



Week Twenty-Two

In Week Twenty-Two, students focus on mindfulness, kindness, and self-awareness through fun and engaging activities. The week's play activities, like *Yes, No, Up We Go*, *Sparkling Water Meditation*, and *Gratitude Walk*, promote reflection, gratitude, and empathy. Students also engage in physical movement with games such as *Yes, No, Up We Go* and *Follow the Leader*, improving their coordination and balance. The activities encourage self-expression, emotional well-being, and positive interactions with peers.

Learning Intentions:

Self-Awareness & Kindness:

- *Yes, No, Up We Go* helps students practice simple yes/no questions while fostering connections and understanding shared interests.
- *The Superpower of Patience* and *Kindness Words* help students reflect on the importance of patience and kindness in their relationships with others.

Physical Activity & Movement:

- *Yes, No, Up We Go* and *Follow the Leader* encourage physical movement while promoting listening, cooperation, and self-expression through creative poses and mimicking actions.

Gratitude & Mindfulness:

- *Gratitude Walk* and *Sparkling Water Meditation* foster mindfulness and reflection, helping students develop gratitude, emotional awareness, and calmness.

Success Criteria:

Engagement & Communication:

- *Yes, No, Up We Go* and *Follow the Leader* ensure active participation, encouraging students to respond to questions and mimic movements.
- *Kindness Words* and *Gratitude Walk* promote verbal expression of gratitude and kindness, reinforcing positive communication.

Reflection & Patience:

- *The Superpower of Patience* allows students to reflect on real-life examples of patience, fostering emotional resilience and understanding.
- *Sparkling Water Meditation* guides students to engage in relaxation techniques that help build confidence and emotional well-being.





Activity 1: Yes, No, Up We Go

Duration: 5-10 minutes

Objective:

Help students practice answering yes/no questions while learning about each other in an engaging, interactive way.

Learning Intentions:

- Answer yes/no questions and make connections.
- Observe similarities and differences among classmates.
- Actively participate by standing or sitting based on answers.

Success Criteria:

- Answer yes/no questions correctly.
- Observe which classmates share similar answers.
- Stand or sit based on answers to engage physically.

Gameplay:

Students stand in a circle. The teacher asks yes/no questions (e.g., "Do you like chocolate?"). If a student answers "yes," they stand; if "no," they sit. Pause for a moment to let students observe who shares similar answers. Continue with various yes/no questions.

Reflection Prompt:

- What did you learn about your classmates today?
- How did it feel when you saw other students standing up for the same answers as you?

Activity 2: The Superpower of Patience

Duration: 10-15 minutes

Objective:

Teach students the importance of patience as a life skill and help them reflect on how it impacts their actions and relationships.

Learning Intentions:

- Understand the importance of patience.
- Reflect on how patience benefits relationships.
- Express experiences of patience through writing or drawing.

Success Criteria:

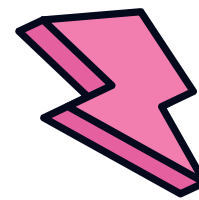
- Recall a time when you showed patience.
- Describe how patience helped in the situation.
- Express this experience creatively through drawing or writing.

Gameplay:

Students reflect on a time when they had to be patient. They write or draw about their experience and the positive outcomes of practising patience.

Reflection Prompt:

- How did you feel when you had to be patient?
- What did showing patience help you achieve?





Activity 3: Sparkling Water Meditation

Duration: 10-15 minutes

Objective:

Guide students through a relaxing meditation, fostering mindfulness and positive emotions.

Learning Intentions:

- Practice relaxation and mindfulness.
- Use imagination to explore a fun adventure.
- Build confidence and emotional well-being.

Success Criteria:

- Follow the meditation, focusing on deep breathing and visualisation.
- Imagine a magical waterslide adventure.
- Feel calm, happy, and energised after the meditation.

Gameplay:

Students sit comfortably, focusing on their breath. The teacher guides them through a visualisation of a fun, relaxing journey, such as sliding down a sparkling waterslide. After the meditation, students reflect on how they feel.

Reflection Prompt:

- How did you feel during the adventure?
- What part of the story was your favourite?
- How do you feel now after the meditation?

Activity 4: Gratitude Walk

Duration: 15-20 minutes

Objective:

Help students reflect on things they are thankful for while engaging in a mindful walk.

Learning Intentions:

- Reflect on things students are grateful for.
- Notice and appreciate the natural world around them.
- Share gratitude with others.

Success Criteria:

- Identify and share things students are thankful for during the walk.
- Appreciate the surroundings and positive aspects of their lives.
- Contribute to the group by sharing gratitude.

Gameplay:

During a walk, students observe their surroundings and identify things they are thankful for, such as nature or the people around them. They share their gratitude aloud with the group.

Reflection Prompt:

- What was the most interesting thing you saw on the walk?
- How did it feel to think about things you are grateful for?





Conclusion:

Week Twenty-Two fosters mindfulness, gratitude, and patience, enhancing students' emotional intelligence, creativity, and physical coordination. Through activities like *Yes, No, Up We Go*, *The Superpower of Patience*, *Sparkling Water Meditation*, and *Gratitude Walk*, students reflect on important values such as kindness, patience, and gratitude while practising mindfulness and connecting with peers. These activities encourage self-awareness, positive relationships, and emotional well-being in a supportive and fun environment.

