



Week Twenty-One

In Week Twenty-One, the focus is on kindness, creativity, and communication. Students engage in interactive games such as *Name in a Box*, *Follow the Leader*, and *Scavenger Hunt Sprint*, all designed to enhance movement, teamwork, and self-expression. The activities emphasise the importance of kindness, empathy, and the positive effects of using kind words and actions. The week also includes thoughtful reflection on how students can support and uplift each other, both through actions like creating *Kindness Coupons* and sharing kind words.

Learning Intentions:

Movement & Teamwork:

- *Name in a Box* promotes group interaction through movement while helping students learn and remember each other's names in a fun way.
- *Follow the Leader* improves coordination, balance, and creativity as students mimic each other's movements.

Kindness & Empathy:

- *Kindness Words* focuses on using kind language to foster positive relationships.
- *Kindness Coupons* helps students create meaningful acts of kindness and reflect on the impact of their actions.

Physical Activity & Problem-Solving:

- *Scavenger Hunt Sprint* combines physical fitness with problem-solving, enhancing coordination, stamina, and teamwork.

Success Criteria:

Engagement & Communication:

- In *Name in a Box*, students engage in movement while remembering classmates' names, using creativity to express themselves through poses.
- In *Follow the Leader*, students practice mimicking movements, developing balance and coordination, and engaging in a cooperative group setting.

Kindness & Reflection:

- In *Kindness Words*, students identify kind phrases and share them with others to promote a supportive and positive atmosphere.
- In *Kindness Coupons*, students design and give coupons, performing acts of kindness and reflecting on their impact.

Physical Fitness & Cooperation:

- *Scavenger Hunt Sprint* focuses on physical tasks that improve endurance, speed, and teamwork, while also encouraging self-reliance.





Activity 1: Name in a Box

Duration: 5-10 minutes

Objective:

Help students learn each other's names in an active, fun way while fostering creativity and self-expression.

Learning Intentions:

- Recognise names and remember classmates.
- Participate in an active group-based game that encourages movement.
- Express creativity through poses after jumping up from a squat.

Success Criteria:

- Remember and say classmates' names.
- Squat and jump with enthusiasm when it's your turn.
- Express yourself through a fun, creative pose.

Gameplay:

Students form a circle, with one student squatting in the middle. As the group sings a song, the student in the middle jumps up and strikes a pose. The group then guesses the name, and the student rotates to give everyone a chance in the middle.

Reflection Prompt:

- How did you feel when it was your turn to jump up and pose?
- How did you remember everyone's name?
- What was your favourite part of the game?

Activity 2: Kindness Words

Duration: 10-15 minutes

Objective:

Encourage students to use kind language in their interactions to promote a supportive environment.

Learning Intentions:

- Choose kind words to say to others.
- Practice thoughtful communication and kindness.
- Express kindness through words in their interactions.

Success Criteria:

- Identify three kind words or phrases.
- Explain why kind words are important.
- Share kind words with others.

Gameplay:

Students think of three kind words or phrases they can say to someone today, write them down, and share them with others. They are encouraged to use these words in real life to spread kindness.

Reflection Prompt:

- How do you feel when you say kind words to others?
- How do you think the person will feel?
- Why is it important to use kind words?





Activity 3: Follow the Leader

Duration: 10-15 minutes

Objective:

Improve coordination, balance, and teamwork by having students mimic the movements of a leader in a cooperative group setting.

Learning Intentions:

- Improve coordination by copying movements.
- Practice listening and following instructions.
- Enhance creativity and self-expression through movements.

Success Criteria:

- Mimic the leader's movements accurately.
- Take turns being the leader.
- Encourage and support classmates.

Gameplay:

Students take turns leading the group by performing different movements, such as jumping, crawling, or walking on tiptoes. The others must follow along. After several rounds, students rotate the leader.

Reflection Prompt:

- What movements did you enjoy doing the most?
- How did it feel to lead the group?
- What was challenging about following the leader's movements?

Activity 4: Kindness Coupons

Duration: 15-20 minutes

Objective:

Promote kindness by creating and giving "Kindness Coupons" to classmates, encouraging thoughtful gestures of kindness.

Learning Intentions:

- Recognise the importance of kindness in building positive relationships.
- Create thoughtful gestures of kindness.
- Practice giving and receiving kindness.

Success Criteria:

- Design a "Kindness Coupon" that includes an act of kindness.
- Give the coupon to a classmate.
- Reflect on how kindness makes a positive impact.

Gameplay:

Students create "Kindness Coupons" with acts of kindness they can offer (e.g., "I'll help with homework"). They decorate and give their coupons to classmates.

Reflection Prompt:

- How did it feel to give your coupon to someone?
- How did the person receiving your coupon feel?
- What are some other ways you can be kind to others?





Conclusion:

Week Twenty-One focuses on developing social and emotional skills through kindness, creativity, and teamwork. Activities like *Name in a Box* and *Follow the Leader* enhance physical activity and engagement, while *Kindness Words* and *Kindness Coupons* emphasise the positive effects of using kind language and gestures. This week encourages students to build strong relationships, express themselves creatively, and practice empathy, creating a supportive and inclusive classroom environment.

