



Week Eighteen

Week Eighteen focuses on building communication, self-reflection, relaxation, creativity, and gratitude. The activities aim to strengthen students' social bonds, encourage goal-setting and personal growth, and promote emotional well-being through creative expressions of gratitude. From practising communication in *Double Circles* to reflecting on their futures in *A Letter to My Future Self*, students explore self-awareness, relationships, and the value of giving.

Learning Intentions:

Social Interaction & Communication:

Double Circles encourages active listening, meaningful conversations, and social engagement through structured one-on-one interactions. It aims to build relationships and foster inclusivity.

Goal-Setting & Personal Growth:

A Letter to My Future Self invites students to reflect on their goals and aspirations, encouraging personal growth and self-reflection as they think about their future.

Mindfulness & Relaxation:

The Tree House Meditation helps students practice mindfulness, relaxation, and imagination, creating a sense of calm and self-awareness.

Gratitude & Expression:

Gratitude Postcards provides an opportunity for students to express gratitude and appreciation by creating personalized thank-you cards, promoting kindness and positive social connections.

Success Criteria:

Engagement & Communication:

In *Double Circles*, students rotate through multiple one-on-one conversations, learning about their peers while practising active listening and open-ended questioning.

Self-Reflection & Goal-Setting:

In *A Letter to My Future Self*, students articulate their hopes, dreams, and growth goals, fostering a sense of direction and self-motivation.

Relaxation & Creativity:

The Tree House Meditation ensures students follow the guided visualization, use their imagination to explore a peaceful environment, and reflect on the positive emotions and self-worth they feel during the experience.

Gratitude & Giving:

In *Gratitude Postcards*, students create heartfelt thank-you messages, reinforcing the importance of expressing appreciation and building stronger relationships.





Activity 1: Double Circles

Duration: 5-10 minutes

Objective:

Encourage social interaction and build relationships through one-on-one conversations, allowing students to learn about each other and practice communication skills.

Learning Intentions:

- Practice active listening and communication with peers.
- Share information about myself and learn more about others.
- Participate in a group activity that builds relationships.

Success Criteria:

- Answer open-ended questions about myself.
- Listen actively to my partner's answers.
- Rotate and participate in multiple one-on-one conversations.

Gameplay:

Students form two circles, one inside and one outside, with each person facing a partner. After each round of questions, the outside circle rotates. After 3-5 rounds, students reflect on what they learned about their classmates.

Reflection Prompt:

- What did you learn about your classmates that you didn't know before?
- How did it feel to share something personal with a new partner?
- How can this activity help you get to know more people in class?

Activity 2: A Letter to My Future Self

Duration: 15-20 minutes

Objective:

Help students think about their future, set positive goals, and reflect on their personal growth, fostering a mindset of progress and achievement.

Learning Intentions:

- Set goals for the future and reflect on my growth.
- Express my hopes and goals through writing.
- Reflect on how I want to improve and achieve my dreams.

Success Criteria:

- Write a letter to my future self.
- Set one or more goals for my future.
- Explain how I want to grow and develop.

Gameplay:

Students write a letter to their future self, sharing their aspirations and outlining steps to achieve their goals. Afterward, they reflect on how they can work toward these goals in the present.

Reflection Prompt:

- What do you hope to achieve in the future?
- How do you want to grow and develop?
- What small steps can you take today to reach your goals?





Activity 3: The Tree House Meditation

Duration: 10-15 minutes

Objective:

Guide students through a relaxing journey to a magical tree house, fostering mindfulness, relaxation, and a sense of wonder while enhancing creativity and self-awareness.

Learning Intentions:

- Practice relaxation and mindfulness through guided meditation.
- Use my imagination to explore a peaceful, magical environment.
- Reflect on positive emotions and self-worth through the experience.

Success Criteria:

- Follow the guided meditation by focusing on my breathing and the story.
- Imagine the magical tree house, its surroundings, and the activities described.
- Reflect on how I feel after the meditation and carry those positive feelings with me.

Gameplay:

The teacher leads students through a calming visual journey to a tree house filled with magical elements, encouraging relaxation and mindfulness.

Reflection Prompt:

- How did you feel during the journey to the tree house?
- What was your favourite part of the adventure?
- How do you feel now after the meditation?

Activity 4: Gratitude Postcards

Duration: 15-20 minutes

Objective:

Practice expressing gratitude by designing and sending personalized postcards to someone, fostering appreciation and positive communication.

Learning Intentions:

- Express gratitude by writing a thank-you message to someone.
- Create a personalized postcard that conveys gratitude.
- Understand the importance of showing appreciation to others.

Success Criteria:

- Design a postcard that expresses my gratitude to someone special.
- Write a thank-you message on the postcard that is specific and heartfelt.
- Send my gratitude postcard to someone to express my appreciation.

Gameplay:

Students design gratitude postcards and write personalized thank-you messages. Afterward, they send the postcards to their intended recipient, reflecting on the importance of gratitude.

Reflection Prompt:

- How did it feel to express gratitude and send a kind message to someone?
- What impact do you think your message will have on the recipient?
- How does expressing gratitude contribute to positive relationships?





Conclusion:

Week Eighteen focuses on building essential life skills such as communication, self-reflection, emotional well-being, and gratitude. *Double Circles* encourages social interaction and relationship-building, while *A Letter to My Future Self* promotes goal-setting and personal growth. *The Tree House Meditation* helps students practice mindfulness and relaxation, fostering creativity and emotional well-being. Finally, *Gratitude Postcards* allows students to express appreciation for others, strengthening social bonds and reinforcing the importance of gratitude. This week's activities provide valuable opportunities for personal reflection, emotional regulation, and connection with others.

