

# Week Thirty Seven

Week Thirty Seven helps students develop the vital life skill of resilience. Through playful construction, creative reflection, physical expression, and community praise, children learn that setbacks are not failures; they're stepping stones to growth. Whether their tower falls, their balance wobbles, or their goals feel far away, this week teaches that trying again is something to be proud of. Like Uranus, which spins in a unique way, students are reminded that doing things differently and not giving up is what makes us brave, strong, unique and wonderfully resilient.

## Learning Intentions

### Growth Mindset & Emotional Strength

- *Try Again Towers* helps students practise persistence and celebrate effort.
- *"I Can Try" Booklet* encourages self-reflection and growth.

### Active Resilience & Confidence

- *Bounce Back Race* builds body awareness while teaching students to smile through challenges.

### Community Support & Peer Encouragement

- *My Cheer Squad* empowers students to acknowledge their own courage and give gratitude through cheering for others.

## Success Criteria

### **Try Again Towers ensures students can:**

- Rebuild their tower with patience and a smile.
- Celebrate effort and teamwork, not just results.
- Stay calm and positive when plans go wrong.

### **"I Can Try" Booklet helps students to:**

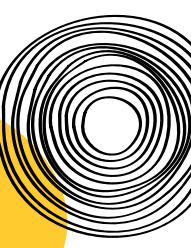
- Reflect on things they are still learning.
- Create a personal booklet filled with determination.
- Choose to share their journey and inspire others.

### **Bounce Back Race ensures students can:**

- Fall gently and rise with energy.
- Maintain a positive attitude during the challenge.
- Encourage and cheer for their peers.

### **My Cheer Squad helps students to:**

- Share a moment when they kept trying.
- Give and receive kind words and applause.
- Feel proud and supported by their community.



## Activity 1: Try Again Towers

**Duration:** 10–15 minutes

**Objective:**

To teach resilience through playful tower building, where the focus is not on perfect construction but on trying again when things don't go to plan. Uranus reminds us that it's okay to spin differently and to grow stronger through trying.

**Gameplay:**

- Read the Uranus page of The Playful Astronauts and discuss resilience.
- In pairs or groups, students build towers from cups, blocks, or recycled items.
- If the tower falls: smile, breathe, and try again.
- Encourage language like: "That's okay! Let's rebuild!"
- Celebrate the try, not the success.

**Reflection Prompt:**

- What helped you keep trying?
- How did it feel when your tower fell and you rebuilt it?

## Activity 2: "I Can Try" Booklet

**Duration:** 15–20 minutes

**Objective:**

To support children in identifying areas of personal growth and perseverance through the creation of a reflective, creative booklet. Inspired by Uranus, students are reminded that learning happens when we keep trying.

**Gameplay:**

- Students make a mini booklet titled: *My I Can Try Book*.
- On each page, they write or draw something they're still learning (e.g., tying laces, sharing toys).
- Add colours and decorations to personalise the booklet.
- Invite students to share a page aloud if they feel confident.

**Reflection Prompt:**

- What's one thing you're proud to keep trying?
- How do you feel when you look at your booklet?

## Activity 3: Bounce Back Race

**Duration:** 10–15 minutes

**Objective:**

To let students experience physical resilience through movement, learning that falling is natural and bouncing back is powerful, just like Uranus spinning its unique way.

**Gameplay:**

- Demonstrate the race pattern:
- Hop-hop-hop → gentle fall → bounce back up
- Students repeat the sequence across a soft or grassy space.
- Add music or cheering to lift spirits.
- Celebrate effort and fun, not speed.

**Reflection Prompt:**

- Was it hard to keep going after a fall?
- How did it feel when you bounced back with a smile?

## Activity 4: My Cheer Squad

**Duration:** 10–15 minutes

**Objective:**

To celebrate the resilience of every pupil by allowing them to share a personal challenge and be cheered on by their peers. Like Uranus, students learn that trying differently and being supported helps us shine.

**Gameplay:**

- Sit in a circle and pass a talking object.
- Students take turns sharing something they kept trying.
- After each share, the group cheers or applauds.
- Reinforce encouragement with affirming words: “That’s brave.” “Well done.”
- Optional: create a Cheer Chart with students names and try-again stories.

**Reflection Prompt:**

- How did it feel to share or be cheered on?
- Why is it important to celebrate trying again?

### **Conclusion:**

Week Thirty Seven reminds students that resilience is not about never falling, it's about always getting up. With activities that celebrate effort, personal reflection, joyful movement, and community support, children learn that trying again is the true mark of strength. Just as Uranus boldly spins on its side, students are encouraged to embrace challenges, keep going, and lift one another up through every "oops" and "I'll try again."

