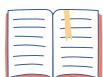


Get Excited - Levels F-3

WRITTEN

To help students think about the fun and positive things they are looking forward to, encouraging happiness, balance, and motivation 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 name at least one thing I am excited about.

I can share why this makes me feel happy.

I can listen to others and learn what they are excited about too.



Get Excited - Levels F-3

WRITTEN

Duration: 10–15 minutes

Objective

To help students think about the fun and positive things they are looking forward to, encouraging happiness, balance, and motivation in their daily lives.

Players

Whole class, small groups, pairs, or individual reflection.

Materials

- Paper or mini whiteboards
- Pens, pencils, or markers
- Optional: a “Get Excited Wall” for shared responses

Setup

- Gather students in a circle, at desks, or on the floor.
- Provide writing or drawing tools.
- The teacher introduces the activity with examples of exciting things (e.g., “I am excited to play my favourite sport this weekend,” or “I am excited for my friend’s birthday”).

Gameplay / Activity Steps

1. Think of Something You’re Excited About

- Teacher prompts:
 - “What are you excited about this week?”
 - “What’s something fun coming up for you?”
 - “Is there a place, person, or activity you can’t wait for?”

2. Write or Draw It

- Students write a word, sentence, or draw a picture of what they are excited about.

3. Share with Others

- In pairs or small groups, students share their “Get Excited” answers.
- Encourage clapping, cheering, or high-fives to celebrate each share.

4. Class Discussion

- Teacher gathers ideas and asks:
 - “How does it feel to think about the things we are excited about?”
 - “Why is it important to have fun things to look forward to?”



Get Excited - Levels F-3

WRITTEN

Reflection Prompts

- What is one thing you are excited about this week?
- How does thinking about it make you feel right now?
- Why is it good to have things we look forward to?

Winning the Game

There are no winners. Success is when everyone shares something they are excited about and understands how it helps them feel happy and motivated.

Variations

- **Classroom Edition:** Create a “Get Excited Wall” where students add sticky notes or drawings of things they are excited about.
- **Family Edition:** Share what each person is excited about at dinner or before bed.
- **Movement Edition:** After sharing, students do a fun movement (e.g., star jump, clap, or dance) to show their excitement.

For Wheelchair Users / Accessibility

- Students can draw or use symbols to show what they are excited about.
- Allow use of AAC devices or digital tools to record and share.
- Ensure “Get Excited Wall” is placed at eye level for everyone.

Notes for Inclusion

- Accept all forms of responses (spoken, written, drawn, or acted out).
- Provide sentence starters like “*I am excited about...*” or “*This week I look forward to...*”
- Celebrate every contribution, making sure all voices are valued.

