

Week Sixteen

Week Sixteen nurtures the life skill of gratitude, inspired by Saturn and its beautiful rings. Students learn that thankful thoughts have the power to connect us and spread joy. Through playful activities like *Gratitude Balloon Toss* and creative reflections like *My Thankful Hand*, children practise recognising and expressing appreciation. Gentle movement in *Stretch and Say Thanks* combines mindfulness and reflection, while *Thank You Space Tokens* give students the chance to share gratitude through thoughtful giving. Saturn teaches us that gratitude, like its rings, circles outwards and brings people closer together.

Learning Intentions

Thankfulness & Reflection

- *Gratitude Balloon Toss* helps students identify and express what they're thankful for in a group setting.
- *My Thankful Hand* supports thoughtful reflection and personal expression.

Mindful Movement & Emotional Awareness

- *Stretch and Say Thanks* teaches students to connect movement with emotion and calmness.

Gratitude in Action

- *Thank You Space Tokens* encourages students to express appreciation through creative giving, building connections and confidence.

Success Criteria

Gratitude Balloon Toss ensures students can:

- Say something they're thankful for aloud.
- Toss and catch a balloon safely with classmates.
- Listen and respond kindly to others' gratitude.

My Thankful Hand helps students to:

- Trace their hand on paper and decorate it creatively.
- Write or draw five thankful thoughts, one per finger.
- Choose to share their hand and explain their ideas.

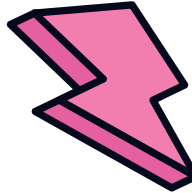
Stretch and Say Thanks ensures students can:

- Try a variety of calm, gentle stretches.
- Say a thankful word or sentence with each stretch.
- Stay focused and calm during the activity.

Thank You Space Tokens help students to:

- Choose someone they are grateful for at school.
- Create and decorate a thank-you token or card.
- Deliver it with kind words, a smile, or quietly on a desk.





Activity 1: Gratitude Balloon Toss

Duration: 10–15 minutes

Objective:

To help students express gratitude in a light, joyful way by passing a balloon and sharing something they are thankful for. This social, movement-based activity spreads appreciation like Saturn's rings of connection.

Gameplay:

- Read the Saturn page from *The Playful Astronauts* and discuss what gratitude feels like.
- Gather students in a circle and explain that before passing the balloon, they must share something they're thankful for.
- Example: "I'm thankful for my friends!" *Toss!*
- Keep the game moving and cheerful, offering prompts when needed.
- Optional variations: add music, two balloons, or change direction mid-game.

Reflection Prompt:

- How did it feel to share your thankfulness?
- Did anyone's answer make you smile?
- Could we do this at home with our families too?

Activity 2: My Thankful Hand

Duration: 15–20 minutes

Objective:

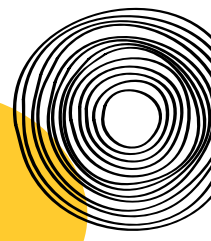
To help students reflect creatively on what they're thankful for by tracing their hand and filling each finger with something meaningful.

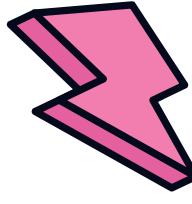
Gameplay:

- Students trace their hand on a sheet of paper or use the template provided.
- On each finger, they write or draw something they're grateful for (e.g. family, friends, pets, toys).
- Hands are decorated with colour, stickers, or personal symbols.
- Optional sharing circle where students present one or two fingers and explain their drawings.

Reflection Prompt:

- What finger shows something really special to you?
- Why does it feel good to think about our favourite things?





Activity 3: Stretch and Say Thanks

Duration: 10–15 minutes

Objective:

To blend movement and mindfulness by having students perform gentle stretches while expressing gratitude with words.

Gameplay:

- Introduce calming stretches such as:
 - Reach for the Stars
 - Rainbow Arms
 - Toe Touches
 - Butterfly Wings
 - Hug Yourself
- With each stretch, students say something they are thankful for.
- Example: “I’m thankful for pancakes!” during toe touches.
- End with a final stretch and deep breath in a circle.

Reflection Prompt:

- Which stretch made you feel calm or happy?
- How did it feel to move and be thankful at the same time?

Activity 4: Thank You Space Power Cubes

Duration: 10–15 minutes

Objective:

To help students practise gratitude by creating and delivering a thank you Space Power Cube to someone who has supported them, inspired by Saturn’s symbolism of giving and connection.

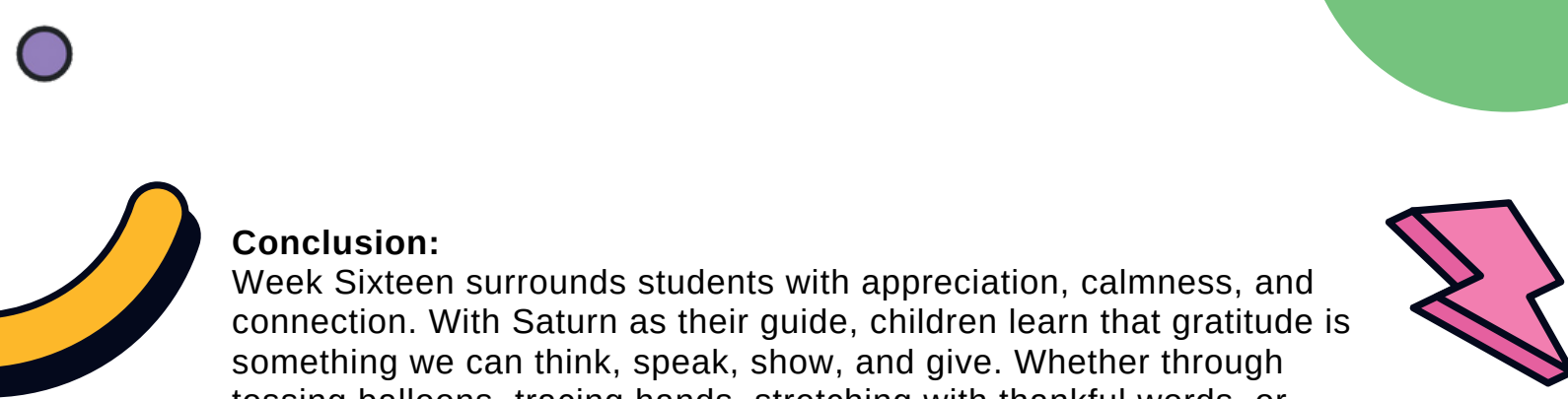
Gameplay:

- Students choose someone at school they want to thank.
- Using the cube template provided, students draw or write a kind message on each side of their cubes.
- Students present their cubes with kind words or quietly leave it as a surprise.
- Staff can support shy students or guide the giving moment gently.

Reflection Prompt:

- How did it feel to give something kind to someone else?
- What do you think they felt when they received it?





Conclusion:

Week Sixteen surrounds students with appreciation, calmness, and connection. With Saturn as their guide, children learn that gratitude is something we can think, speak, show, and give. Whether through tossing balloons, tracing hands, stretching with thankful words, or giving Space Power Cubes, students discover that gratitude isn't just a feeling, it's a way of being. And like Saturn's rings, when we practise gratitude together, we create something beautiful, strong, and lasting.

