

Week Thirteen

Week Thirteen focuses on fostering creativity, teamwork, emotional intelligence, and physical movement through fun, interactive activities. The week encourages students to build, reflect, collaborate, and practice mindfulness, promoting both individual growth and positive social connections. Through games such as Tallest Tower, Positive Power Words, Reaching for the Clouds Meditation, and Respect for Space, students will engage in creative challenges, emotional reflection, and physical activity to develop key social and emotional skills.

Learning Intentions:

Creative Collaboration & Problem Solving:

Tallest Tower encourages teamwork and problem-solving as students use available materials to build the tallest and most stable structure, enhancing creativity and communication.

Positive Language & Self-Expression:

Positive Power Words helps students reflect on the impact of language, focusing on positive words that promote self-esteem and a positive mindset.

Mindfulness & Relaxation:

Reaching for the Clouds Meditation introduces students to mindfulness and relaxation techniques, using imagination to foster a peaceful mental space and positive emotions.

Personal Boundaries & Social Interaction:

Respect for Space encourages students to understand and respect personal boundaries, fostering empathy and positive social interactions by practising the concept of personal space.

Success Criteria:

Active Participation & Teamwork:

In Tallest Tower, students work collaboratively to build a tower, using their creativity and critical thinking to solve challenges together.

Self-Awareness & Positive Thinking:

In Positive Power Words, students identify words that make them feel empowered, reflecting on the positive impact language can have on emotions.

Focus & Relaxation:

In Reaching for the Clouds Meditation, students engage in a guided meditation to promote relaxation, emotional awareness, and creative visualisation.

Respect & Empathy:

In Respect for Space, students practice respecting personal space, demonstrating understanding and empathy towards others in different social situations.

Activity 1: Tallest Tower

Duration: 10-15 minutes

Objective:

To encourage creativity, collaboration, and problem-solving by building the tallest tower possible with available materials.



Learning Intentions:

- Work creatively to build something using available materials.
- Collaborate and problem-solve with my teammates.
- Apply critical thinking to create a strong, stable structure.

Success Criteria:

- Work with my team to design and build a tower.
- Think creatively about how to use materials to build a tall and sturdy tower.
- Collaborate and communicate effectively with my team.

Gameplay:

In teams, students use various materials (books, shoes, tins, etc.) to build the tallest freestanding tower. Teams are given 10 minutes to complete their structure. The tallest tower wins.

Reflection Prompt:

- How did you decide which materials to use?
- What challenges did you face, and how did you solve them?
- How did you work together to ensure the tower was stable?

Activity 2: Positive Power Words

Duration: 15-20 minutes

Objective:

Encourage students to reflect on the power of positive language and how certain words can make them feel good, promoting a positive mindset.

Learning Intentions:

- Identify positive words that make me feel good.
- Reflect on the power of positive language.
- Express why these words are special to me.

Success Criteria:

- Identify five words that make me feel happy.
- Explain why these words are special to me.
- Write about the feelings these words create.

Gameplay:

Students think of five positive words that make them feel good, then write and reflect on why each word is meaningful to them. They share their words with the group.

Reflection Prompt:

- How do these words make you feel?
- Why is it important to use positive words?
- Can you think of a time when a positive word helped you feel better?



Activity 3: Reaching for the Clouds Meditation

Duration: 10-15 minutes

Objective:

Guide students through a relaxing, imaginative meditation to foster mindfulness, relaxation, and emotional awareness.

Learning Intentions:

- Practice mindfulness and relaxation through guided meditation.
- Use imagination to create a positive, peaceful mental space.
- Reflect on the positive feelings and experiences during the meditation.

Success Criteria:

- Follow the guided meditation and focus on relaxation.
- Imagine the magical journey and the surprises along the way.
- Relax my body and mind, feeling calm and energised.

Gameplay:

Students are guided through a meditation where they imagine a peaceful journey with colourful balloons leading to fun activities like trampoline jumping and cloud-bouncing.

Reflection Prompt:

- How did you feel during the meditation?
- What was your favourite part of the journey?
- What positive emotions did you feel during the story?

Activity 4: Respect for Space

Duration: 5-10 minutes

Objective:

Teach students about the importance of personal space and practice respecting physical boundaries in a fun and interactive way.

Learning Intentions:

- Understand the concept of personal space and why it is important.
- Practice respecting the personal space of others.
- Recognise and respond appropriately to personal space needs in different social situations.

Success Criteria:

- Identify and explain what personal space means.
- Maintain a safe distance from others during the activity.
- Demonstrate respect for classmates by giving them space.

Gameplay:

Students are given hula hoops or designated spaces where they practice standing and moving while respecting personal boundaries. They must maintain a safe distance from others, reinforcing spatial awareness.

Reflection Prompt:

- How did it feel to respect personal space?
- What challenges did you face in maintaining your space?
- Why is it important to respect others' personal space?

Conclusion:

Week Thirteen encourages creativity, emotional awareness, and positive social interactions through a variety of engaging activities. Tallest Tower fosters teamwork and problem-solving, while Positive Power Words helps students focus on the impact of positive language on their well-being. Reaching for the Clouds Meditation introduces mindfulness, and Respect for Space promotes empathy and awareness of physical boundaries. Together, these activities help students develop essential social and emotional skills while having fun and engaging with their peers.

