

Week Eleven

This week's activities encourage teamwork, creativity, physical activity, self-expression, and kindness. *The Lineup* promotes non-verbal communication, collaboration, and problem-solving, while *Finding My Sunshine* supports emotional awareness and personal resilience. *Animal Parade* gets students moving creatively while improving their coordination, and *Giving Tree* celebrates acts of kindness, reinforcing positive behaviours in a group setting. These activities help build stronger communication skills, emotional well-being, physical fitness, and a culture of kindness.

Learning Intentions

Teamwork, Communication, and Problem-Solving:

- *The Lineup* focuses on cooperation, communication, and problem-solving, either through verbal or non-verbal means, helping students strengthen social skills.

Self-Expression and Reflection:

- *Finding My Sunshine* encourages students to recognise their emotions and identify strategies to improve their mood.

Physical Development and Creativity:

- *Animal Parade* fosters creativity and coordination through animal-inspired movements, helping students develop physical awareness and strength.

Kindness and Empathy:

- *Giving Tree* reinforces the value of kindness by encouraging students to reflect on and share positive actions, promoting empathy and community.

Success Criteria

Active Participation and Engagement:

- In *The Lineup*, students work collaboratively, either by speaking or using gestures, to complete the task.
- *Animal Parade* encourages students to participate in animal movements and follow instructions.

Self-Reflection and Emotional Awareness:

- *Finding My Sunshine* supports students in identifying their feelings and developing coping strategies, promoting self-awareness.
- *Giving Tree* involves students in reflecting on their own acts of kindness and contributing to a visual representation of positive actions.

Creativity and Cooperation:

- In *Animal Parade*, students demonstrate creativity in mimicking animal movements and develop balance, coordination, and teamwork.
- *Giving Tree* highlights how kindness grows through contributions, making students feel part of a collective positive force.

Activity 1: The Lineup

Duration: 10-15 minutes

Objective:

To develop teamwork, communication, and problem-solving skills through organising a group based on different categories.

Learning Intentions:

- Work together to organise the group in a lineup.
- Use non-verbal communication and problem-solving strategies.
- Build social skills through cooperation and collaboration.

Success Criteria:

- Participate in organising the lineup based on the given category.
- Work with peers to complete the task.
- Use gestures or verbal cues (depending on the variation) to communicate effectively.

Gameplay:

- Choose a category (e.g., birthday, house number).
- Students line up either by talking or using non-verbal communication.
- After completing the task, discuss the strategies used and how communication helped.

Activity 2: Finding My Sunshine

Duration: 10-15 minutes

Objective:

To help students reflect on their emotions and identify strategies they can use to improve their mood and outlook on life.

Learning Intentions:

- Recognise emotions and reflect on what can make them feel better.
- Identify positive actions and create a personal plan for improving their mood.
- Use creativity to express their feelings.

Success Criteria:

- Identify feelings and list activities to improve mood.
- Draw or write about "sunshine" activities that make them feel better.
- Reflect on personal strategies and express their feelings clearly.

Gameplay:

- Reflect on how they're feeling and what makes them feel better.
- Draw or write about their "sunshine", the things or activities that help them when feeling a little down.
- Create a plan for future mood improvements.

Activity 3: Animal Parade

Duration: 10-15 minutes

Objective:

To engage students in physical activity by mimicking different animals, improving coordination, balance, and strength.

Learning Intentions:

- Improve physical coordination through animal-inspired movements.
- Follow instructions while incorporating creativity and fun into physical activity.
- Develop balance and strength using various body movements.

Success Criteria:

- Mimic animal movements accurately and creatively.
- Move in different ways (e.g., hopping, slithering).
- Follow movement instructions and enjoy participating in the parade.

Gameplay:

- Demonstrate animal movements (e.g., "Elephant stomp," "Kangaroo hop").
- Students take turns mimicking the animals and moving creatively.
- Reflect on which movements were easy or challenging.

Activity 4: Giving Tree

Duration: 15-20 minutes

Objective:

To encourage acts of kindness by reflecting on positive actions and contributing them to a visual representation of a "Giving Tree."

Learning Intentions:

- Recognise the value of kindness and giving.
- Reflect on personal acts of kindness.
- Contribute to a visual display of kindness that grows over time.

Success Criteria:

- Perform acts of kindness and document them on a leaf.
- Contribute leaves to the Giving Tree.
- Reflect on the kindness shared and the collective impact of small actions.

Gameplay:

- Perform acts of kindness and add leaves to the tree with written or drawn examples of kindness.
- Watch the Giving Tree grow as more acts of kindness are shared.
- Reflect on how kindness affects the community and discuss the importance of giving.

Conclusion:

Week Eleven emphasises teamwork, creativity, emotional awareness, physical fitness, and kindness. *The Lineup* promotes collaboration and non-verbal communication, while *Finding My Sunshine* empowers students to recognise their emotions and choose actions to improve their mood. *Animal Parade* encourages physical movement through imaginative play, and *Giving Tree* builds a culture of kindness by celebrating positive actions. These activities help students develop social, emotional, and physical skills while fostering a supportive and cooperative learning environment.