

Week Fifteen

Week Fifteen focuses on fun, active games and reflective tasks that promote social connection, emotional awareness, physical coordination, and gratitude. This week's activities, including Name Chase, The Things I Love, Table Top Tennis, and Empathy Role Play, encourage students to engage in teamwork, self-expression, and positive emotional interactions while staying active and focused. The activities aim to strengthen relationships, build empathy, and provide opportunities for fun physical movement and personal reflection.

Learning Intentions:

Social Connection & Quick Thinking:

Name Chase encourages students to learn and remember each other's names while engaging in quick thinking, active movement, and friendly competition.

Positive Reflection & Self-Expression:

The Things I Love allows students to reflect on what brings them joy, fostering self-awareness and promoting a positive mindset through creative expression.

Coordination & Teamwork:

Table Top Tennis enhances hand-eye coordination, balance, and teamwork through a fun, competitive game that encourages physical activity and cooperation between partners.

Empathy & Emotional Awareness:

Empathy Role Play helps students practice understanding and responding to others' emotions, fostering kindness, empathy, and support in social interactions.

Success Criteria:

Name Recognition & Movement:

In Name Chase, students practice remembering and saying their classmates' names, responding quickly while staying engaged in the physical activity.

Positive Mindset & Reflection:

In The Things I Love, students identify what brings them happiness and express their feelings creatively, focusing on positive aspects of their lives.

Balance & Coordination:

In Table Top Tennis, students focus on maintaining balance, control, and precision, working together with a partner to keep the game fun and competitive.

Empathy Building & Kindness:

In Empathy Role Play, students practice empathetic responses to different emotional scenarios, demonstrating kindness and understanding while learning to offer support.

Activity 1: Name Chase

Duration: 10-15 minutes

Objective:

Help students learn and remember each other's names in a fun, active way while encouraging teamwork and participation.

Learning Intentions:

- Remember and say the names of my classmates.
- Participate in a fun and active game that involves quick thinking and movement.
- Practice the concept of fairness and teamwork in a group setting.

Success Criteria:

- Remember and say the names of my classmates clearly.
- React quickly when it's my turn to chase or run.
- Follow the rules and play fairly.

Gameplay:

Students sit in a circle, and the chosen "it" person taps others on the head while saying their name. When "it" says a name, the tapped person must chase "it" around the circle, trying to tag them before they take the spot.

Reflection Prompt:

- How did it feel to be "it" and say everyone's name?
- What was it like when you had to chase "it" around the circle?
- How did remembering your classmates' names help in the game?

Activity 2: The Things I Love

Duration: 15-20 minutes

Objective:

Encourage students to reflect on the things in their lives that bring them happiness, promoting a positive mindset and self-reflection.

Learning Intentions:

- Identify things that make me smile.
- Express what makes me happy through writing and drawing.
- Reflect on how these things make me feel.

Success Criteria:

- Identify three things that make me smile.
- Explain why these things make me happy.
- Express my happiness through writing or drawing.

Gameplay:

Students reflect on three things that make them smile, then write or draw them and share their reflections with the group.

Reflection Prompt:

- How do these things make you feel?
- Why is it important to think about the things that make us happy?
- Can you think of more things that make you smile?

Activity 3: Table Top Tennis

Duration: 10-15 minutes

Objective:

Improve hand-eye coordination, focus, and balance by playing a fun and active "Table Top Tennis" game, bouncing a ball off the top of desks to score points.

Learning Intentions:

- Improve my hand-eye coordination through the use of a racket or hands to bounce the ball.
- Practice teamwork and friendly competition while engaging in a fun, active game.
- Develop focus and reaction time by aiming to bounce the ball accurately and quickly.

Success Criteria:

- Accurately bounce the ball off the top of my desk and aim it towards my partner's side.
- Maintain balance and body control while standing and playing at my desk.
- Work together with my partner to have fun while practising the rules of the game.

Gameplay:

Students play in pairs, bouncing a ball off their desk to their partner's side. The game continues with players taking turns serving and returning the ball.

Reflection Prompt:

- How did it feel to play with your partner?
- What strategies did you use to return the ball?
- What could you do next time to improve?

Activity 4: Empathy Role Play

Duration: 10-15 minutes

Objective:

Practice understanding and responding to others' emotions by acting out different scenarios, reinforcing empathy, kindness, and support in social interactions.

Learning Intentions:

- Practice understanding and responding to others' emotions.
- Demonstrate empathy, kindness, and support through role-play.
- Recognise different emotions and the appropriate way to respond to them.

Success Criteria:

- Act out different scenarios to understand how others might feel.
- Respond to others with kindness and respect during the role-play.
- Reflect on my actions and how I made someone feel during the role play.

Gameplay:

Students are given different scenarios where they practice responding with empathy. One student acts out an emotion, and the other responds with kindness and support.

Reflection Prompt:

- How did you feel when your friend responded with kindness?
- What could you do to help someone who is feeling upset?
- How did it feel to act out the role of someone feeling happy or sad?

Conclusion:

Week Fifteen offers a dynamic mix of physical activity, self-expression, and emotional reflection. Name Chase fosters social connection and quick thinking through active participation, while The Things I Love encourages reflection on happiness and gratitude. Table Top Tennis builds coordination and teamwork, and Empathy Role Play helps students develop empathy and kindness in social interactions. These activities create an engaging and supportive atmosphere, helping students strengthen their physical, emotional, and social skills while having fun together.