

# Week Thirteen

Week Thirteen encourages students to explore and express emotions with courage and creativity. Activities such as *Feelings Puppet Show* allow students to practise sharing feelings in a safe, imaginative way. *My Feelings Face* gives students a visual outlet to express their current emotions through colour and design. *Soft Stretch Circle* introduces mindful movement and self-affirmation, building quiet confidence and body awareness. *Thank You Cards for Helpers* helps students reflect on moments of care and express gratitude, reinforcing trust and emotional connection. Just like the Playful Astronaut's experience on Venus, students learn that vulnerability leads to deeper understanding and connection.

## Learning Intentions

### Emotional Expression & Self-Awareness

- *Feelings Puppet Show* supports emotional literacy through imaginative play and verbal expression.
- *My Feelings Face* invites students to reflect on their emotions and express them creatively and visually.

### Mindfulness & Self-Affirmation

- *Soft Stretch Circle* promotes calm movement and teaches students how kind words and gentle actions build self-trust and confidence.

### Gratitude & Connection

- *Thank You Cards for Helpers* teaches students to reflect on moments of support and to give thanks with intention, fostering appreciation and emotional resilience.

## Success Criteria

### Feelings Puppet Show ensures students can:

- Use puppets to show or describe how they're feeling.
- Share emotions and their causes confidently.
- Watch others' shows with kindness and respect.

### My Feelings Face helps students to:

- Draw a face showing how they feel today.
- Use colour and features to express their emotions.
- Share their drawing with others using feeling words.

### Soft Stretch Circle ensures students can:

- Join in with gentle, calming stretches.
- Breathe slowly and listen to affirmations.
- Say or hear kind words about themselves.

### Thank You Cards for Helpers help students to:

- Remember someone who supported them.
- Create a thoughtful, expressive thank you card.
- Give their card with care or reflect on why it matters.



## Activity 1: Feelings Puppet Show

**Duration:** 10–15 minutes

### **Objective:**

To help students practise emotional expression and vulnerability by acting out feelings with puppets. The activity mirrors the lessons from Venus, showing that sharing how we feel helps us grow closer to others.

### **Gameplay:**

- Students are given puppets (or make their own) and decide how the puppet is feeling.
- In pairs or small groups, they act out a short scene expressing an emotion (e.g. sadness, excitement, nervousness).
- Emotions can be guided by cards or chosen freely.
- Students perform their puppet scenes in front of peers or in small circles.

### **Reflection Prompt:**

- Have you ever felt like your puppet did?
- What helped your puppet feel better?

## Activity 2: My Feelings Face

**Duration:** 10–15 minutes

### **Objective:**

To offer a creative and non-verbal way for students to express how they're feeling. By drawing a face that shows their current emotion, students gain confidence in emotional self-awareness and communication.

### **Gameplay:**

- Students are given paper and asked to draw a face that reflects how they feel inside today.
- Features (eyes, mouth, eyebrows) and colours should match their emotions.
- Examples: yellow for happy, grey for tired, red for excited, blue for calm.
- Optional sharing with the group to build understanding and connection.

### **Reflection Prompt:**

- How did it feel to draw your emotions?
- Can feelings change throughout the day?

### Activity 3: Soft Stretch Circle

**Duration:** 10–15 minutes

#### **Objective:**

To help students connect with their bodies, practise calming movement, and gently affirm their feelings. The activity is inspired by Venus, teaching that being gentle and open with yourself is a quiet strength.

#### **Gameplay:**

- Students form a circle and follow a series of slow stretches (e.g. reaching to the sky, butterfly pose, self-hugs).
- Each stretch is paired with an affirmation (e.g. “I am safe”, “It’s okay to feel”).
- Breathing exercises are included between movements:
  - “Smell the flowers” (inhale), “Blow out the candles” (exhale).
- Students are encouraged to repeat affirmations softly if they feel comfortable.

#### **Reflection Prompt:**

- Which stretch or affirmation made you feel calm?
- How did it feel to say kind words to yourself?

### Activity 4: Thank You Cards for Helpers

**Duration:** 15–20 minutes

#### **Objective:**

To encourage gratitude and emotional reflection by creating thank you cards for someone who helped during a time of vulnerability, reinforcing trust and connection.

#### **Gameplay:**

- Students think of a time when they felt nervous, shy, or sad, and someone helped them.
- They create a card with drawings, kind words, or symbols (e.g. hearts, stars).
- Cards can be given to the person, left in a special place, or kept for later.
- Optional sharing time where students explain who the card is for and why.

#### **Reflection Prompt:**

- How did this person help you feel better?
- How do you think they’ll feel when they receive your card?

**Conclusion:**

Week Thirteen helps students understand the value of emotional expression and the strength found in vulnerability. Through puppets, drawing, stretching, and gratitude, students are encouraged to name and share their feelings in creative, safe, and supportive ways. Venus reminds us that warmth, honesty, and gentle openness build stronger relationships. These activities lay the foundation for emotional courage, self-acceptance, and deeper social bonds that continue to grow as students journey further through the Playful Astronauts universe.

