

Week Thirty Five

Week Thirty Five celebrates the life skill of confidence. Inspired by Jupiter, the largest planet, students are encouraged to recognise their inner light and share it proudly. *Star Performer* gives each child a moment to shine in front of their peers, while *My Super Self-Shield* provides space for students to reflect on and celebrate their unique strengths. *Power Pose Challenge* uses body language and affirmations to build inner belief, and *Confidence Hearts* helps students express and share proud moments through art and words. This week reminds us that when we shine our light bravely, we inspire others to do the same.

Learning Intentions

Confidence & Self-Belief

- *Star Performer* gives students a chance to share something they're proud of and be celebrated by others.
- *My Super Self-Shield* encourages students to reflect on their strengths and what makes them unique.

Positive Body Language & Affirmation

- *Power Pose Challenge* helps students connect posture and self-talk to feelings of confidence and pride.

Gratitude & Personal Reflection

- *Confidence Hearts* invites students to reflect on personal moments of pride and express gratitude through sharing.

Success Criteria

Star Performer ensures students can:

- Choose something to share with the group.
- Take their moment with courage and joy.
- Cheer on classmates and help build a supportive audience.

My Super Self-Shield helps students to:

- Create a shield that shows their strengths.
- Explain what their symbols or colours mean.
- Share their artwork with others if they choose.

Power Pose Challenge ensures students can:

- Try a range of strong, confident body poses.
- Repeat confidence phrases aloud with each pose.
- Reflect on which poses made them feel brave inside.

Confidence Hearts help students to:

- Identify something they feel proud of.
- Draw or write about their proud moment.
- Take their heart home to share with someone special.

Activity 1: Star Performer

Duration: 15–20 minutes

Objective:

To help students practise being brave and confident by performing or sharing something they feel proud of in front of their classmates. Inspired by Jupiter's torchlight, this activity reminds students that everyone has something wonderful to share.

Gameplay:

- Read the Jupiter page from *The Playful Astronauts* and discuss what it means to shine.
- Set up a small “stage” area and explain that everyone will have a short turn to perform or share something they like or are proud of.
- Each pupil has 30 seconds to shine while classmates cheer and encourage them.
- Use prompts like:
 - “3, 2, 1... Shine bright!”
 - “You’re a star!”

Reflection Prompt:

- How did it feel to have your special moment?
- What helped you feel brave?
- Why is it important to support others when they’re being confident?

Activity 2: My Super Self-Shield

Duration: 15–20 minutes

Objective:

To support students in recognising and expressing their personal strengths through a creative superhero-style shield, representing their superpowers and uniqueness.

Gameplay:

- Students draw symbols or images on a shield that represent their strengths (e.g. kindness, bravery, positivity, learning).
- Encourage use of colours and shapes that feel bold and meaningful.
- Optional sharing circle where students present their shield and explain what their symbols mean.

Reflection Prompt:

- What makes you feel strong or proud?
- What do the symbols on your shield mean to you?
- How does it feel to show your strengths?

Activity 3: Power Pose Challenge

Duration: 10–15 minutes

Objective:

To help students feel strong and confident by holding powerful poses and saying matching affirmations, connecting body movement with inner strength.

Gameplay:

- Demonstrate a few strong poses such as:
 - Star Pose: arms and legs wide
 - Hero Pose: fists on hips
 - Rocket Pose: arms high
- Pair each pose with a short affirmation (e.g. “I am brave”, “I believe in me”).
- Students repeat the phrases while holding the poses proudly.
- Finish with a group reflection pose and calm breathing.

Reflection Prompt:

- Which pose helped you feel most confident?
- How did saying brave words make you feel?
- When might you use these power poses in everyday life?

Activity 4: Confidence Hearts

Duration: 10–15 minutes

Objective:

To encourage students to recognise something they’re proud of and share it through drawing or writing on a heart-shaped card to take home and celebrate.

Gameplay:

- Students reflect quietly on something they’re proud of from the week.
- They draw or write it on a heart-shaped card.
- Optional sharing in a circle or with a classmate.
- Hearts are placed in envelopes or folders to take home and share with family.

Reflection Prompt:

- What are you proud of this week?
- How did it feel to remember and share your confidence?
- Who are you excited to show your Confidence Heart to?

Conclusion:

Week Thirty Five helps students understand that confidence isn't about being the loudest or the best, it's about being brave, trying something new, and celebrating who you are. From performing on stage to drawing their strengths and moving with power, students build their self-belief and support one another. Inspired by Jupiter's glow, this week reminds us all that when we shine together, our classroom becomes brighter. Confidence grows through practice, play, and encouragement, and every pupil has a light worth celebrating.

