

Week Twenty-Eight

In Week Twenty-Eight, students engage in activities that focus on creativity, mindfulness, empathy, and emotional expression. *Draw Your Neighbour* promotes observational skills, creativity, and social connection as students draw their peers. *My Imagination Garden* encourages imaginative thinking and self-expression, allowing students to reflect on their dreams and goals. *The Magic Castle Meditation* helps students practice relaxation and mindfulness while fostering a sense of joy and safety. *Feeling Faces* enhances empathy by helping students recognise and understand different emotions in others, improving emotional intelligence and self-awareness.

Learning Intentions

Creativity & Observation:

- *Draw Your Neighbour* focuses on enhancing observational skills and creativity through drawing, helping students appreciate their peers' unique features.
- *My Imagination Garden* encourages imaginative thinking and creative expression, allowing students to design a magical space that represents their dreams and aspirations.

Mindfulness & Emotional Awareness:

- *The Magic Castle Meditation* promotes relaxation, self-awareness, and emotional well-being by taking students on a peaceful journey through creative visualisation.
- *Feeling Faces* helps students identify emotions, reflect on how they make others feel, and practice empathy, fostering emotional intelligence and connection with peers.

Success Criteria

Active Engagement & Expression:

- In *Draw Your Neighbour*, students demonstrate focus and creativity in observing and sketching their peer's features.
- In *My Imagination Garden*, students express their dreams and ideas creatively, building a personal space filled with aspirations.

Mindfulness & Emotional Understanding:

- In *The Magic Castle Meditation*, students reflect on the feelings of safety and joy, experiencing positive emotions through guided visualisation.
- In *Feeling Faces*, students recognise emotions through facial expressions and practice empathy by reflecting on how to respond to others' feelings.



Activity 1: Draw Your Neighbour

Duration: 5 minutes

Objective:

Promote observational skills, creativity, and interaction with peers through a fun drawing activity.

Learning Intentions:

- Focus on observational drawing and capture details of a peer's appearance.
- Express creativity through drawing and engage in a positive interaction with a classmate.

Success Criteria:

- Observe and sketch the features of a peer.
- Complete the sketch within a time limit.
- Enjoy the process and appreciate a peer's unique traits.

Gameplay:

Students choose or are assigned a neighbour to sketch. They observe their peer's features for 30 seconds, then draw a quick sketch within 5 minutes. Once finished, students share their sketches with the group.

Reflection Prompt:

- How did you focus on your neighbour's features?
- What was challenging about drawing quickly in 5 minutes?
- How did your neighbour react to your drawing?

Activity 2: My Imagination Garden

Duration: 10-15 minutes

Objective:

Encourage creative thinking and self-expression by designing a magical garden filled with dreams.

Learning Intentions:

- Tap into imagination and creativity to build a dream garden.
- Express hopes, dreams, and aspirations visually through drawing or writing.

Success Criteria:

- Create a magical garden using imagination.
- Describe plants or flowers that represent personal dreams.
- Communicate ideas through writing or drawing.

Gameplay:

Students visualise a magical garden that grows their dreams and aspirations. They draw or write about the plants, flowers, or trees that symbolise their goals.

Reflection Prompt:

- What kind of plants or flowers are in your magical garden?
- How do these plants represent your dreams or goals?
- How does it feel to imagine your dream garden growing?

Activity 3: The Magic Castle Meditation

Duration: 10-15 minutes

Objective:

Help students relax and engage in creative visualisation, fostering feelings of safety, joy, and self-love.

Learning Intentions:

- Practice relaxation and mindfulness through guided meditation.
- Use imagination to explore a magical world and reflect on positive emotions.

Success Criteria:

- Follow the guided meditation, focusing on deep breaths and visualisation.
- Imagine the magical creatures and surroundings described during the journey.
- Reflect on feelings of safety, happiness, and relaxation after the meditation.

Gameplay:

Guided meditation takes students on a journey to a Magic Castle, where they explore beautiful landscapes, meet fairies, and relax in a golden tower. They reflect on feelings of joy and safety.

Reflection Prompt:

- How did it feel to imagine the Magic Castle and the creatures?
- What emotions did you experience during the meditation?
- How do you feel now, after the meditation?

Activity 4: Feeling Faces

Duration: 10-15 minutes

Objective:

Enhance empathy and emotional awareness by helping students recognise and understand different emotions.

Learning Intentions:

- Recognise emotions in others through facial expressions.
- Reflect on how to respond empathetically to different emotions.
- Practice expressing and communicating emotions with peers.

Success Criteria:

- Correctly identify emotions from facial expressions.
- Share how you might feel in a situation and how you would respond.
- Listen actively and consider others' feelings when discussing emotions.

Gameplay:

Students view emotion cards and guess the emotion being expressed. They discuss how they would feel in that situation and how to respond empathetically.

Reflection Prompt:

- What did you learn about recognising emotions in others?
- How can we help our friends when they are feeling sad or upset?
- Why is it important to understand how others are feeling?



Conclusion:

Week Twenty-Eight offers a diverse set of activities that focus on creativity, mindfulness, empathy, and emotional awareness. *Draw Your Neighbour* and *My Imagination Garden* foster creativity and self-expression, allowing students to connect with their peers in a fun, engaging way. *The Magic Castle Meditation* helps students relax and reflect on positive emotions, while *Feeling Faces* enhances their ability to recognise emotions and practice empathy. Together, these activities encourage personal growth, emotional intelligence, and a sense of community within the classroom.

