



Week Twelve

Week Twelve focuses on fostering gratitude, kindness, empathy, and physical activity through engaging and interactive games. The week aims to enhance memory, teamwork, emotional intelligence, and communication skills while promoting physical coordination, creative expression, and positive social interaction. Activities such as Name Bop, My Happy Place, Letters and Numbers, and Empathy Mirrors provide opportunities for students to reflect on their emotions, build strong social connections, and engage in fun, energising movement.

Learning Intentions:

Memory & Social Connection:

Name Bop encourages students to remember and recognise their peers' names, strengthening community bonds through quick thinking, social sharing, and fun.

Emotional Reflection & Expression:

My Happy Place allows students to reflect on places that make them feel safe and happy, helping them express their emotions through drawing and writing.

Physical Fitness & Teamwork:

Letters and Numbers combines exercise with learning by having students complete physical tasks based on randomly selected letters and numbers, promoting fitness, coordination, and teamwork.

Empathy & Emotional Recognition:

Empathy Mirrors fosters emotional intelligence by encouraging students to mirror and reflect emotions, improving their empathy and non-verbal communication skills.

Success Criteria:

Active Participation & Fun Engagement:

In Name Bop, students engage in a fun, fast-paced game of name recognition, promoting team-building and quick thinking.

Emotional Awareness & Expression:

In My Happy Place, students reflect on their feelings and express their emotions creatively through writing and drawing, enhancing self-awareness.

Physical Fitness & Teamwork:

In Letters and Numbers, students work collaboratively to complete physical exercises, fostering teamwork, communication, and physical fitness.

Empathy Building & Emotional Understanding:

In Empathy Mirrors, students practice mirroring emotions, building empathy and improving their emotional intelligence through non-verbal cues.





Activity 1: Name Bop

Duration: 10-15 minutes

Objective:

To reinforce name recognition, encourage quick thinking, and have fun in a team setting by using names in a playful way.

Learning Intentions:

- Remember and say the names of my peers.
- Respond quickly under pressure.
- Practice listening and observation skills.

Success Criteria:

- Recall and say names quickly.
- Respond with my name and another's name swiftly.
- Participate in a fun and supportive way.

Gameplay:

Students form a circle with one person in the middle as the "Bopper," holding a soft object. The Bopper calls out a name, and the named student must say their own name and another student's name before being tapped.

Reflection Prompt:

- How did it feel to be the Bopper? Was it easy or hard to tap someone?
- How did you remember everyone's names?
- How did quick thinking help you in the game?

Activity 2: My Happy Place

Duration: 15-20 minutes

Objective:

Encourage students to reflect on places that make them feel safe, happy, and relaxed, promoting self-awareness and emotional well-being.

Learning Intentions:

- Describe a place that makes me feel happy.
- Express why this place makes me feel safe and relaxed.
- Communicate my feelings through writing and drawing.

Success Criteria:

- Identify and describe one place that makes me happy.
- Explain why this place makes me feel relaxed and safe.
- Express my feelings through drawing or writing.

Gameplay:

Students reflect on their happy place, then draw or write about it, including why it makes them feel peaceful and joyful.

Reflection Prompt:

- What makes this place so special to you?
- How do you feel when you are in your happy place?
- Why is it important to have a place where you feel safe and happy?





Activity 3: Letters and Numbers

Duration: 15-20 minutes

Objective:

Enhance physical fitness and teamwork through a fun game where students complete exercises based on randomly selected letters and numbers.

Learning Intentions:

- Develop physical fitness through exercise and movement.
- Practice teamwork and cooperation.
- Use my body to complete exercises based on random card draws.

Success Criteria:

- Complete exercises based on the letter and number cards.
- Work together with a partner to complete the exercise tasks.
- Track the team with the most completed cards.

Gameplay:

Students draw cards from two piles (letter and number), then perform exercises corresponding to the letter and number on the cards. Teams work together to complete the exercises and collect cards.

Reflection Prompt:

- How did it feel to work together with a partner?
- Which exercise was the most challenging?
- How did the card draws keep the game exciting?

Activity 4: Empathy Mirrors

Duration: 10-20 minutes

Objective:

Help students practice recognising and reflecting emotions by mimicking facial expressions, strengthening their ability to empathise with others.

Learning Intentions:

- Recognise and reflect emotions in others.
- Respond to emotions with understanding and care.
- Use non-verbal cues to communicate empathy.

Success Criteria:

- Accurately mimic facial expressions or emotions.
- Reflect on how it felt to mirror emotions.
- Practice empathy by reflecting others' emotions.

Gameplay:

Students pair up to take turns expressing emotions with their face and body. The other student mirrors the emotion, practising empathy and understanding.

Reflection Prompt:

- What did you notice about the emotion you mirrored?
- How did it feel to express or mirror that emotion?
- How did mirroring help you understand how someone is feeling?





Conclusion:

Week Twelve is filled with activities designed to foster gratitude, kindness, emotional intelligence, and physical fitness. Name Bop reinforces name recognition and quick thinking, while My Happy Place allows students to reflect on their personal spaces of comfort. Letters and Numbers encourages physical movement and teamwork, and Empathy Mirrors builds empathy by encouraging students to reflect emotions. These activities contribute to students' social and emotional development, helping them engage with their peers in a positive, fun, and supportive way while enhancing their physical and emotional well-being.

