

# Week Twenty-Six

In Week Twenty-Six, students focus on improving their observational skills, creativity, empathy, and physical fitness through interactive and meaningful activities. The *Catch Me If You Can* game sharpens memory and communication skills while encouraging fun and engagement. *Dreams for the World* inspires students to think critically about the changes they'd like to see in the world and how they can contribute positively. *Colour Run* promotes agility and quick reflexes while keeping students active. *Secret Acts of Kindness* cultivates a positive environment by encouraging students to perform anonymous acts of kindness, fostering empathy and compassion. These activities emphasise collaboration, self-reflection, physical fitness, and kindness.

## Learning Intentions

### Observation & Memory:

- *Catch Me If You Can* enhances students' ability to observe and retain details about their partner's appearance, improving memory retention and attention to detail.

### Empathy & Reflection:

- *Dreams for the World* encourages empathy by helping students reflect on positive changes they want to see in the world.
- *Secret Acts of Kindness* promotes the idea of giving without expecting anything in return, fostering empathy and a positive classroom culture.

### Physical Activity & Agility:

- *Colour Run* helps develop quick reflexes, agility, and listening skills, contributing to students' overall physical fitness.

### Creativity & Communication:

- *Catch Me If You Can* strengthens communication skills as students work together to notice and discuss subtle changes.

## Success Criteria

### Active Participation:

- *Catch Me If You Can* ensures that students are engaged by observing their partner's appearance closely and identifying changes.
- *Colour Run* encourages active listening and quick responses to colour cues, promoting physical fitness and agility.

### Reflection & Empathy:

- In *Dreams for the World*, students think critically about how their actions can impact the world and reflect on the benefits of positive change.
- *Secret Acts of Kindness* focuses on reflection, helping students recognise the emotional satisfaction of giving and the impact of kindness.

### Social Interaction & Communication:

- *Catch Me If You Can* reinforces the importance of clear communication and teamwork.
- *Secret Acts of Kindness* builds community and supports students in practising empathy toward others.

## Activity 1: Catch Me If You Can

**Duration:** 5-10 minutes

### **Objective:**

Promote observation, memory, and communication skills through a fun and engaging activity where students notice and identify subtle changes in appearance.

### **Learning Intentions:**

- Observe partner details closely.
- Notice and recall subtle changes quickly.
- Communicate effectively about changes.

### **Success Criteria:**

- Observe details about your partner's appearance.
- Identify changes made and discuss them with your partner.
- Work collaboratively to make the game fun and engaging.

### **Gameplay:**

Students are paired up, observe each other's appearance, then turn away to make subtle changes. After turning back, they identify the changes.

### **Reflection Prompt:**

- How did you remember your partner's details?
- What strategies helped you identify the changes?
- How did it feel to notice and discuss the changes with your partner?

## Activity 2: Dreams for the World

**Duration:** 10-15 minutes

### **Objective:**

Encourage students to think about how they can make a positive difference in the world and help others.

### **Learning Intentions:**

- Reflect on ways to help others and make the world better.
- Express ideas about how to improve the world.
- Articulate how positive change helps others.

### **Success Criteria:**

- Identify one thing you would change to make the world better.
- Describe how this change would positively impact others.
- Express your ideas creatively through writing or drawing.

### **Gameplay:**

Students reflect on and write/draw their ideas for making the world a better place. They express their thoughts on how their actions can contribute to positive change.

### **Reflection Prompt:**

- What change would you make in the world?
- How would this change help others?
- Why is it important to think about how we can help others?

## Activity 3: Colour Run

**Duration:** 10-15 minutes

**Objective:**

Develop speed, listening skills, and quick reflexes by responding to colour cues and performing physical exercises.

**Learning Intentions:**

- Improve speed and reflexes by responding to colour cues.
- Enhance listening and reaction time.
- Engage in fun physical exercises.

**Success Criteria:**

- Respond quickly and accurately to colour cues.
- Perform corresponding exercises with speed and accuracy.
- Participate fully and enjoy the movement and challenge.

**Gameplay:**

Call out colours, and students perform the corresponding exercises (e.g., red for running, blue for star jumps). The sequence gets more complex as the game progresses.

**Reflection Prompt:**

- How did it feel to switch between exercises quickly?
- Which exercise did you enjoy the most?
- What helped you stay focused and quick?

## Activity 4: Secret Acts of Kindness

**Duration:** 10-15 minutes (spanning over a week)

**Objective:**

Encourage students to perform anonymous acts of kindness and reflect on their positive impact.

**Learning Intentions:**

- Practice kindness in an anonymous, selfless way.
- Reflect on how kindness makes others feel.
- Understand the importance of spreading kindness in a group.

**Success Criteria:**

- Write down a kind act you can do for someone else.
- Perform a secret act of kindness for a classmate.
- Reflect on how it feels to perform kindness and how it impacts others.

**Gameplay:**

Students write kind acts they will perform secretly and place them in envelopes. Over the week, they pick an envelope, perform the kindness, and reflect on how it feels.

**Reflection Prompt:**

- How did it feel to do something kind without anyone knowing?
- How do you think the person felt?
- What other acts of kindness could we do to make others happy?

### **Conclusion:**

Week Twenty-Six focuses on developing key social-emotional skills, including observation, empathy, physical activity, and kindness. *Catch Me If You Can* improves attention to detail and memory, while *Dreams for the World* encourages students to reflect on positive change. *Colour Run* enhances agility and listening skills, and *Secret Acts of Kindness* fosters empathy and selflessness. Through these activities, students build stronger relationships, enhance their self-confidence, and learn the importance of helping others, all while having fun and staying active.