

Week Twelve

Week Twelve focuses on helping students explore peaceful ways to respond to conflict and strong emotions. Activities such as *Peace Pals* introduce conflict resolution through role-play, while *Conflict Cool Down Posters* allow students to reflect on calming strategies that help them stay in control. *Freeze and Think* uses movement and mindfulness to promote emotional regulation, and *Peace Pebbles* provides a creative and heartfelt way for students to practise giving as a path to peace. Each activity links to the lessons of Mercury, a planet of extremes, reminding students that balance, kindness, and calm choices can help navigate challenges.

Learning Intentions

Conflict Resolution & Kind Language

- *Peace Pals* helps students identify small problems and practise solving them using kind words and calm discussion.
- *Peace Pebbles* encourages students to express gratitude and kindness through giving, helping reduce conflict and build connection.

Emotional Regulation & Reflection

- *Conflict Cool-Down Posters* guides students to identify their own calming strategies and use drawing to express how they manage strong feelings.
- *Freeze and Think* teaches mindful pauses and helps students recognise how movement and breath can bring calm.

Creative Giving & Community

- *Peace Pebbles* nurtures generosity and relationship-building through creativity and emotional thoughtfulness.

Success Criteria

Peace Pals ensures students can:

- Take turns and listen respectfully during role-play.
- Use kind language to solve pretend disagreements.
- Work with a partner to demonstrate peaceful problem-solving.

Conflict Cool-Down Posters help students to:

- Draw or write a calming action that helps them during conflict.
- Share their ideas with others.
- Reflect on different calming techniques and learn from peers.

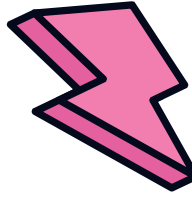
Freeze and Think ensures students can:

- Move freely and safely while music plays.
- Pause, freeze, and practise a calming action when the music stops.
- Engage fully with fun movement and peaceful reflection.

Peace Pebbles help students to:

- Decorate a pebble using peaceful colours or symbols.
- Choose someone to give it to with a kind intention.
- Reflect on how small acts of giving promote peace and connection.





Activity 1: Peace Pals

Duration: 10–15 minutes

Objective:

To support students in learning how to resolve small conflicts by acting out common disagreements and practising kind, peaceful language, just like the Playful Astronauts discovered on Mercury.

Gameplay:

- Students pair up and receive simple scenarios (e.g. both want the same toy, someone gets bumped in line).
- Each pair role-plays the disagreement, pauses to discuss kind language, and acts out a peaceful solution (e.g. “Let’s take turns”).
- Pairs rotate or present their scene to the class.
- The teacher models a scenario beforehand and offers support throughout.

Reflection Prompt:

- How did it feel to solve a problem using kind words?
- Which calm words would you like to try in real life?

Activity 2: Conflict Cool-Down Posters

Duration: 10–15 minutes

Objective:

To help students explore and express their own strategies for calming down during conflict by creating a visual poster that can be displayed or used as a personal reminder.

Gameplay:

- Students are asked: “What helps you feel calm when something goes wrong?”
- They draw or write one or more calming strategies (e.g. taking deep breaths, sitting quietly, talking to an adult).
- Posters are shared in pairs or with the group.
- Posters can be displayed in a “Cool-Down Corner” or taken home.

Reflection Prompt:

- What helps you feel better when you’re upset?
- What did you learn from someone else’s cool-down idea?





Activity 3: Freeze and Think

Duration: 10–15 minutes

Objective:

To help students understand the power of pause, through a movement-based game where they practise freezing and performing a calming action when the music stops.

Gameplay:

- Students dance and move freely while music plays.
- When the music stops, they freeze and perform a calming action (e.g. deep breath, stretch, hand on heart).
- The teacher can demonstrate or call out the action.
- The game repeats for several rounds with a focus on fun and self-control.

Reflection Prompt:

- How did it feel to freeze and calm down?
- Could one of these actions help you in real life when you feel upset?

Activity 4: Peace Pebbles

Duration: 15–20 minutes

Objective:

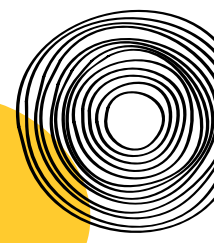
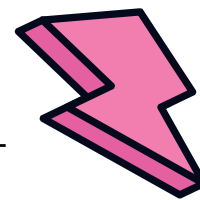
To support students in practising giving and kindness through a tactile, creative activity. Students decorate a pebble and give it to someone as a peaceful gesture, inspired by the lessons of balance and compassion from planet Mercury.

Gameplay:

- Students choose someone they would like to give their pebble to (a friend, classmate, family member, or teacher).
- They decorate the pebble with calming colours and peaceful symbols (e.g. hearts, stars, smiley faces).
- When dry, students give the pebble quietly, with or without a short message.
- Pebbles can also be placed in a “Peace Basket” for others to take or receive later.

Reflection Prompt:

- How did it feel to make and give something peaceful?
- How can kind giving help solve or prevent conflict?



Conclusion:

Week Twelve empowers students to navigate conflict with calm, kind actions. By using role-play, drawing, movement, and creative giving, students learn that disagreements are normal and can be handled thoughtfully. Just like the planet Mercury, where extremes are balanced with care, students begin to understand how to bring peace into challenging moments. These activities strengthen empathy, emotional regulation, and classroom harmony, setting up students with lifelong tools to solve problems gently and grow their relationships through kindness.

