

1. Emotion Masks

- **Objective:** Help children recognize and express emotions.
- **Materials:** Paper plates, markers, craft sticks, glue, and various craft materials (yarn, stickers, etc.).
- **Instructions:** Children create masks representing different emotions. They take turns wearing the masks and acting out the emotions while others guess which emotion it is.

2. Friendship Tree

- **Objective:** Encourage acts of kindness and build a sense of community.
- **Materials:** Large paper tree, paper leaves, markers.
- **Instructions:** When a child does something kind, they write it on a leaf and add it to the tree. Discuss the acts of kindness at the end of the week.

3. Empathy Stories

- **Objective:** Develop empathy by understanding others' feelings.
- **Materials:** Storybooks that focus on emotions and empathy.
- **Instructions:** Read stories that involve characters experiencing different emotions. Discuss how the characters feel and what the children would do in their place.

4. Emotion Thermometer

- **Objective:** Help children identify the intensity of their emotions.
- **Materials:** Large poster of a thermometer, markers.
- **Instructions:** Children mark where they are on the thermometer (e.g., calm, a little upset, very angry) and discuss why they feel that way and what they can do to manage their emotions.

5. Cooperative Building

- **Objective:** Promote teamwork and cooperation.
- **Materials:** Building blocks or LEGO sets.
- **Instructions:** Children work together to build a structure. Emphasize sharing materials and planning together.
- **Discussion Points:** How did you work together to build this? Why is it important to cooperate?

6. Emotion Charades

- **Objective:** Recognize and express different emotions.
- **Materials:** Cards with different emotions written on them.
- **Instructions:** Children take turns drawing a card and acting out the emotion while others guess what it is.

7. Community Helper Role Play

- **Objective:** Develop social awareness and empathy by understanding different roles in the community.
- **Materials:** Dress-up clothes, props for various community helper roles (e.g., firefighter, doctor, teacher).
- **Instructions:** Children role-play as community helpers, discussing how each role helps others and why it's important.