

# Week Fourteen

Week Fourteen focuses on fostering creativity, emotional reflection, physical coordination, and gratitude through fun, engaging activities. This week encourages students to connect with others, reflect on the positive aspects of their lives, and engage in both imaginative and physical play. Activities such as Wipe That Smile!, My Family Tree, Freeze Dance, and Gratitude Bookmarks promote laughter, self-expression, mindfulness, and appreciation, helping students build stronger emotional connections and develop positive habits.

## **Learning Intentions:**

### **Emotional Control & Group Interaction:**

Wipe That Smile! encourages students to engage in a fun, lighthearted game that promotes self-control while fostering laughter and social connection within the group.

### **Family Connection & Reflection:**

My Family Tree allows students to reflect on their family relationships, helping them connect with their loved ones and appreciate the people who shape their lives.

### **Physical Movement & Expression:**

Freeze Dance improves listening skills, balance, and creative self-expression as students respond to music cues, allowing them to practice movement and coordination in a fun way.

### **Gratitude Reflection & Expression:**

Gratitude Bookmarks inspire students to reflect on what they are thankful for, creating a personal reminder of positivity and thankfulness to use during daily activities.

## **Success Criteria:**

### **Engagement & Creativity:**

In Wipe That Smile!, students engage with their peers creatively by smiling without making noise or funny faces, practising both focus and fun.

### **Family Connection & Self-Expression:**

In My Family Tree, students reflect on their family members and creatively express their connections through drawing and writing.

### **Listening & Balance:**

In Freeze Dance, students improve their balance and listening skills by freezing in place when the music stops and holding a creative pose.

### **Gratitude & Reflection:**

In Gratitude Bookmarks, students identify things they are thankful for, create a visual reminder of their gratitude, and use it to stay mindful of the positives in their lives.

## Activity 1: Wipe That Smile!

**Duration:** 10-15 minutes

**Objective:**

Encourage laughter, focus, and friendly competition by trying to make others laugh with a big smile while controlling reactions.

**Learning Intentions:**

- Engage in a fun, lighthearted game that encourages self-control and laughter.
- Recognise the value of laughter in building social connections.
- Participate in a group activity while following the rules.

**Success Criteria:**

- Smile without making any noises or pulling funny faces.
- Make classmates laugh with just your smile.
- Participate respectfully in a group game.

**Gameplay:**

Students are in a circle, and one student is chosen to be the "smiler." The smiler tries to make others laugh with just their smile. Each time a student laughs, the smiler earns a point. The game continues as the smile is passed to the next person in the circle.

**Reflection Prompt:**

- How did it feel to try to make others laugh with just your smile?
- What was challenging about trying not to laugh yourself?
- How do you think this game helps us connect with each other?

## Activity 2: My Family Tree

**Duration:** 15-20 minutes

**Objective:**

Reflect on family relationships and connections, encouraging an appreciation for the important people in students' lives.

**Learning Intentions:**

- Identify important people in my family.
- Reflect on family relationships and connections.
- Express my family connections through drawing and writing.

**Success Criteria:**

- Identify and write down the names of people in my family.
- Draw a family tree that represents my family.
- Reflect on how each family member contributes to my life.

**Gameplay:**

Students draw a tree with branches representing their family members, including their names and roles in the family. They share their family trees with the group and reflect on the importance of each family member.

**Reflection Prompt:**

- Who are the most important people in your family?
- How does each person help make your family special?
- Why is it important to appreciate your family connections?



## Activity 3: Freeze Dance

**Duration:** 10-15 minutes

### **Objective:**

Improve listening skills, balance, and creative expression through dance while having fun stopping and freezing in balanced poses when the music pauses.

### **Learning Intentions:**

- Improve my listening skills by responding to music cues.
- Practice balance by holding still in a balanced pose.
- Express myself through movement and creativity while dancing.

### **Success Criteria:**

- Listen carefully for when the music stops and quickly freeze in a balanced pose.
- Hold a still, balanced pose when the music pauses.
- Move creatively to the music and express myself freely.

### **Gameplay:**

Students dance freely to music, and when the music stops, they freeze in a balanced pose. The game continues with the music starting and stopping, giving students multiple chances to practice listening, balance, and creativity.

### **Reflection Prompt:**

- What was your favourite dance move?
- How did it feel to freeze in a balanced pose?
- What helped you stay balanced when the music stopped?

## Activity 4: Gratitude Bookmarks

**Duration:** 10-20 minutes

### **Objective:**

Inspire students to reflect on gratitude daily and create a personal reminder of their positive thoughts, fostering an attitude of thankfulness and positivity.

### **Learning Intentions:**

- Reflect on the things I am grateful for and express my appreciation.
- Use creative expression to represent my thoughts of gratitude.
- Use a personal reminder of gratitude during reading time.

### **Success Criteria:**

- Identify and list things I am thankful for.
- Create a bookmark that includes positive affirmations or expressions of gratitude.
- Use my gratitude bookmark as a reminder during reading time or other daily activities.

### **Gameplay:**

Students create personalised gratitude bookmarks by drawing or writing about the things they are thankful for. The bookmarks can be decorated and used as a physical reminder of gratitude during reading time or other activities.

### **Reflection Prompt:**

- What are you most thankful for right now?
- How can using a gratitude bookmark help remind you to appreciate the good things in your life?
- Why is it important to reflect on gratitude?

### **Conclusion:**

Week Fourteen is designed to promote creativity, self-reflection, physical coordination, and gratitude. Wipe That Smile! fosters social connection and focus through laughter, while My Family Tree helps students reflect on their relationships and the importance of family. Freeze Dance encourages movement, balance, and creativity, and Gratitude Bookmarks inspire daily reflection on the positive aspects of life. These activities combine fun, emotional awareness, and personal growth, creating an engaging and supportive environment for students to connect with themselves and others.