

Week Nineteen

Week Nineteen invites students to embrace change, try new things, and have fun with the unexpected. Inspired by Pluto, a small but powerful symbol of uniqueness and mystery, this week is all about learning to stay calm, flexible, and positive when things don't go as planned. Through playful games, creative expression, physical challenges, and thoughtful reflection, children practise adaptability with smiles, laughter, and courage.

Learning Intentions

Flexibility & Emotional Regulation

- *Change It Up* helps students adjust to changing rules and surprises.
- *Obstacle Switcheroo* teaches confidence and joy in shifting challenges.

Creative Risk-Taking & Imagination

- *"New Way" Drawings* promote thinking differently and enjoying the unusual.

Gratitude for Surprises & Growth

- *Adapt & Appreciate* encourages reflection on unexpected joys.

Success Criteria

Change It Up ensures students can:

- Listen carefully and follow evolving instructions.
- Stay calm and playful when things change.
- Try again with curiosity and laughter.

"New Way" Drawings helps students to:

- Create imaginative, unique versions of familiar things.
- Use creative thinking to break out of routines.
- Enjoy expressing different ideas and sharing them.

Obstacle Switcheroo ensures students can:

- Move through challenges that change on the go.
- Adapt quickly and safely while having fun.
- Keep trying even when confused or surprised.

Adapt & Appreciate helps students to:

- Identify a positive experience that came from change.
- Express what they felt and learned.
- Share appreciation for the unexpected.





Activity 1: Change It Up

Duration: 10–15 minutes

Objective:

To practise adaptability by playing a familiar game with playful surprises and changing rules. Pluto reminds us that even when things are uncertain, we can still enjoy the journey.

Gameplay:

- Start with a well-known game like *Simon Says*.
- Midway through, say “Simon has flown to space, now it’s Pluto Says!”
- Add silly twists, such as:
 - Use a silly voice for commands.
 - Do the opposite of the instruction.
 - Add a jump after every action.
 - Spin in a circle before responding.
- Encourage laughter and trying again.

Reflection Prompt:

- What helped you keep up with the changes?
- How did it feel when the rules changed?

Activity 2: “New Way” Drawings

Duration: 15–20 minutes

Objective:

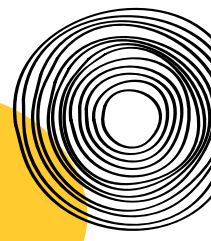
To build flexible thinking and creativity by encouraging students to reimagine everyday objects in unexpected ways. Pluto reminds us that thinking differently can be beautiful and fun.

Gameplay:

- Ask students to choose a common object (tree, sun, house, animal).
- Challenge them to draw it in a new, creative way e.g., purple sun, square clouds, upside-down trees.
- Use odd shapes, bright colours, or imaginative features.
- Share and explain their drawings with peers.

Reflection Prompt:

- What did you change in your picture?
- Why do you think it’s fun to try new ideas?





Activity 3: Obstacle Switcheroo

Duration: 15–20 minutes

Objective:

To help students develop physical and emotional adaptability through a playful obstacle course that changes each time. Pluto's ever-changing orbit reminds us that every path is a chance to learn.

Gameplay:

- Create a course with 3–5 movement challenges (jumping, crawling, balancing).
- Let students complete it once normally.
- Secretly change a few elements before the next round (e.g., reverse the course, switch actions, add surprises).
- Encourage students to keep moving and try again.

Reflection Prompt:

- How did you feel when the obstacle changed?
- What helped you keep going?

Activity 4: Adapt & Appreciate

Duration: 10–15 minutes

Objective:

To help students reflect on moments when change led to joy or learning, and express gratitude for unexpected experiences. Pluto reminds us that surprising things often lead to the brightest memories.

Gameplay:

- Students think of a moment where something changed unexpectedly but turned out great.
- They draw the moment and label it (e.g., “The Rainy Day Picnic” or “Trying a New Food”).
- Share their drawings and explain what they appreciated about the experience.

Reflection Prompt:

- What made your surprise moment special?
- How did you feel when things turned out better than expected?





Conclusion:

Week Nineteen helps students build one of the most important life skills: adaptability. Through playful changes, imaginative thinking, physical fun, and reflective gratitude, children learn to face the unknown with courage and curiosity. Just like Pluto, unique, mysterious, and ever-shifting, they discover that being flexible is a strength, and change can be an exciting adventure worth celebrating.

