



Week Twenty

In Week Twenty, students engage in fun, fast-paced activities designed to promote teamwork, empathy, and communication. Activities such as *Lines and Blobs*, *Sharing with Friends*, and *Scavenger Hunt Sprint* focus on collaboration, physical activity, and self-expression, while *Walk in My Shoes Day* encourages students to understand and relate to the challenges others face, building empathy. This week promotes both physical and emotional well-being, helping students learn to work together, express kindness, and appreciate the feelings of others.

Learning Intentions:

Collaboration & Communication:

Lines and Blobs promotes teamwork and communication as students collaborate to organise themselves based on different criteria.

Kindness & Cooperation:

Sharing with Friends allows students to reflect on how sharing helps build relationships and strengthens friendships through acts of kindness.

Physical Activity & Problem Solving:

Scavenger Hunt Sprint combines exercise with problem-solving, enhancing students' physical fitness while keeping them engaged in a playful, competitive task.

Empathy & Emotional Intelligence:

Walk in My Shoes Day provides an opportunity for students to build empathy by imagining and experiencing challenges from others' perspectives.

Success Criteria:

Teamwork & Communication:

In *Lines and Blobs*, students practice working together quickly to organise themselves and communicate efficiently under time pressure.

Reflection on Kindness:

In *Sharing with Friends*, students reflect on the emotional benefits of sharing and how it strengthens relationships.

Physical Fitness & Agility:

In *Scavenger Hunt Sprint*, students improve their physical fitness by completing exercises while engaging in a scavenger hunt, promoting teamwork and self-reliance.

Empathy & Perspective-Taking:

In *Walk in My Shoes Day*, students practice empathy by reflecting on how it feels to experience another person's challenge.





Activity 1: Lines and Blobs

Duration: 5-10 minutes

Objective:

Promote teamwork and communication by getting students to organise themselves into lines or blobs based on shared characteristics in a fun, fast-paced game.

Learning Intentions:

- Collaborate with peers to organise based on criteria.
- Communicate through verbal and non-verbal cues.
- Understand the importance of teamwork under time pressure.

Success Criteria:

- Organise into groups or lines based on specific criteria.
- Communicate clearly and efficiently with classmates.
- Work as part of a team to complete the challenge.

Gameplay:

Students are given various criteria (e.g., line up in alphabetical order, create groups based on favourite colours) and must organise themselves quickly. They rotate through different challenges, with the possibility of using only gestures or body language to communicate.

Reflection Prompt:

- How did you work together to organise the group or line quickly?
- What strategies did you use to communicate with others?
- How did it feel to complete the task with only gestures or body language?

Activity 2: Sharing with Friends

Duration: 10-15 minutes

Objective:

Reflect on the importance of sharing and how it strengthens friendships.

Learning Intentions:

- Understand the importance of sharing.
- Reflect on how sharing makes both myself and others feel.
- Express experiences of sharing creatively through writing and drawing.


Success Criteria:

- Recall a time when I shared something with a friend.
- Describe how sharing made both me and my friend feel.
- Express my experience through writing or drawing.

Gameplay:

Students recall a time they shared something with a friend and describe the experience through writing or drawing. They reflect on how sharing affected both themselves and their friend.

Reflection Prompt:

- How did you feel when you shared something with a friend?
 - How do you think your friend felt?
 - Why is sharing important in a friendship?
- 



Activity 3: Scavenger Hunt Sprint

Duration: 15-20 minutes

Objective:

Combine movement and problem-solving in a fun, active scavenger hunt, where students race to find objects and complete physical tasks along the way.

Learning Intentions:

- Enhance physical fitness through a scavenger hunt and exercise.
- Practice following clues and completing tasks.
- Improve speed and stamina through various physical activities.

Success Criteria:

- Complete the physical tasks assigned to each scavenger hunt item.
- Move quickly and efficiently to find hidden items.
- Work independently or in teams to complete the scavenger hunt tasks.

Gameplay:

Students search for hidden items and complete associated physical tasks (e.g., star jumps, running in circles). The first student or team to find all items and complete tasks wins.

Reflection Prompt:

- What was the hardest task you had to complete?
- How did you feel after completing each task?
- What helped you find the items quickly?

Activity 4: Walk in My Shoes Day

Duration: 15-20 minutes

Objective:

Build empathy by allowing students to experience the challenges of others, helping them understand different perspectives and emotions.

Learning Intentions:

- Understand and relate to the challenges others face.
- Practice thinking about how others might feel.
- Reflect on how empathy can build stronger relationships and support others.

Success Criteria:

- Describe a challenge that I might face and share it with others.
- Demonstrate empathy by imagining how it would feel to experience another person's challenge.
- Reflect on the activity and discuss how it felt to experience someone else's challenge.

Gameplay:

Students describe a challenge they might face, and others "walk in their shoes" by mimicking that challenge (e.g., fidgeting nervously if someone describes public speaking). The group then reflects on the experience of walking in someone else's shoes.

Reflection Prompt:

- How did it feel to experience a challenge that wasn't your own?
- What did you learn about how other people might feel?
- How can understanding someone else's challenge help us be more kind and supportive?





Conclusion:

Week Twenty emphasises the importance of teamwork, empathy, and kindness. Activities like *Lines and Blobs* and *Scavenger Hunt Sprint* focus on collaboration and physical engagement, while *Sharing with Friends* and *Walk in My Shoes Day* help students develop empathy and reflect on their emotions. Through these activities, students practice communicating effectively, appreciating others' feelings, and engaging in meaningful interactions, all in a fun and supportive environment.

