

# Week Sixteen

Week Sixteen is filled with fun, active games and reflective tasks aimed at promoting social connection, emotional awareness, physical fitness, and kindness. This week's activities, including Snowball Fight, The Feelings Journal, Obstacle Course Relay, and the Kindness Pledge, encourage students to share personal information, express their emotions, develop coordination, and commit to acts of kindness. The activities foster inclusivity, empathy, teamwork, and self-awareness while maintaining a playful, engaging atmosphere.

## **Learning Intentions:**

### **Social Connection & Observation:**

Snowball Fight promotes social interaction by encouraging students to share personal facts about themselves and practice their observation and deduction skills in a fun, interactive way.

### **Emotional Awareness & Self-Expression:**

The Feelings Journal allows students to reflect on their emotions, fostering emotional intelligence and helping students express their feelings creatively through writing and drawing.

### **Physical Fitness & Teamwork:**

Obstacle Course Relay improves physical fitness, agility, and coordination, while also encouraging teamwork and communication as students work together to complete the course.

### **Kindness & Community Building:**

The Kindness Pledge helps students commit to kindness and reflect on the importance of being kind, fostering a positive and supportive environment within the classroom and beyond.

## **Success Criteria:**

### **Name Recognition & Fun Interaction:**

In Snowball Fight, students practice name recognition, recall fun facts about classmates, and engage in friendly competition, using their observation skills to guess who wrote each fact.

### **Emotional Reflection & Expression:**

In The Feelings Journal, students identify and express different feelings, reflecting on how emotions affect them and their relationships, while using writing and drawing for creative self-expression.

### **Agility & Collaboration:**

In Obstacle Course Relay, students improve their agility, coordination, and balance while working as a team, fostering cooperation and a fun, active environment.

### **Kindness & Commitment:**

In the Kindness Pledge, students make a personal commitment to practice kindness every day, creatively expressing their pledge and displaying it as a visual reminder for themselves and others.



## Activity 1: Snowball Fight

**Duration:** 10-15 minutes

**Objective:**

Promote social connection and self-awareness by sharing facts about oneself and practising observation and communication in a fun and engaging way.

**Learning Intentions:**

- Share facts about myself to help others get to know me.
- Practice my observation and deduction skills.
- Participate in a group activity that involves teamwork and communication.

**Success Criteria:**

- Share three interesting facts about myself.
- Use my observation skills to guess who wrote the facts.
- Introduce and share information about my classmates in a respectful way.

**Gameplay:**

Students write three facts about themselves on paper, crumple it into snowballs, and throw them around the room. After 1 minute, students pick up a snowball, read the facts, and guess who wrote them.

**Reflection Prompt:**

- What was challenging about trying to guess who wrote each fact?
- How did you feel sharing facts about yourself with the group?
- What did you learn about your classmates through this activity?

## Activity 2: The Feelings Journal

**Duration:** 15-20 minutes

**Objective:**

Encourage students to identify and express emotions creatively, fostering emotional intelligence and self-awareness.

**Learning Intentions:**

- Recognise and express different feelings.
- Express my feelings through writing and drawing.
- Reflect on how my feelings affect me and others.

**Success Criteria:**

- Identify a time I felt happy, sad, or excited.
- Express my feelings through writing or drawing.
- Reflect on how these feelings made me or others feel.

**Gameplay:**

Students reflect on a time they felt happy, sad, or excited, then write or draw about the experience and how it made them feel.

**Reflection Prompt:**

- How did you feel in that moment?
- Why do you think you felt that way?
- How did your feelings affect what you did or said?

## Activity 3: Obstacle Course Relay

**Duration:** 10-15 minutes

**Objective:**

Enhance agility, coordination, and teamwork by completing an obstacle course in a relay format.

**Learning Intentions:**

- Improve my agility and coordination by navigating an obstacle course.
- Develop teamwork and cooperation by participating in a relay-style race.
- Challenge myself and improve my physical fitness through fun, active movement.

**Success Criteria:**

- Complete each obstacle in the course while maintaining balance and coordination.
- Follow the relay-style rules and take turns with my teammates to complete the course.
- Demonstrate physical agility and endurance as I run, jump, and crawl through the course.

**Gameplay:**

Students navigate an obstacle course and pass the baton to the next teammate. The first team to finish with all players completing the course wins.

**Reflection Prompt:**

- What part of the obstacle course was the hardest?
- How did you feel when you completed the course?
- How did you work as a team to complete the relay?

## Activity 4: Kindness Pledge

**Duration:** 15-20 minutes

**Objective:**

Promote kindness by encouraging students to make a commitment to being kind to others every day and display their pledge as a daily reminder.

**Learning Intentions:**

- Commit to being kind to others every day.
- Reflect on the importance of kindness in building a supportive community.
- Creatively express my commitment to kindness.

**Success Criteria:**

- Write or say a kindness pledge that expresses my commitment to being kind every day.
- Decorate my pledge to make it meaningful and visually engaging.
- Display my pledge as a reminder to stay kind every day.

**Gameplay:**

Students write and decorate their Kindness Pledge, then display it in the classroom.

**Reflection Prompt:**

- How do you think your kindness will affect others?
- How can we all work together to make sure we stay kind every day?
- Why is it important to practice kindness every day?

### **Conclusion:**

Week Sixteen offers a balanced mix of social activities, emotional reflection, physical engagement, and personal commitment. Snowball Fight builds social connection and observation skills, while The Feelings Journal encourages self-expression and emotional awareness. Obstacle Course Relay promotes physical fitness and teamwork, and the Kindness Pledge helps students develop a strong sense of empathy and commitment to kindness. These activities create a positive, supportive environment, fostering collaboration, personal growth, and community spirit among students.

