

# Week Seven

This week's activities encourage students to engage with shapes, happiness, fitness, and gratitude. *Shape Hunt* focuses on shape recognition and focus, *Happy Hands* promotes self-reflection and creativity, *African Safari* offers a dynamic fitness challenge, and *Gratitude Parade* fosters gratitude expression through art and communication. These activities emphasise mindfulness, creativity, communication, and physical activity, all while creating an environment that celebrates self-expression and kindness.

## Learning Intentions

### Self-Awareness & Reflection:

- *Happy Hands* and *Gratitude Parade* help students reflect on positive aspects of their lives and express them creatively.
- *Shape Hunt* and *African Safari* encourage active engagement and mindfulness while participating in physical and learning activities.

### Creativity & Communication:

- *Gratitude Parade* enhances verbal expression and creativity, as students design their gratitude displays.
- *Happy Hands* allows students to express their joy visually and verbally.
- *Shape Hunt* and *African Safari* promote creativity in different ways through physical movement and shape recognition.

## Success Criteria

### Engagement & Participation:

- *Shape Hunt* and *African Safari* emphasise active participation and focus on physical movements or searching tasks.
- *Happy Hands* and *Gratitude Parade* encourage thoughtful reflection, creativity, and communication, ensuring students engage with the task and share their experiences.

### Creativity & Reflection:

- *Happy Hands* encourages students to express happiness creatively through drawing, while *Gratitude Parade* emphasises expressing gratitude artistically and verbally.
- *Shape Hunt* and *African Safari* enhance creativity and critical thinking while engaging in physical movement.

## Activity 1: Shape Hunt

**Duration:** 10-15 minutes

### **Objective:**

To practice shape recognition, concentration, and independence by searching for hidden shape cutouts around the room.

### **Learning Intentions:**

- Recognise and identify shapes such as circles, squares, and triangles.
- Improve focus and attention to detail while searching for shapes.
- Encourage independent learning and shape identification.

### **Success Criteria:**

- Identify and name shapes found during the hunt.
- Stay focused while searching for shapes.
- Share the discovered shapes and their names with the group.

### **Gameplay:**

- Hide various shapes (circle, square, triangle) around the room.
- Students search and identify the shapes, calling out their names when found.

### **Reflection Prompt:**

- How did you feel finding each shape?
- Did you work independently or with a partner?
- What shapes did you find first?

## Activity 2: Happy Hands

**Duration:** 10-15 minutes

### **Objective:**

To reflect on what makes students happy and express it through drawing and writing inside the outline of their hands.

### **Learning Intentions:**

- Reflect on happiness and self-awareness by identifying joyful aspects of life.
- Improve fine motor skills by tracing and filling in each finger of the hand.
- Express happiness through verbal and visual communication.

### **Success Criteria:**

- Trace a hand and fill each finger with something that brings happiness.
- Share the drawings and explanations of what makes students happy.
- Engage in positive expression when talking about personal joys.

### **Gameplay:**

- Trace hands and fill each finger with something that makes students happy.
- Share and explain each finger's content with the group.

### **Reflection Prompt:**

- What makes your pet or family member special to you?
- What activities make you happy and why?

### Activity 3: African Safari

**Duration:** 15-20 minutes

#### **Objective:**

To engage in physical fitness through a safari adventure, completing movements based on animals and situations encountered on the journey.

#### **Learning Intentions:**

- Follow instructions and perform physical movements in response to the story.
- Use imagination to participate as animals and explorers on a safari.
- Improve coordination and fitness through physical exercises.

#### **Success Criteria:**

- Engage fully in each exercise, acting out the movements from the safari story.
- Complete the exercises correctly based on the safari's instructions.
- Use creativity to pretend to be animals and explorers.

#### **Gameplay:**

- Students follow the story, performing movements based on different safari scenarios, such as squat jumps for bumpy roads or running from rhinos.

#### **Reflection Prompt:**

- What part of the safari was your favourite?
- How did the movements relate to the animals or situations in the story?

### Activity 4: Gratitude Parade

**Duration:** 20-30 minutes

#### **Objective:**

To reflect on gratitude, enhance creativity, and engage in social sharing by creating a parade float representing something students are thankful for.

#### **Learning Intentions:**

- Reflect on gratitude and express it visually through creative design.
- Use art supplies to create a meaningful parade float or display.
- Practice social sharing by explaining their gratitude to the group.

#### **Success Criteria:**

- Create a parade float or display representing something students are grateful for.
- Share the gratitude and design with the group, explaining its significance.
- Engage in positive social interaction while walking around with the float.

#### **Gameplay:**

- Create a gratitude float or display using art supplies.
- Students share their floats with the group, explaining their gratitude.

### **Reflection Prompt:**

- What are you most grateful for, and how did you express that on your float?
- How does sharing your gratitude make you feel?

### **Conclusion:**

Week Seven focuses on promoting creativity, self-awareness, and physical fitness. *Shape Hunt* encourages focus and shape recognition, *Happy Hands* and *Gratitude Parade* foster gratitude and creativity, and *African Safari* engages students in a fun and interactive fitness journey. These activities combine fun with learning, encouraging students to reflect on their happiness, express gratitude, and engage in physical activities with imagination.

