



Kindness Circle Time activities

These activities can be used during circle time or as the starters or plenary in a lesson.

1. There's a space on my right...

Everyone sits in circle with one empty space. The person for whom the empty space is on their right says, 'There's a space on my right and I'd like to come and sit in it.' A new empty space will be created when the child moves and the person for whom this space is on their right then invites someone to come and sit in the space and this continues.

This works well if you tell the children that you'd like to see them invite someone that they don't normally sit with to come and sit next to them. Ask them to invite this person with a smile to make them feel welcome. You can extend it by asking the children to give a reason, eg. 'I'd like to sit in it because I really liked the way she tried hard in maths/ never gives up/ encourages others'.

2. Kindness Fruit Salad

Tell the children that you're going to play a game that celebrates all of the kindness in the classroom today. Reassure the children that this isn't a competition and they won't have done all of these things today but they might have done one or two. Also tell them to be listening carefully as it might give them some ideas of things they could do later!

Everyone sits in a circle. You will read out one of the statements below and give the children a few seconds to think about it, ask them to think of an example as you might ask them to share these later. If the statement applies to the child they stand up. Everyone who is standing up then swaps places. At this point you might ask them to share their example before reading out the next statement.

Move places if you have:

- held open a door for someone today
- said thank you today
- given someone a smile today
- received kindness from someone today
- written a letter to someone in the past week
- tidied your room without being asked in the last week
- helped somebody carry a heavy bag today
- given someone a compliment today
- asked a question and listened carefully to the answer
- received kind words from someone else today
- been kind to yourself (maybe eaten some healthy food, exercised, taken some calm down time or used kind words to yourself)
- given someone a gift today
- said some words of encouragement today

If you do this activity part of the way through the day, you can then reflect on how there's still lots of time left in the day to carry out lots more acts of kindness!



3. Giving a gift

The children sit in a circle preferably mixed up so that they are not all sitting next to their closest friends. Show children a small box or item. Tell the children that they are going to use their imaginations to turn this box into a perfect gift for someone else in the class. The children are going to give the gift to the person sitting on their left. Ask them to think about what this person might like. Do they know what their favourite game/sport/animal is or what their hobbies are? You might like to give an example saying, 'I am going to give Ayaz a box of crayons because I know he really likes drawing' or 'I am going to give Sara a pair of goal keeper gloves because I know she's good at being in goal'. Go round the circle with each child telling the class what their imaginary gift for the child next to them is and passing on the box. At the end you can reflect on how lovely it is to know that somebody has thought about you and how much fun it can be giving a gift to someone else.

4. Rounds

Here are some ideas for rounds. You will need an item to pass around, such as a teddy. When a child is holding the item then it's their turn to speak. They can complete the given sentence sharing their experience with the class. Everyone else practises good listening.

- Something kind I did this week ...
- Something kind somebody has done for me this week ...
- When somebody is kind to me it helps me feel ...
- Somebody who helps me feel happy/ comfortable/ cheerful is because.....
- Something kind I'm going to do this week/ My kindness goal for the week is ...

5. Giving a trophy

Tell the children you are going to have an awards ceremony and they are all going to give and receive a trophy. Use a plastic trophy, medal or cup if you have one, if not you can mime having a big heavy trophy! Sit in a circle and tell each child that they are going to give the person sitting on their left an award. They will say what they think this person has done to deserve an award as they pass it round. Examples might include, 'I'd like to present this trophy to Julia for writing a good poem in literacy', 'I'd like to award this trophy to James for being a supportive friend'. Pass the trophy/cup around and ask each child to present it to the person sitting on their left and tell the class what it is for.

6. I'd like to say 'Thank you' to

Sit in a circle. Have a small ball that you will roll to any child who wants to share. Begin by telling the children that you'd like to say thank you to someone. Give an example using the sentence structure - 'I'd like to say thank you to.... for.... ' Ask children if they'd like to say thank you to anyone in the circle? When a child puts their hand up to share, roll the ball to them, hear their thank you, then get them to roll the ball back to you. Examples might include, 'I'd like to say thank you to Sam for asking me to play with him today' or 'I'd like to say thank you to Tim for helping me when I fell over.'