

## Written Activities



The written tasks that start each week of The School of Play curriculum are thoughtfully crafted to encourage students to engage in self-reflection and critical thinking. These tasks prompt students to explore their emotions, set personal goals, and reflect on their achievements, helping them build emotional intelligence and self-awareness. By dedicating time to writing at the beginning of each week, students are encouraged to pause and think deeply about their own experiences, challenges, and successes, which lays the foundation for personal growth throughout the program.

The purpose of starting with a written task is to create a reflective space where students can connect with their thoughts and feelings before diving into the week's activities. This practice fosters mindfulness, encourages goal-setting, and allows students to articulate their emotions in a constructive way. By reflecting on their personal development, students gain clarity and focus, which not only benefits their well-being but also enhances their engagement and learning for the rest of the week. These tasks are a vital component of the curriculum, helping students internalise the lessons and apply them to their own lives.