

Get Excited - Levels C and D

WRITTEN

To encourage students to reflect on future events and goals they are excited about, fostering positivity, motivation, and balance in their daily lives.



Learning Intentions

Students aim to explore why kindness is important for themselves and others.

••••• **Future Thinking:**

Students aim to reflect on upcoming events or goals they are excited about.

Personal Goals:

Students aim to think about short-term and long-term plans that motivate them.

Balance and Positivity:

Students aim to understand how looking forward to things helps them feel positive and balanced.



Success Criteria

I can create a list of things I am looking forward to.



I can explain why these future events or goals make me feel excited.

I can reflect on how having things to look forward to helps me stay positive and motivated.



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Duration: 15–20 minutes



Objective

To encourage students to reflect on future events and goals they are excited about, fostering positivity, motivation, and balance in their daily lives.

Players

Individual reflection, with optional pair or group sharing.



Materials

- Paper or notebook
- Pencils

Setup

- Provide each student with paper or a notebook and writing tools.
- Create a quiet, focused space for reflection.
- The teacher can introduce the activity with examples of exciting future events (e.g., a holiday, a birthday, finishing a project).

Gameplay / Activity Steps

1. Get Ready to Look Forward

- Students make a list of things they are excited about in different time frames:
 - This weekend
 - Next week
 - Next month
 - Next set of holidays
 - Next school term
 - Next year
 - Future self (long-term goals, dreams, or achievements)

2. Use the Template

- Encourage students to write or draw under each heading or create their own structure.
- They can draw pictures if this helps them express their ideas.

3. Reflect on the List

- Students read back over their lists and notice how it feels to think about these exciting moments.
- Teacher prompts:
 - *“How does it feel to think about these events?”*
 - *“How do these goals motivate you?”*

4. Final Reflection

- Discuss as a group or in pairs: how focusing on exciting future events can help students feel motivated, balanced, and positive today.



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Reflection Prompts

- What small event are you most excited about in the next week?
- How does thinking about the future make you feel right now?
- Why is it important to have things to look forward to?

Winning the Game

There are no winners. Success is when students reflect on their future, share their excitement, and feel motivated by what lies ahead.

Variations

- **Classroom Edition:** Create a “Get Excited Wall” where students post their future goals or events.
- **Family Edition:** Families create lists together and share their excitement at home.
- **Pair Edition:** Students share one thing they are excited about with a partner, building connection with their peers and learning more about each other.

For Wheelchair Users / Accessibility

- Allow students to record their ideas using speech-to-text tools, drawings, or symbols.
- Ensure sharing is optional, respecting comfort levels.

Notes for Inclusion

- Accept all forms of responses (written, spoken, drawn, or symbol-based).
- Provide sentence starters like “*I am excited about...*” or “*Next week I am looking forward to...*”
- Celebrate all contributions equally, ensuring every student feels valued.

