



Week Twenty-Three

In Week Twenty-Three, the focus is on teamwork, mindfulness, respect, and gratitude. Activities like *Hot and Cold*, *Shadow Movement*, and *I Am Respectful Pledge* encourage students to practice communication, empathy, and problem-solving. The games promote both physical and cognitive development while reinforcing respect for others' feelings, opinions, and space. Activities like *My Favorite Memory* and *Gratitude Walk* foster self-reflection and appreciation, creating a positive environment for students to engage and grow together.

Learning Intentions:

Communication & Collaboration:

- *Hot and Cold* helps students practice verbal cues, active listening, and collaboration.
- *Shadow Movement* and *Follow the Leader* enhance observation skills, body control, and creativity.
- *I Am Respectful Pledge* promotes self-awareness and respect for others' feelings and personal space.

Mindfulness & Reflection:

- *Gratitude Walk* encourages students to notice and appreciate the positive aspects of their surroundings.
- *The Superpower of Patience* helps students understand the value of patience and reflection on its role in personal growth.

Emotional Awareness & Self-Expression:

- *My Favorite Memory* helps students connect with joyful experiences, fostering emotional well-being.
- *Sparkling Water Meditation* and *I Am Respectful Pledge* contribute to building confidence, empathy, and mindfulness.

Success Criteria:

Engagement & Communication:

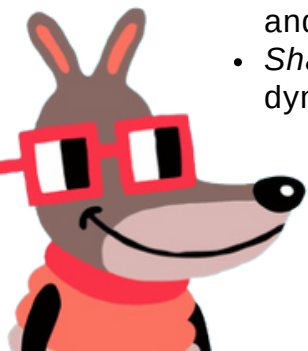
- *Hot and Cold* encourages active participation by giving and following verbal cues.
- *Shadow Movement* promotes creative self-expression and focus.
- *I Am Respectful Pledge* allows students to commit to respectful behaviour and reflect on its impact on relationships.

Self-Reflection & Mindfulness:

- *Gratitude Walk* and *The Superpower of Patience* engage students in reflection, helping them recognise the value of gratitude and patience in daily life.

Collaboration & Positive Interaction:

- *Hot and Cold* and *I Am Respectful Pledge* foster teamwork, cooperation, and positive communication.
- *Shadow Movement* encourages collaboration and positive group dynamics during the activity.





Activity 1: Hot and Cold

Duration: 5-10 minutes

Objective:

Promote teamwork, problem-solving, and active listening by guiding a peer to find an object in the classroom using verbal cues.

Learning Intentions:

- Follow verbal cues and use observation to complete a task.
- Work collaboratively to guide someone toward a goal.
- Actively participate in a game involving problem-solving and movement.

Success Criteria:

- Understand and respond to "hot" and "cold" cues.
- Collaborate and give helpful directions.
- Participate actively by selecting objects and providing clear guidance.

Gameplay:

One student steps out of the room to be the "finder" while the rest of the group picks an object. The finder walks around while the group guides them with "hot" (close) or "cold" (far). Once the object is found, roles are switched.

Reflection Prompt:

- How did you feel when guiding your classmate?
- How did you know when they were getting closer?
- How did you work together as a team?

Activity 2: My Favorite Memory

Duration: 10-15 minutes

Objective:

Help students reflect on positive experiences and express their emotions through writing and drawing.

Learning Intentions:

- Reflect on happy memories and why they are special.
- Express feelings connected to a personal memory.
- Communicate the importance of gratitude through creative expression.

Success Criteria:

- Identify and explain a meaningful memory.
- Express the specialness of the memory through writing or drawing.
- Share memories with others to foster emotional connection.

Gameplay:

Students reflect on a memorable moment, write or draw it, and explain why it's meaningful. Sharing with others promotes reflection.

Reflection Prompt:

- What made this memory special?
- How does thinking about it make you feel?
- Why is it important to focus on happy memories?





Activity 3: Shadow Movement

Duration: 10-15 minutes

Objective:

Improve observation skills, body control, and coordination by mirroring the leader's movements.

Learning Intentions:

- Observe and copy movements accurately.
- Practice body control and coordination.
- Enhance creativity and self-expression through movement.

Success Criteria:

- Mirror the leader's movements with balance.
- Stay focused while performing movements.
- Express creativity through fluid movement.

Gameplay:

One student acts as the leader, and the others must mirror their movements. After a few rounds, the students switch roles.

Reflection Prompt:

- How did it feel to mirror the leader's movements?
- What was the hardest movement to mimic?
- How did you stay focused?

Activity 4: I Am Respectful Pledge

Duration: 15-20 minutes

Objective:

Promote respect by reflecting on how to treat others with kindness and creating a personal pledge.

Learning Intentions:

- Reflect on respecting others' feelings, space, and opinions.
- Commit to respectful behaviour by creating a personal pledge.
- Display and honour the pledge as a reminder to practice respect.

Success Criteria:

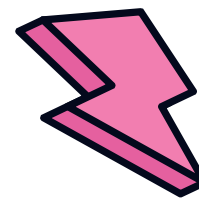
- Create and sign a personal "I Am Respectful" pledge.
- Explain the importance of respect in daily life.
- Display the pledge as a reminder to practice respect.

Gameplay:

Students reflect on respect and create their own pledge, committing to treating others kindly. They sign and display their pledges.

Reflection Prompt:

- How can we show respect in our classroom?
- What does it feel like when someone respects your feelings or space?
- How can we remind ourselves to be respectful?





Conclusion:

Week Twenty-Three is designed to help students strengthen their teamwork, mindfulness, and respect for others. Activities like *Hot and Cold*, *Shadow Movement*, and *I Am Respectful Pledge* encourage active participation, communication, and self-reflection. Through engaging tasks, students learn to appreciate and respect each other's differences, express gratitude, and commit to positive behaviours that promote emotional well-being and personal growth. These activities create a supportive, respectful, and enjoyable learning environment.

