

Week Seventeen

Week Seventeen focuses on building memory, self-respect, physical fitness, resilience, and social connections. The week includes fun and engaging activities such as the Name Relations Game, The Feelings Journal, 4 Corners, and Resilience Role Models. These activities foster positive emotional expression, teamwork, perseverance, and understanding of resilience, while encouraging both physical activity and self-awareness.

Learning Intentions:

Name Recall & Social Connection:

The *Name Relations Game* promotes name recognition, memory, and team bonding as students share their names and food items while engaging in a fun, interactive activity.

Emotional Awareness & Expression:

The *Feelings Journal* allows students to identify and express their emotions, helping them understand how feelings affect their actions and relationships, enhancing emotional intelligence.

Physical Fitness & Decision-Making:

4 Corners combines physical activity, strategy, and decision-making by having students perform exercises and play Rock, Paper, Scissors in a relay-style game.

Resilience & Personal Growth:

Resilience Role Models helps students understand resilience by identifying and reflecting on role models, teaching them how to overcome challenges through inspiration from others.

Success Criteria:

Engagement & Memory Recall:

In *Name Relations Game*, students practice recalling names and associated facts, using their memory and attention skills while having fun and connecting with peers.

Self-Reflection & Emotional Expression:

In *The Feelings Journal*, students reflect on personal emotional experiences and express those feelings creatively, fostering self-awareness and emotional regulation.

Physical Coordination & Teamwork:

In *4 Corners*, students enhance their physical fitness, coordination, and decision-making by navigating an obstacle course while working with teammates in a relay-style competition.

Resilience & Reflection:

In *Resilience Role Models*, students identify resilience in role models and reflect on their own personal role models, reinforcing the concept of resilience and how it applies in their lives.



Activity 1: Name Relations Game

Duration: 10-15 minutes

Objective:

Encourage name recall and strengthen social bonds through a fun and interactive game that helps students remember each other's names and create a memorable connection with food.

Learning Intentions:

- Recall and say my name and a food that begins with the same letter.
- Improve my memory and attention skills.
- Interact with others in a group setting to promote inclusivity.

Success Criteria:

- Remember and say my name and a food item related to it.
- Recall and say the names and foods of others as the game progresses.
- Work together with my group to remember everyone's name.

Gameplay:

Students introduce themselves and provide a food item starting with the same letter as their name. The game continues as each player repeats all previous names and food items before adding their own.

Reflection Prompt:

- How did you remember everyone's names and food items?
- What strategies helped you recall the names?
- How did it feel when it was your turn to recall everyone's names?

Activity 2: The Feelings Journal

Duration: 15-20 minutes

Objective:

Help students 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 write or draw about a time they felt happy, sad, or excited and reflect on how these emotions impacted their actions.

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: 4 Corners

Duration: 10-15 minutes

Objective:

Improve physical fitness, coordination, and decision-making skills by completing exercises at different stations while playing Rock, Paper, Scissors.

Learning Intentions:

- Develop physical fitness and coordination through various exercises.
- Improve decision-making and strategic thinking during Rock, Paper, Scissors.
- Enhance competitiveness and perseverance while completing the course.

Success Criteria:

- Complete each exercise correctly at each cone station.
- Play Rock, Paper, Scissors with an opponent, making strategic decisions.
- Race against the clock to pass through the cones as many times as possible.

Gameplay:

Students play Rock, Paper, Scissors with a partner at each corner, moving through stations and completing exercises. Players collect playing cards after completing laps.

Reflection Prompt:

- What was your favourite exercise at each corner?
- How did you feel when you won or lost a round of Rock, Paper, Scissors?
- How did you stay motivated to keep moving through the corners?

Activity 4: Resilience Role Models

Duration: 15-20 minutes

Objective:

Teach students about resilience through role models and reflection on personal examples of resilience in their lives.

Learning Intentions:

- Understand what resilience is and how it helps overcome challenges.
- Identify role models who demonstrate resilience.
- Reflect on personal role models and the challenges they have overcome.

Success Criteria:

- Explain what resilience is and why it is important.
- Identify a role model who has shown resilience and explain why.
- Create a drawing or write about my personal role model who demonstrates resilience.

Gameplay:

Students discuss famous resilient figures and identify their own role models. They create a drawing or write-up about their role model's resilience.

Reflection Prompt:

- What did you learn about resilience from your role model?
- How does your role model inspire you to overcome challenges?
- Why is resilience important in your life?

Conclusion:

Week Seventeen offers engaging and thought-provoking activities that encourage social connection, emotional expression, physical activity, and the development of resilience. *Name Relations Game* helps students practice name recall and strengthens social bonds. *The Feelings Journal* fosters emotional awareness and self-reflection. *4 Corners* promotes physical fitness, decision-making, and teamwork. Finally, *Resilience Role Models* teaches students about resilience, encouraging them to reflect on personal and external role models as sources of inspiration. This week's activities create a positive, supportive atmosphere, promoting personal growth, collaboration, and self-awareness among students.