



Week Two

Week Two continues to encourage creativity, movement, self-expression, and gratitude. Activities like *Freeze Dance* enhance listening skills and physical coordination, while *My Favourite Thing* encourages students to reflect on their personal preferences through art. *What Animal Would You Be?* blends imagination with physical activity, and the *Gratitude Tree* fosters a culture of thankfulness and community building. Together, these activities support self-regulation, creativity, social interaction, and emotional reflection.

Learning Intentions

Listening & Self-Control:

- *Freeze Dance* helps students improve their listening skills and practice self-control while having fun with music and movement.
- *Gratitude Tree* encourages students to reflect on gratitude and self-awareness, promoting positive emotional reflection.

Physical Activity & Coordination:

- *Freeze Dance* and *What Animal Would You Be?* provide opportunities for students to move creatively while enhancing coordination and motor skills.

Creativity & Expression:


- *My Favourite Thing* allows students to practice drawing and sharing personal reflections, fostering creativity.
- *What Animal Would You Be?* engages students in imaginative play while enhancing physical coordination through animal-themed movements.

Gratitude & Reflection:

- *Gratitude Tree* promotes gratitude and teamwork by helping students share and reflect on what they are thankful for, fostering a sense of community and positivity.

Success Criteria

Engagement & Communication:

- *Freeze Dance* encourages students to listen, move creatively, and freeze on cue, promoting participation and self-regulation.
 - *My Favourite Thing* supports verbal communication and helps students articulate their thoughts and preferences while sharing their drawings.
 - *What Animal Would You Be?* encourages enthusiasm and active participation while following instructions and moving with imagination.
 - *Gratitude Tree* fosters a supportive environment where students reflect on and share their feelings of gratitude, contributing to a positive classroom atmosphere.
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Activity 1: Freeze Dance

Duration: 10-15 minutes

Objective:

To improve listening skills, self-control, and physical coordination by dancing and freezing in response to music.

Learning Intentions:

- Develop listening skills by responding to the music and stopping when it pauses.
- Practice self-control by freezing when the music stops.
- Improve physical coordination through creative movement.

Success Criteria:

- Listen carefully to the music and freeze when it stops.
- Freeze without moving when the music pauses.
- Dance freely and creatively while the music plays.

Gameplay:

- Start playing music and encourage students to move freely.
- Pause the music randomly, and students must freeze in place.
- Resume the music and let students start dancing again.

Reflection Prompt:

- How did it feel to freeze in place?
- What was your favourite part about dancing?
- How did you work on controlling your body during the freeze?

Activity 2: My Favourite Thing

Duration: 10-15 minutes

Objective:

To practice drawing, reflect on personal preferences, and develop verbal expression skills by drawing and sharing their favourite things.

Learning Intentions:

- Practice drawing by creating a picture of a favourite toy, animal, or food.
- Reflect on what makes your favourite thing special.
- Share personal preferences with the group.

Success Criteria:

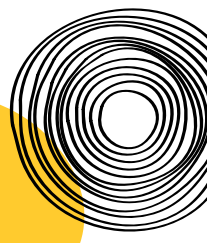
- Draw a picture of your favourite thing.
- Share why your favourite thing is special.
- Communicate clearly and positively about what makes the thing special.

Gameplay:

- Draw a picture of a favourite item (toy, animal, food).
- Reflect on why it is loved, and share the reasons with the group.

Reflection Prompt:

- What makes your favourite thing special?
- Why do you love it?
- How did it feel to share your favourite thing with others?





Activity 3: What Animal Would You Be?

Duration: 10-15 minutes

Objective:

To engage students in a fun, energetic activity by pretending to be different animals, while improving coordination and motor skills.

Learning Intentions:

- Use imagination to pretend to be different animals.
- Improve coordination and motor skills through animal movements.
- Follow instructions and engage in group activities.

Success Criteria:

- Act out animal movements and follow along with the story.
- Participate energetically and creatively.
- Follow instructions to perform different animal movements.

Gameplay:

- Follow the story and act out movements like a worm, kangaroo, black bear, donkey, etc.
- Perform actions like jumping, crawling, and flapping like different animals.

Reflection Prompt:

- Which animal did you enjoy being the most?
- How did your body feel when you were moving like the animals?
- Which animal's movement was the hardest or the easiest?

Activity 4: Gratitude Tree

Duration: 10-15 minutes

Objective:

To reflect on gratitude and contribute to a collective Gratitude Tree by sharing and drawing or writing things students are thankful for.

Learning Intentions:

- Practice gratitude by identifying and reflecting on things to be thankful for.
- Express feelings of gratitude creatively through writing or drawing.
- Work together to contribute to a shared Gratitude Tree.

Success Criteria:

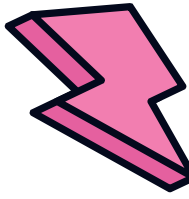
- Think of something to be grateful for and draw or write it on a leaf.
- Share gratitude with the group.
- Listen to others' gratitude expressions and contribute to a positive environment.

Gameplay:

- Draw or write on a paper leaf about something the student is grateful for.
- Share their gratitude with the group and add the leaf to the Gratitude Tree.

Reflection Prompt:

- What are you grateful for today?
- How does it feel to share gratitude with others?
- What do you appreciate most about your class or family?





Conclusion:

Week Two continues to build on creativity, physical movement, self-regulation, and gratitude. *Freeze Dance* enhances listening and coordination, *My Favourite Thing* encourages personal expression and verbal communication, *What Animal Would You Be?* boosts imagination and motor skills, and *Gratitude Tree* promotes empathy and reflection. These activities help students practice essential life skills in a fun, supportive environment while fostering creativity, teamwork, and positive social interactions.

