

Week Eleven

Week Eleven is designed to nurture kindness, creativity, movement, and emotional connection. Activities such as *Kindness Catch* encourage students to share kind ideas through playful communication. *Kindness Garden* inspires creative expression while reinforcing the power of kindness in everyday actions. *Pass the Smile* blends movement with joyful gestures to promote confidence and social bonding. Finally, *Compliment Chain* offers students the chance to express gratitude through words, reinforcing the idea that small acts of kindness can create a big positive impact.

Learning Intentions

Kindness & Communication

- *Kindness Catch* helps students practise kindness, verbal expression, and team connection by sharing kind ideas aloud.
- *Compliment Chain* teaches students to express gratitude and recognise kind qualities in others using positive words.

Creativity & Reflection

- *Kindness Garden* encourages students to represent kind actions through drawing and to reflect on how these acts help others and the world.

Movement & Joy

- *Pass the Smile* supports movement and self-expression, helping students feel connected and joyful through simple physical gestures.

Success Criteria

Kindness Catch ensures students can:

- Share a kind action aloud with the group.
- Take turns and listen respectfully.
- Celebrate others' kind ideas and reflect with pride.

Kindness Garden helps students to:

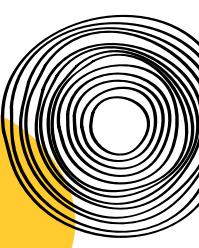
- Draw a flower representing a kind action.
- Explain the meaning behind their flower.
- Contribute to a shared display with confidence.

Pass the Smile ensures students can:

- Use non-verbal gestures (smile, wave, pose) to communicate kindness.
- Move in fun and respectful ways (e.g. hopping, spinning).
- Watch and respond with positive energy and attention.

Compliment Chain helps students to:

- Give and receive kind compliments.
- Respond to kindness with gratitude.
- Keep the chain going, creating a continuous loop of appreciation.



Activity 1: Kindness Catch

Duration: 10–15 minutes

Objective:

To help students practise and express kindness through a playful ball game that promotes turn-taking, confidence in sharing, and a sense of community.

Gameplay:

- Students stand or sit in a circle.
- A soft ball is gently rolled or tossed between students.
- The pupil who catches the ball shares a kind action they've done or could do (e.g. "I can help tidy up.").
- The ball continues around until each pupil has a turn.
- A second round can be played using new kind ideas.

Reflection Prompt:

- How did it feel to share a kind idea?
- Did someone else's idea inspire you?

Activity 2: Kindness Garden

Duration: 10–15 minutes

Objective:

To support students in recognising and celebrating kind actions through art. Students will draw flowers representing kindness, contributing to a classroom "Kindness Garden".

Gameplay:

- Each pupil draws a flower (or uses the template provided) showing a kind action in the centre of the flower. Students then decorate the petals to add some colour and flare.
- Once complete, flowers are added to a "Kindness Garden" wall display.
- Students may explain their flower's meaning to a partner or the group.

Reflection Prompt:

- How do kind actions help our classroom and the planet?
- What flower or idea from a classmate did you enjoy?

Activity 3: Pass the Smile

Duration: 10–15 minutes

Objective:

To help students express joy and connection through non-verbal gestures and playful movement.

Gameplay:

- Students form a standing circle.
- One pupil starts by smiling or posing at the next person, combined with a movement (e.g. hop or spin).
- Each pupil receives the gesture and passes on a new one.
- Continue until the gesture has gone full circle.

Reflection Prompt:

- How did it feel when someone smiled or did something silly for you?
- Did you enjoy making someone else smile?

Activity 4: Compliment Chain

Duration: 10–15 minutes

Objective:

To help students build a sense of belonging and appreciation through sharing compliments in a group setting.

Gameplay:

- Students form a seated or standing circle.
- One pupil starts by giving a compliment to the next person.
- The chain continues until everyone has received and given a compliment.
- Optional: Students can write their compliments on coloured strips to create a “Kindness Chain” visual display.

Reflection Prompt:

- How did it feel to receive a compliment?
- What compliment made you smile the most?

Conclusion:

Week Eleven sets the tone for a kind, connected classroom culture.

Through activities that combine play, movement, creativity, and reflection, students learn to express kindness in different ways, verbally, artistically, physically, and emotionally. These foundational experiences support emotional literacy, self-esteem, and a strong sense of belonging that will continue to grow throughout the Playful Astronaut journey.