

My Cheer Squad - Levels A & B

GRATITUDE

To support early resilience and emotional safety by helping students experience encouragement and shared celebration. Through a simple cheering routine, students learn that trying is valued and that support from others feels good. Linked to the Uranus theme from The Playful Astronauts, the activity reinforces that continuing to try is easier when we are supported by others.



Learning Intentions

Students aim to experience encouragement and positive attention from others.

Students aim to take part in a shared routine that celebrates trying and effort.

Students aim to notice positive feelings when others cheer and support them.



Success Criteria

I can take part by watching, listening, or responding.

I can receive cheering or encouragement in my own way.

I can join in cheering for others using actions, sounds, visuals, or AAC.



My Cheer Squad - Levels A & B

GRATITUDE

Duration: 8 - 12 minutes

Objective

To support early resilience and emotional safety by helping students experience encouragement and shared celebration. Through a simple cheering routine, students learn that trying is valued and that support from others feels good. Linked to the Uranus theme from *The Playful Astronauts*, the activity reinforces that continuing to try is easier when we are supported by others.

Players

Whole class or small groups
Suitable for 3 - 16 students

What You Need

Clear space for sitting in a small circle
Soft object for turn-taking (ball, cushion, soft toy)
Optional: simple Cheer Chart or name cards
AAC devices, switches, or communication boards as required

Setup

Arrange students in a comfortable circle where everyone can see each other.
Introduce the activity using simple, concrete language:

"We are going to cheer others on today."

"We will cheer when people are trying."

Link gently to the Uranus theme:

"Uranus is different to the other planets."

"We will try our best to keep going."

Explain clearly:

"When it's your turn, we will cheer for you."

Reassure students that they can watch or pass at any time.

Confirm AAC devices are switched on and open to words such as good, happy, clap, me, again.



My Cheer Squad - Levels A & B

GRATITUDE

Gameplay

Step 1: Adult Models

The teacher holds the soft object and models the routine.

Say simply:

"I tried to"

Then lead the group in a cheer using one consistent option, such as:

- Gentle clapping
- Thumbs up
- Hands in the air
- Saying together: "Good trying!"

Keep the cheer predictable and calm.

Step 2: Student Turns

..... Pass the soft object around the circle.

When a student has the object, they may try to vocalise something they have tried to do or simply:

- Hold the object briefly
- Look at the object and smile
- Pass it on to the next student
- Activate AAC
- Gesture or vocalise

There is no requirement to name what they tried at this level.

Adults may narrate positively if appropriate:

"You tried."

After each turn, the group gives the same cheer together.

Step 3: Group Cheer

At the end, lead one final group cheer:

"Good trying, everyone!"

Optional: place a sticker or mark next to each student's name to show they were part of the cheer squad.



My Cheer Squad - Levels A & B

GRATITUDE

Debrief / Reflection

Keep reflection short and concrete.

Ask one simple question with wait time:

"Did you like the cheering?"

Accept responses through AAC, gesture, facial expression, or movement.

Reinforce:

"Cheering helps us feel good."

Winning the Game

There are no winners or losers.

Success is shown through participation, shared joy, and positive attention.

Sensory-Specific Learner Variation

Purpose: To support emotional safety and regulation.

Adjustments may include:

Using silent cheers (hands on heart, thumbs up).

Reducing group size.

Keeping the same cheer each time for predictability.

Allowing students to observe without taking a turn.

Offering headphones or quieter space if noise is challenging.

AAC-Specific Supports

Prepare AAC in Advance

Ensure access to symbols such as: good, happy, clap, me, again, finished.

Single-message switches (good job, yay) are appropriate.

Model AAC Consistently

Adults activate AAC while cheering:

"Good."

"Happy."

My Cheer Squad – Levels A & B

GRATITUDE

Accessibility and Inclusion Notes

Ensure the circle allows space for wheelchairs or mobility aids.
Accept all forms of participation equally.
Do not require eye contact or verbal responses.
Avoid comparisons between students.
Celebrate presence and participation.

Teacher Notes

“My Cheer Squad – Levels A & B” introduces resilience as a felt social experience, not a reflective task. The predictable cheering routine builds emotional safety and helps students associate trying with positive attention and connection. Linked to the Uranus theme, the activity reinforces that continuing to try is supported, celebrated, and shared within the classroom community.

