

# Week Thirty

In Week Thirty, the activities emphasise emotional intelligence, mindfulness, communication, and empathy. *Gaze Locked In* helps students improve their communication skills by maintaining eye contact, fostering trust and connections. *My Imagination Adventure* encourages creativity and imaginative storytelling, while *Your Secret Garden Meditation* focuses on relaxation and mindfulness. *Empathy Pairs* provides an opportunity for students to practice empathy through role-playing scenarios. These activities are designed to foster emotional growth, self-awareness, and social connection.

## Learning Intentions

### Emotional Intelligence & Mindfulness:

- *Gaze Locked In* improves communication through eye contact, helping students build trust and non-verbal connections.
- *Your Secret Garden Meditation* encourages relaxation, mindfulness, and emotional well-being through imaginative visualisations.

### Creativity & Empathy:

- *My Imagination Adventure* promotes creativity and imagination, helping students explore new worlds and ideas.
- *Empathy Pairs* fosters empathy by helping students understand and respond to others' emotions in real-life scenarios.

## Success Criteria

### Active Participation & Reflection:

- In *Gaze Locked In*, students maintain eye contact, build trust, and respect personal boundaries during the activity.
- In *Your Secret Garden Meditation*, students follow the guided meditation, relax, and focus on their breathing to enhance emotional well-being.

### Creativity & Empathy Development:

- In *My Imagination Adventure*, students create detailed and exciting adventures, expanding their imagination and sharing their ideas.
- In *Empathy Pairs*, students practice empathy by responding to emotional scenarios and reflecting on how it feels to offer support and understanding.



## Activity 1: Gaze Locked In

**Duration:** 5 minutes

**Objective:**

To enhance communication skills, build trust, and foster connections by practising maintaining eye contact in a structured activity.

**Learning Intentions:**

- Practice maintaining eye contact as a communication skill.
- Build trust and connection with peers.
- Respect personal boundaries during close interactions.

**Success Criteria:**

- Maintain eye contact for 60 seconds with a partner.
- Switch partners and repeat.
- Respect personal space and boundaries.

**Gameplay:**

- Students pair up and face each other at a comfortable distance.
- They maintain uninterrupted eye contact for 60 seconds, then switch partners.
- Repeat with multiple partners.

**Reflection Prompt:**

- How did it feel to maintain eye contact for 60 seconds?
- Was it easy or difficult to make eye contact?
- How did the activity help you feel more connected to your partner?

## Activity 2: My Imagination Adventure

**Duration:** 10-15 minutes

**Objective:**

To encourage creativity and imagination by designing exciting adventures, fostering creative thinking and storytelling.

**Learning Intentions:**

- Use imagination to create exciting stories.
- Express adventure ideas through writing and drawing.
- Reflect on discoveries during the adventure.

**Success Criteria:**

- Imagine a fun and exciting adventure.
- Describe the adventure's discoveries in detail.
- Express the adventure through writing or drawing.

**Gameplay:**

- Students imagine an adventure they would go on with a magic key.
- They write or draw about the places they would visit, creatures they would meet, and things they would discover.

**Reflection Prompt:**

- What kind of adventure would you go on with a magic key?
- What did you discover during your adventure?
- How did it feel to imagine and share your adventure?

## Activity 3: Your Secret Garden Meditation

**Duration:** 10-15 minutes

**Objective:**

To help students relax and feel safe by guiding them through a peaceful visualisation of a secret garden, fostering mindfulness and emotional well-being.

**Learning Intentions:**

- Practice relaxation and mindfulness through guided visualisation.
- Use imagination to create a peaceful mental space.
- Enhance emotional well-being by connecting with feelings of safety and joy.

**Success Criteria:**

- Follow the guided meditation by focusing on deep breaths.
- Visualise the secret garden and peaceful surroundings.
- Focus on breathing and relaxation to feel calm and happy.

**Gameplay:**

- Students sit or lie down comfortably with their eyes closed, following the guided meditation to enter a magical garden.
- They visualise walking through the garden, resting on clouds, and feeling calm and peaceful.

**Reflection Prompt:**

- How did you feel when you were floating with the fairies?
- What part of the meditation was your favourite?
- How do you feel now after the meditation?

## Activity 4: Empathy Pairs

**Duration:** 5-10 minutes

**Objective:**

To practice empathy by role-playing emotional scenarios and responding to others' feelings with kindness and support.

**Learning Intentions:**

- Recognise and understand others' emotions.
- Show empathy through words and actions.
- Reflect on how empathy improves relationships.

**Success Criteria:**

- Listen to and recognise emotions in a partner.
- Respond empathetically by offering comfort or support.
- Reflect on how empathy makes you and others feel.

**Gameplay:**

- Students pair up and role-play different emotional scenarios (e.g., a friend feeling sad, nervous, or excited).
- One student acts out the emotion, and the other responds empathetically.
- After a round, students switch roles and practice the scenario again.

**Reflection Prompt:**

- How did you feel when you acted out the scenario?
- How did you feel when your partner responded empathetically?
- How can we show empathy in real-life situations?

### **Conclusion:**

Week Thirty emphasises emotional connection, creativity, mindfulness, and empathy. *Gaze Locked In* strengthens non-verbal communication and builds trust through eye contact, while *My Imagination Adventure* fosters creativity and imaginative exploration. *Your Secret Garden Meditation* encourages relaxation and emotional well-being through guided visualisation. *Empathy Pairs* develops empathy and emotional intelligence by allowing students to practice understanding and responding to others' emotions. These activities promote a supportive, empathetic, and creative classroom environment.

