

Week Ten

This week's activities revolve around creativity, imagination, physical activity, and gratitude. *Shadow Play* engages students in exploring light and shadow, while *My Dream Job* encourages them to think about their future aspirations. *Five Little Monkeys* provides a fun, physical sing-along experience, and *Gratitude Letter to a Friend* promotes gratitude and kindness through letter writing. The combination of these activities offers a well-rounded approach to creative expression, physical fitness, and emotional development.

Learning Intentions

Creativity & Imagination:

- *Shadow Play* encourages students to explore shapes and shadows, sparking creative thinking through body movement.
- *My Dream Job* allows students to imagine their future, fostering creativity as they illustrate and describe their dream careers.
- *Five Little Monkeys* combines creativity with physical activity, making fitness fun through an interactive nursery rhyme.

Gratitude & Social Sharing:

- *Gratitude Letter to a Friend* and *Five Little Monkeys* promote social interaction, kindness, and gratitude through written and physical expression.
- *Shadow Play* involves sharing creations, fostering communication and teamwork among students.

Physical Fitness & Coordination:

- *Five Little Monkeys* provides physical movement while engaging students in an interactive, playful story.
- *Shadow Play* promotes body awareness through physical exploration of how movements create different shadows.

Success Criteria

Engagement & Participation:

- *Shadow Play* encourages participation as students experiment with body movements to create shadows and share their creations.
- *Five Little Monkeys* keeps students active, following directions and engaging in physical exercises tied to the story.
- *Gratitude Letter to a Friend* encourages students to reflect on their relationships and communicate their appreciation.

Creativity & Imagination:

- *My Dream Job* allows students to creatively express their aspirations through drawing and storytelling.
- *Shadow Play* nurtures imagination as students create various shapes and scenes with their bodies.
- *Five Little Monkeys* blends creativity and physical activity, allowing students to act out a fun story while staying engaged.

Activity 1: Shadow Play

Duration: 10-15 minutes

Objective:

To explore creativity, body awareness, and light-shadow concepts using a flashlight to cast different shapes with the body.

Learning Intentions:

- Explore creativity by creating shapes with the body.
- Develop body awareness by noticing how body position affects shadows.
- Understand light and shadow by observing how distance and position influence the shape of shadows.

Success Criteria:

- Create different shapes and shadows with body movements.
- Notice how body positioning affects shadow size and shape.
- Share and describe shadow creations with the group.

Gameplay:

- Experiment with body movements and observe how different shapes and shadows form.
- Group sharing where students describe their shadows and guess what others' shadows represent.

Reflection Prompt:

- How did your movements change the size and shape of your shadow?
- What creative shapes did you make?

Activity 2: My Dream Job

Duration: 10-15 minutes

Objective:

To explore future aspirations, practice creativity through drawing, and develop communication skills by explaining why a particular job is interesting.

Learning Intentions:

- Use imagination to think about a future job.
- Practice drawing to illustrate the dream job.
- Enhance verbal communication skills by sharing aspirations with others.

Success Criteria:

- Draw a picture of the dream job.
- Explain why they want that job, describing their excitement and qualifications.
- Listen to others' dream jobs and ask questions or give compliments.

Gameplay:

- Draw a picture of the dream job and share with the group.
- Encourage students to explain why they chose that job.

Reflection Prompt:

- What excites you about your dream job?
- How does this job fit with your interests and skills?



Activity 3: Five Little Monkeys

Duration: 15-20 minutes

Objective:

To stay active, follow along with a fun story, and perform physical movements corresponding to the nursery rhyme.

Learning Intentions:

- Participate in physical challenges related to the nursery rhyme.
- Stay active and build strength, coordination, and flexibility.
- Use creativity to embody the characters from the nursery rhyme.

Success Criteria:

- Actively participate in the exercises and follow the directions.
- Engage with the story, using imagination to be a monkey and perform the movements creatively.
- Correctly perform the physical exercises associated with the story.

Gameplay:

- Follow the physical prompts tied to the nursery rhyme's storyline (e.g., jumping, crawling, squats).

Reflection Prompt:

- Which part of the nursery rhyme did you enjoy most?
- How did the physical activities make you feel?

Activity 4: Gratitude Letter to a Friend

Duration: 15-20 minutes

Objective:

To practice gratitude, enhance writing skills, and foster kindness by writing a letter to a friend or family member.

Learning Intentions:

- Reflect on gratitude by thinking about why they appreciate a friend or family member.
- Practice writing skills by composing a letter expressing appreciation.
- Share gratitude with others to build positive relationships.

Success Criteria:

- Write or dictate a gratitude letter to a friend or family member.
- Express specific qualities or actions that make the person special.
- Share the letter with the group or give it to the recipient.

Gameplay:

- Write a letter expressing gratitude and appreciation.
- Share the letter with the class or deliver it to the person.

Reflection Prompt:

- How did it feel to express gratitude in writing?
- What made you appreciate the person you wrote to?



Conclusion:

Week Ten focuses on a blend of creativity, communication, gratitude, and physical activity. *Shadow Play* encourages creative exploration of light and shadow, *My Dream Job* inspires students to think about their future, *Five Little Monkeys* integrates fun physical challenges, and *Gratitude Letter to a Friend* nurtures kindness through written expression. These activities are designed to promote engagement, self-expression, and active learning in a positive and supportive environment.