



Week Twenty

Week Twenty is a joyful landing back on Earth, where students celebrate the extraordinary journey they've taken as Playful Astronauts. After travelling through the planets and learning nine powerful life skills, this final week is all about recognising growth, sharing memories, and launching into the next chapter with confidence and connection. Through dance, drawing, movement, and gratitude, students reflect on their achievements and celebrate their classmates, finishing their mission with pride and sparkle.

Learning Intentions

Reflection & Self-Awareness

- *Space Station Celebration* helps students look back at their journey and share what they've learnt.
- *My Astronaut Journey Poster* allows for meaningful self-expression and visual storytelling.

Physical & Emotional Integration

- *Suit Up Workout* connects life skills with joyful movement and confidence.

Gratitude & Recognition

- *Mission Complete Medals* encourages students to show appreciation and celebrate others.

Success Criteria

Space Station Celebration ensures students can:

- Name at least one life skill they've learnt.
- Participate in the celebration with joy and pride.
- Share a meaningful memory from the journey.

My Astronaut Journey Poster helps students to:

- Recall the planets and the life skills linked to each.
- Illustrate their learning in creative and personal ways.
- Reflect on what they enjoyed or found meaningful.

Suit Up Workout ensures students can:

- Link each planet to a movement and life skill.
- Join in with focus, fun, and teamwork.
- Express how movement helps them feel strong and positive.

Mission Complete Medals helps students to:

- Make and decorate a medal of appreciation.
- Give kind words confidently and respectfully.
- Share why they chose to celebrate someone special.





Activity 1: Space Station Celebration

Duration: 15–20 minutes

Objective: To celebrate the full astronaut journey with a joyful class celebration. This moment of closure builds a sense of achievement and unity.

Gameplay:

- Read *The Playful Astronauts* from beginning to end, pausing after each planet to recall the life skill.
- Transform the classroom into a space station using simple decorations (balloons, streamers, drawings).
- Choose one or more celebration styles:
 - Countdown launch into a dance party
 - Rocket pose circle with favourite movements
 - Role-play piloting back to a favourite planet
- Gather in a circle and reflect on:
 - “Which planet was your favourite?”
 - “Which life skill helped you the most?”
 - “What will you remember about being an astronaut?”

Winning the Game:

Everyone wins by celebrating themselves and each other with joy and pride.

Activity 2: My Astronaut Journey Poster

Duration: 15–25 minutes

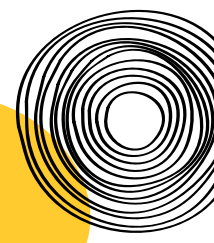
Objective: To create a personal poster that shows each pupil's learning journey through the nine planets and life skills.

Gameplay:

- Each pupil receives a large sheet of paper and draws the sun and nine planets.
- Next to each, they draw or symbolise the life skill learnt:
 - Earth – Kindness
 - Mercury – Conflict
 - Venus – Vulnerability
 - Mars – Play
 - Jupiter – Confidence
 - Saturn – Gratitude
 - Uranus – Resilience
 - Neptune – Empathy
 - Pluto – Adaptability
- Add stars, comets, and their astronaut self to complete the space scene.
- Share posters with peers, or create a wall display.

Winning the Game:

Every poster is a masterpiece, a reflection of each child's inner universe of growth.





Activity 3: Suit Up Workout

Duration: 10–15 minutes

Objective: To use movement to remember each life skill and celebrate through physical expression.

Gameplay:

- Circle up and introduce the “Suit Up” idea, a movement per planet/life skill.
- Lead the class through all nine:
 - Earth – Kindness: Hug yourself
 - Mercury – Conflict: Side step and high five
 - Venus – Vulnerability: Butterfly arms
 - Mars – Play: Big jumps
 - Jupiter – Confidence: Power pose
 - Saturn – Gratitude: Hands on heart
 - Uranus – Resilience: Bouncy jumps
 - Neptune – Empathy: Mirror wave
 - Pluto – Adaptability: Spin and freeze
- End with space breaths and a group cheer:
- *“We did it! We’re Playful Astronauts!”*

Winning the Game:

Everyone wins by moving with meaning and celebrating their journey.

Activity 4: Mission Complete Medals

Duration: 15–20 minutes

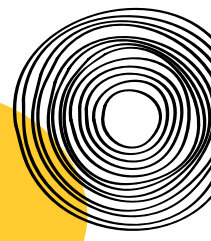
Objective: To recognise and celebrate others by giving a thoughtful medal of appreciation.

Gameplay:

- Students create a medal using a card circle and decorate it with kind words or symbols.
- Each medal is for a classmate:
- “You are brave.”
- “You always helped me.”
- “I loved playing with you.”
- Students present the medal to their chosen peer with a short explanation.
- Display medals in the classroom or send them home as keepsakes.

Winning the Game:

Everyone wins by giving and receiving kindness and celebrating the strength of the group.





Conclusion:

Week Twenty is a joyful and heartfelt finale that celebrates every pupil's inner astronaut. Through movement, creativity, reflection, and giving, children revisit the life skills they've developed and the memories they've made. Just as astronauts return to Earth transformed, so too do your students with full hearts, strong minds, and bright futures ahead. Mission complete.

