings and movement.
- *Kindness Coupons* inspires creative thought around acts of kindness, enhancing both verbal and artistic expression.

Activity 1: Musical Statues

Duration: 10-15 minutes

Objective:

To help students practice listening skills, self-control, and body awareness by dancing to music and freezing in place when the music stops.

Learning Intentions:

- Develop listening skills by responding to music pauses.
- Practice self-control by freezing the body when the music stops.
- Increase body awareness through movement and mindfulness.

Success Criteria:

- Listen carefully to the music and stop moving when it pauses.
- Freeze in place like a statue.
- Move creatively to the music, expressing themselves through dance.

Gameplay:

- Students dance while the music plays, then freeze when it stops.
- After each freeze, students can continue dancing in creative ways when the music resumes.
- Encourage students to express themselves freely and creatively.

Reflection Prompt:

- How did you feel when you had to freeze in place?
- What creative movements did you enjoy?
- How did your body feel when you were dancing and when you froze?

Activity 2: My Family and Me

Duration: 10-15 minutes

Objective:

To help students practice family connection, drawing, and social interaction by creating a picture of themselves and their family members, and sharing what they like to do together.

Learning Intentions:

- Reflect on family relationships and express those feelings through drawing.
- Improve communication by sharing thoughts on family activities.
- Foster a sense of belonging and appreciation for family.

Success Criteria:

- Draw a picture of yourself with your family, including everyone important to you.
- Think about and share activities you enjoy with your family.
- Listen attentively when others share their family drawings.

Gameplay:

- Students draw a picture of themselves with their family members.
- They share their family drawings and describe the activities they enjoy with their family.

Reflection Prompt:

- What activities do you love doing with your family?
- Why do you feel connected to your family?
- What makes your family special to you?

Activity 3: Sports Adventure Story**Duration:** 15-20 minutes**Objective:**

To engage students in a fun, interactive story-driven physical activity where they perform movements tied to an exciting sports adventure.

Learning Intentions:

- Follow instructions and perform physical movements in response to a story.
- Use imagination to pretend to be sports heroes.
- Improve physical fitness through engaging exercises related to the adventure.

Success Criteria:

- Actively participate in each exercise as part of the adventure.
- Perform the movements accurately based on the story.
- Use imagination to pretend to be athletes while completing the exercises.

Gameplay:

- Narrate the adventure and guide students through physical movements corresponding to the sports scenarios.
- Students perform exercises like squats, sit-ups, or running based on the storyline (e.g., “Squat like you’re preparing for the Tour de France”).

Reflection Prompt:

- Which part of the adventure was your favourite?
- How did your imagination help you perform the movements?
- How did each movement challenge your body?

Activity 4: Kindness Coupons**Duration:** 15-20 minutes**Objective:**

To encourage students to practice kindness, create meaningful acts of generosity, and share kindness through the creation of coupons for specific acts of kindness.

Learning Intentions:

- Reflect on how to express kindness and develop habits of generosity.
- Use creativity to design kindness coupons for others.
- Improve social interaction by sharing kindness coupons with others.

Success Criteria:

- Create kindness coupons that represent acts of kindness.
- Reflect on acts of kindness and write or draw them clearly on the coupons.
- Share the coupons with others, promoting social connection and positive interaction.

Gameplay:

- Students create kindness coupons representing acts of kindness (e.g., "I will share my toy," "I will help you clean up").
- After creating the coupons, students share them with someone else, explaining the kind act they are offering.

Reflection Prompt:

- How did it feel to create a kindness coupon?
- What impact do you think your act of kindness will have on others?
- How can small acts of kindness create a positive environment?

Conclusion:

Week Six focuses on fostering creativity, mindfulness, social interaction, and kindness. *Musical Statues* and *Sports Adventure Story* provide fun opportunities for physical activity while encouraging imagination and creativity. *My Family and Me* and *Kindness Coupons* allow students to reflect on their relationships and practice positive actions through self-expression and social connection. These activities aim to build self-awareness, promote positive social skills, and reinforce kindness within the classroom or family environment.