



Explain that people are friendly to each other so everyone feels happy, safe and cared for.

- How can we help ourselves and others to feel happy?
e.g. Say nice things to them, ask them to play a game.
- What things can we do to help keep ourselves and others safe?
e.g. Hold hands when crossing the road, tell an adult if we are hurt or upset.

WHOLE CLASS ACTIVITY

Buddy for a day

Tell the students they are going to do everything with a friend today. Use a fun way to group children into pairs, e.g. find someone with a matching card (with an animal picture on it) or make the sound of the picture on your card and find someone who is making the same animal noise. If you have an odd number of students, make one group of three buddies.

LEARNING AREA ACTIVITIES

Art table

Place pre-cut pictures of happy faces onto a table, with glue and a sheet of paper. Ask students to paste the pictures of happy faces onto the paper and then draw bodies for the faces.

Creative

Ask students to paint a picture of themselves feeling happy or doing something with a friend that makes them happy.

MUSIC AND MOVEMENT

Song

“If you’re happy and you know it clap your hands”.

Game

“Friendship Hoop Hugs”

Arrange a number of hoops on the floor. The teacher then calls out “five in each hoop” and the children have to make sure that there are only five people in each hoop. Alternate the number of hoops and the number of students in each hoop for the remainder of the game. The students have to hug each other so that they don’t fall out of the hoop if there are many students in each hoop. The teacher must make sure that there are the correct number of hoops divided by the children so that no one is left out. For example, you cannot have 20 students and four hoops and say four in each hoop, as there would be four students left out of the game. This game is fun if done to music. There can be some older students or ‘friendship buddies’ to help the students find a hoop and make sure that there is the correct number of students in each. At the end of the game the teacher can announce a group hug where everyone in the class gathers together and hugs all at once.