



# Week Twenty-Five

In Week Twenty-Five, students engage in a variety of activities aimed at enhancing their physical movement, emotional well-being, and social connections. The *Apple, Orange, and Banana* game is a fast-paced icebreaker that fosters teamwork and listening skills. The *Adventure of Exercise* task encourages students to reflect on the importance of staying active and how physical activity contributes to their overall well-being. The *Big Balloon Meditation* helps students relax and release stress through creative visualisation, while the *Confidence Certificates* promote self-reflection and celebrate individual achievements. These activities collectively nurture physical fitness, mindfulness, confidence, and social support.

## Learning Intentions

### Physical Movement & Teamwork:

- *Apple, Orange, and Banana* focuses on active listening, quick reflexes, and cooperative movement, promoting team engagement.
- *The Big Balloon Meditation* encourages mindfulness and relaxation, fostering a sense of calm and self-worth.

### Self-Reflection & Emotional Well-Being:

- *Adventure of Exercise* helps students connect physical activity to positive emotions and well-being.
- *Confidence Certificates* provide an opportunity for students to reflect on their achievements, build self-esteem, and celebrate their growth.

### Collaboration & Fun:

- *Apple, Orange, and Banana* promotes cooperation and laughter, building group cohesion through physical movement.
- *The Big Balloon Meditation* cultivates empathy, calm, and love through creative imagination and guided imagery.

## Success Criteria

### Active Participation:

- In *Apple, Orange, and Banana*, students demonstrate the ability to follow verbal cues quickly and accurately, fostering physical movement and engagement with peers.
- In *Adventure of Exercise*, students identify their favorite activities, reflect on how these activities make them feel, and express their connection to fitness through writing or drawing.

### Social Interaction & Emotional Expression:

- *Confidence Certificates* help students recognise and share personal achievements, building their confidence and celebrating their growth.
- In *The Big Balloon Meditation*, students practice releasing stress and reflecting on their self-worth through relaxation techniques and guided imagery.





## Activity 1: Apple, Orange, and Banana

**Duration:** 5-10 minutes

**Objective:**

Promote teamwork, listening skills, and physical movement in a fun icebreaker game.

**Learning Intentions:**

- Follow instructions and perform movements in a fun, fast-paced game.
- Work together with peers in a cooperative way.
- Engage in physical activity that encourages laughter and fun.

**Success Criteria:**

- Follow the instructions for each cue (apple, orange, or banana).
- Participate actively with classmates in a group setting.
- Adapt to a fast pace with changing instructions.

**Gameplay:**

Students stand in a circle and follow verbal cues such as "apple" (move forward), "orange" (move backward), and "banana" (spin around). The pace increases as multiple cues are called in quick succession.

**Reflection Prompt:**

- How did you feel when reacting quickly to the cues?
- What was your favourite part of the game?
- How did the group work together to follow the instructions?

## Activity 2: The Adventure of Exercise

**Duration:** 10-15 minutes

**Objective:**

Encourage students to recognise the importance of staying active and reflect on how exercise makes them feel strong and energised.

**Learning Intentions:**

- Understand the importance of staying active.
- Identify favourite physical activities and connect them to positive emotions.
- Express how staying active contributes to strength and well-being.

**Success Criteria:**

- Identify and reflect on your favorite ways to stay active.
- Describe how exercise helps them feel strong and energised.
- Express these experiences through writing or drawing.

**Gameplay:**

Students reflect on their favourite physical activities, describe how these activities make them feel, and express their experiences creatively.

**Reflection Prompt:**

- How does your favourite way to move make you feel?
- Why is staying active important?
- How does exercise help you feel strong and healthy?





### Activity 3: The Big Balloon Meditation

**Duration:** 10-15 minutes

**Objective:**

Guide students through a relaxation meditation to release worries and cultivate feelings of self-worth.

**Learning Intentions:**

- Practice mindfulness and relaxation through guided meditation.
- Visualise the release of worries and cultivate positive feelings.
- Reflect on self-worth and love, promoting confidence and emotional well-being.

**Success Criteria:**

- Focus on deep breathing and creative visualisation.
- Imagine releasing worries through the "big balloon" and cultivate feelings of self-worth.
- Reflect on positive self-affirmation after the meditation.

**Gameplay:**

Students participate in a guided meditation where they visualise releasing worries through a big balloon and feeling supported by loved ones. This activity promotes mindfulness and emotional release.

**Reflection Prompt:**

- How did you feel when your worries floated away?
- What did the love from the person you care about feel like?
- How do you feel now after the meditation?

### Activity 4: Confidence Certificates

**Duration:** 10-15 minutes

**Objective:**

Celebrate personal achievements and build confidence through recognition of growth.

**Learning Intentions:**

- Reflect on personal achievements and celebrate growth.
- Build self-confidence by recognising strengths and progress.
- Celebrate the achievements of others and learn from their experiences.

**Success Criteria:**

- Identify something students have achieved and are proud of.
- Reflect on the achievement and write it on a Confidence Certificate.
- Celebrate the achievement and feel proud of progress.

**Gameplay:**

Students reflect on their recent achievements, fill out their Confidence Certificates, and share their accomplishments with the group. Certificates are awarded as a reminder of their successes.

**Reflection Prompt:**

- How did it feel to accomplish your goal?
- What helped you achieve this goal?
- What new goal would you like to work toward?





### Conclusion:

Week Twenty-Five emphasises teamwork, confidence, relaxation, and self-reflection. Activities such as *Apple, Orange, and Banana* and *The Adventure of Exercise* promote movement, fun, and engagement. *The Big Balloon Meditation* helps students develop mindfulness, and *Confidence Certificates* encourage self-reflection and the celebration of personal growth. These activities aim to create an inclusive, positive atmosphere where students can improve their physical health, develop emotional resilience, and recognise their achievements.

