

Friendship Circle – Practicing Kindness and Taking Turns

Objectives

- Encourage peer kindness.
- Teach children how to take turns graciously.
- Build communication and listening skills.
- Encourage feelings of belonging and cooperation.

Materials Needed

1. Softball or bean bag
2. Friendship Circle sign/poster
3. A music player with lively music
4. Reward stickers or small badges

1. Warm-Up Discussion (5 minutes)

Begin by having the children form a circle.

Ask them simple questions like:

- "What is a good friend?"
- "How can we be kind to each other?"

Tip: Compliment all answers and nudge them ever so gently towards concepts like sharing, assisting, and waiting in turn.

2. Explain the Friendship Circle Rules (5 minutes)

Let's describe that in the Friendship Circle:

- We listen when someone is speaking.
- We take turns.
- We say nice words like "please" and "thank you."

3. Friendship Ball Game (10 minutes)

- Start the music and have the kids pass the ball around the circle.
- When the music ends, the child who holds the ball says something positive about a friend (e.g., "I like how Mia shares her toys!").

- Continue the game until every child has had a turn.

4. Practice Turn-Taking Activities (10 minutes)

- Create mini stations (e.g., a colouring table, puzzle area, or make-believe play zone).
- Kids must ask politely and wait in line before using materials.

5. Wrap-Up and Reflection (5 minutes)

Bring the children back to the circle and say:

- "What was your favourite part?"
- "How did it feel to be kind and take turns?"

Praise them for their efforts and reward stickers or badges for teamwork in the Friendship Circle.

Assessment

- Observe children's behaviour when doing activities.
- Mark patience, listening, and polite speech gains.
- Reward positive behaviour with kindness and taking turns.

Extension Activities

- Create a Friendship Tree in which each child puts on a leaf with an act of kindness they performed.
- Sing the "The More We Get Together" song as a daily reminder to be kind.