

Suit Up Workout - Levels F-3

STAY ACTIVE

To complete a playful, full-body movement circuit with one special action for each of the nine life skills explored in the The Playful Astronauts journey. Each movement connects with a planet and helps students reflect through action.



Learning Intentions

Students will learn to remember each life skill and represent it through movement. This builds memory and mind-body connection.

Students will practise completing a fun workout that celebrates everything they've learned. This promotes fitness, confidence, and joyful reflection.

Students will learn to move their bodies in ways that match how they feel. This supports self-regulation and emotional awareness.



Success Criteria

I can match each of the nine life skills with a fun movement. This shows understanding and recall.



I can move confidently and follow along with the class. This demonstrates focus, participation, and teamwork.

I can describe how moving helps me feel strong and happy. This encourages self-expression and well-being.



Suit Up Workout – Levels F-3

STAY ACTIVE

Objective:

To complete a playful, full-body movement circuit with one special action for each of the nine life skills explored in the *The Playful Astronauts* journey. Each movement connects with a planet and helps students reflect through action.

Players:

Whole class or small groups

Materials:

- Open space (indoors or outdoors)
- Music player (optional)
- Poster or cards showing each planet + movement

Time Required:

10–15 minutes

Setup:

Before starting, read *The Playful Astronauts* aloud or do a quick class recap of the nine planets and life skills.

Create a list on the board or on cards:

1. **Earth – Kindness:** Gentle hugs to self
2. **Mercury – Conflict:** Peaceful side step and high five
3. **Venus – Vulnerability:** Soft butterfly arms (cross and flap)
4. **Mars – Play:** Big joyful jumps
5. **Jupiter – Confidence:** Power pose with wide arms
6. **Saturn – Gratitude:** Hands to heart and stretch tall
7. **Uranus – Resilience:** Bounce like a spring
8. **Neptune – Empathy:** Mirror a partner's slow wave
9. **Pluto – Adaptability:** Spin and freeze

Activity Steps:

Step 1 – Space Suit Up:

Gather in a circle and explain that you're going to do a *Suit Up Workout*, where each movement gets your astronaut body ready to launch into life with all nine life skills.



Suit Up Workout – Levels F-3

STAY ACTIVE

Step 2 – Planet by Planet:

Guide the students through each movement in order:

- Say the planet name
- Name the life skill
- Demonstrate and repeat the movement for about 20 seconds

Example:

- “Let’s land on Jupiter – the planet of confidence. Ready? Power pose!”
- “Now spin to Pluto – the planet of adaptability. Freeze!”

Step 3 – Celebrate and Cool Down:

After finishing the ninth movement, take three deep space breaths together and end with the group saying:

“We did it! We’re Playful Astronauts!”

Winning the Game:

Every student wins by suiting up with confidence and moving through all nine skills with energy, teamwork, and reflection.

Variations:

Planet Stations:

Set up nine “planet zones” around the room with posters or props.

Students rotate between stations, performing each planet’s movement.

Space Circuit Challenge:

Assign a timekeeper and turn the movements into a fun circuit, 30 seconds per skill.

Between rounds, shout “BLAST OFF!” to switch planets.

Team Orbit:

Split the class into smaller “crews.” Each crew performs a planet’s movement together, then demonstrates it for the class.

Freeze Galaxy Game:

Play music as students perform movements. When it stops, they “freeze” on their current planet pose.

Reflection Round:

After the workout, have students choose their favourite planet and describe how that life skill helps them in real life.



Suit Up Workout – Levels F-3

STAY ACTIVE

For Wheelchair Users / Accessibility:

- Replace larger jumping or bouncing movements with seated alternatives:
 - **Kindness** – hug yourself
 - **Conflict** – high five or wave
 - **Play** – big smile and arm swings
 - **Confidence** – superhero arm stretch
 - **Gratitude** – hands to heart
 - **Resilience** – bounce upper body gently
 - **Empathy** – mirror hand gestures
 - **Adaptability** – slow spin of wheels or head turn
- Ensure open, accessible floor space with no tripping hazards.
- Encourage partners to adapt their movements to match and include everyone.
- Play music with rhythm and tempo changes to keep energy high.

Notes for Inclusion:

- Celebrate every student's participation equally, focus on effort, joy, and reflection rather than speed or precision.
- Reinforce teamwork:
 - "Every astronaut helps the mission succeed."
- Provide emotional support for students who find reflection through movement challenging.
- Offer sensory-friendly options (dimmed lighting, softer music, or a quieter breathing section).
- End with an affirmation:
 - "Our minds are strong, our hearts are kind, and our bodies are ready for any adventure!"

Additional Notes:

Suit Up Workout is a joyful blend of fitness, memory, and celebration. It helps students embody their astronaut learning in a fun and physical way, reinforcing both strength and self-awareness, key components of emotional intelligence at this young age.



PLANET VISUALS

