

My Cheer Squad

GRATITUDE

To help students recognise and celebrate their own resilience and that of others. Inspired by Uranus's strength in spinning differently, this activity reminds students that overcoming challenges, big or small, is something to be proud of, and that we grow stronger when we lift each other up.



Learning Intentions

I can think of something I kept trying to do, even when it was hard:

This supports resilience and self-awareness.

I can share my story with the class and feel proud of myself:

This promotes confidence and emotional bravery.

I can give kind words and applause to celebrate others:

This nurtures empathy, gratitude, and community spirit.



Success Criteria

I can name a challenge I have worked to overcome:

This supports personal reflection and pride in effort.

I can share my experience and accept applause from my peers:

This builds resilience and positive risk-taking.

I can cheer on others for their efforts and successes:

This encourages gratitude and giving to others through praise



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Objective:

To help students recognise and celebrate their own resilience and that of others. Inspired by Uranus's strength in spinning differently, this activity reminds students that overcoming challenges, big or small, is something to be proud of, and that we grow stronger when we lift each other up.

Players:

Ideal for whole-class participation in a circle

Materials:

- A quiet, safe space for group sharing
- A soft object or astronaut plush for taking turns (optional)
- A "Cheer Chart" or poster for students who'd like to write their names afterwards (optional)

Time Required:

10–15 minutes

Setup:

Begin by reading the Uranus page from *The Playful Astronauts* and asking:

- "Can you remember a time when something felt hard, but you kept trying?"
- "How do you feel when someone says 'Well done' or cheers for you?"

Explain that everyone has done something amazing by trying again, and today, we're going to cheer each other on for being brave and strong.

Gameplay:

Step 1 – Circle Time Sharing:

Students sit in a circle. Pass around a soft object to take turns speaking.

Invite each student to:

- Share something they kept trying to do (e.g., "I zipped my jacket," "I kept going when my tower fell," "I didn't give up when I felt sad")
- Then, everyone gives them a round of applause or a cheer (e.g., clapping, jazz hands, rocket sounds)

Let students know it's okay to pass if they don't want to share today.



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Step 2 – Celebrate the Courage:

As students share, affirm their effort:

- “That was brave to tell us.”
- “You worked hard on that!”
- “Your try-again moment helps others try too.”

Step 3 – Group Gratitude:

Finish the session by saying:

- “Let’s say thank you to our class for cheering us on.”
- “We’re all part of each other’s cheer squad!”

Winning the Game:

Everyone wins when they feel seen and supported. Uranus teaches us that the best kind of strength comes when we encourage each other through life’s little challenges.

Additional Notes:

My Cheer Squad gives students the chance to reflect, share, and feel supported by their peers. It reinforces the idea that resilience is not a solo journey. It’s something we grow with encouragement. Just like Uranus, students learn they can spin their own way and still shine, as long as they’re surrounded by kindness and cheers.

