

Synoptic Table

Title	Audience	Overview	Evaluation & Reflection
The Circle	<ul style="list-style-type: none"> • Children 8-9 Years Old • Can be adapted for other Age Groups 	<p>By using the example of a flower, help students understand how can words and a supportive environment can affect your life significantly and accordingly you may flourish or perish.</p> <p>Central Moral Value: Love</p>	<p>Words are a powerful tool and have a great influence on our lives. Through the example of a flower, participants will become aware how encouraging words, positive comments and constructive feedback can benefit those around them.</p>
Happy Hands	<ul style="list-style-type: none"> • Children 8-9 Years Old 	<p>Ask participants to trace their hand up to the elbow and cut out the figure, ask them to write their name and pass the cut-out around the classroom so each student can write something nice for their classmate.</p> <p>Central Moral Value: Love</p>	<p>This Activity will help students understand that we shouldn't judge others superficially and we should keep a positive attitude towards others and invest time and energy to get to know them.</p>
The Magic Kettle	<ul style="list-style-type: none"> • Children 8-9 Years Old 	<p>This Activity is recommended for debriefing. Present the "Magic Kettle" to the group, which is filled with notes stating all the qualities, skills and experience previous participants left behind. Ask the participants to take something and leave something in the Magic Kettle for the people to come.</p> <p>Central Moral Value: The Magic Kettle</p>	<p>This Activity focuses on the significance of contribution and sharing your gifts and aptitudes for a common cause and the greater good.</p>
Cards of Caring	<ul style="list-style-type: none"> • Children 8-9 Years Old • Can be adapted for other Age Groups 	<p>Create cards of appreciation for people that work hard to create and sustain a safe environment for all people to enjoy. It could be a person or group of people that work at School or other members of your community like local Firefighters, Police or the Elderly.</p> <p>Central Moral Value: Citizenship</p>	<p>This Activity aims to enhance participants awareness on how people around us affect greatly the reality we live in. Subsequently we all have a responsibility to do the best we can as well and show our appreciation to others as often as possible.</p>
Fair Treatment	<ul style="list-style-type: none"> • Children 8-9 Years Old • Can be adapted for other Age Groups 	<p>Bring a sack of candy (or another treat) containing a few pieces less (3-4 less) than the total number of participants. The participants will discover that there is not enough candy for everyone and act</p>	<p>This Activity will reveal thoughts, aptitudes and feelings that arise from being treated unequally or seeing others being treated less than the rest.</p>

This report was funded by the European Union's Rights, Equality and Citizenship Programme (2014 - 2020). The content of this report represents the views of the author only and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains.



		accordingly. Central Moral Value: Fairness	
The Write Around	• Children 8-9 Years Old	Pass around the especially designed for this Activity Handouts and ask students to complete it accordingly and write something nice for their classmate. Ask for volunteers to share one or two of the positive notes' others wrote for them. Central Moral Value: Love	This Activity encourages participants to put an effort on observing and appreciating something that they might find positive or admirable in every person, even if that person might not be that close with them.



Activities for Character Education

Activities for Children 8-9 Years Old

Title:	The Circle
Duration:	30 – 45 Minutes
Audience:	Children 8-9 Years Old (it can be adapted accordingly for other Age Groups)
Objectives:	<p>This Activity will help participants to understand how we can show and value love and support to others. In addition, this activity aims to enable students to express themselves and their emotions. By the end of this exercise participants will be more aware how their behavior can affect others around them.</p> <ul style="list-style-type: none"> • Central Moral Value: “Love” • Respect • Empathy • Self-Awareness
Instructions:	<p><u>Materials:</u></p> <ul style="list-style-type: none"> • A chair • An open space • A flower which will be located at the chair • Two human figures at flip chart / board / black board <p><u>Instructions:</u></p> <p>Place the chair with the flower in the middle of the classroom. Inform the students that you will tell them the story of a girl named Lucky. Introduce the flower and tell the students that this is Lucky....”</p> <p>Show them the two human figures and tell the students that one of them is receiving regularly good comments / feedback / appraisal and that the other one is constantly receiving negative comments and criticism. After that ask</p>

This report was funded by the European Union’s Rights, Equality and Citizenship Programme (2014 - 2020). The content of this report represents the views of the author only and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains.



	<p>the students to contemplate how each of the two aforementioned people might be feeling and what kind of thoughts will be crossing his or her mind. The facilitator can write student's responses inside or around the two human figures.</p> <p>After that the teacher prompts the students to stand up forming a circle around the Lucky the flower. Each student has to say something positive and encouraging to Lucky the flower.</p>
<p>Evaluation & Reflection:</p>	<p>Discuss with students how words are a powerful tool and have a great influence to all people's lives and overall wellbeing. In addition, let them know that that words do not always speak the truth and we shouldn't take heavily at heart some harsh comments or criticism, that might make us feel negatively about ourselves, others or life in general. Furthermore, bring to their attention that we have the power to positively affect other people's lives with encouraging words, positive comments and constructive feedback.</p> <p>Link the flower with a human being and how when a person receives encouragement and positive comments blossoms, just like a flower. Focus on the importance of being polite and supportive to each other and how important it is to be mindful of the words you are using to communicate with those around you.</p>



Title: Happy Hands	
Duration:	30 – 45 Minutes
Audience:	Children 8-9 Years Old
Objectives:	<p>This Activity is designed to help participants to understand that each and every one has positive traits; regardless how different they might seem in relation with ourselves. During this activity students will be prompted to discover their positive traits as well and also realize that they might have common characteristics with people that they might not have a close relationship with. Moreover, it will help students to realize whom/what they love and what skills they personally hold, that they could possibly use in order to contribute for the greater good. The “Happy Hands” Activity creates a positive and supportive atmosphere, as students are asked to find positives in their fellow classmates.</p> <ul style="list-style-type: none"> • Central Moral Value: “Love” • Respect • Love • Empathy • Self-Awareness
Instructions:	<p><u>Material:</u></p> <ul style="list-style-type: none"> • Pencils • Long Paper (for the hand – arm tracing) • Pencils <p><u>Instructions:</u></p> <p>The facilitator / teacher must be involved in this game, because they need to make sure <u>ALL comments are POSITIVE</u>. Hence the facilitator will be the last person who writes a comment on the "hand"</p>

This report was funded by the European Union’s Rights, Equality and Citizenship Programme (2014 - 2020). The content of this report represents the views of the author only and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains.



	<p><u>Step 1:</u> Give a long piece of paper to each participant together with the rest of the materials and ask them to trace their hand up to the elbow and cut out the figure. When they have finished, ask them to write their own name on the hand and pass it on to the child sitting next to them. The person that receives the hand must write a positive comment on the arm. It can be something they like about their classmate, something they admire or something that he/she did or said, that they found positive. Then they can fold it and pass it on to the next child. All the hand cut-outs must be passed by each participant. The facilitator will be the last one to comment, and he/she will have to make sure all other comments are positive. The result is that every child has "their hand" with positive comments from classmates, and it was reciprocated.</p> <p><u>Step 2:</u> Discuss in what ways they can contribute to a better world using the qualities they discovered for themselves during this activity.</p>
<p>Evaluation & Reflection:</p>	<p>Ask - participants how they felt about each of the cut outs and to reflect on the whole experience. You can use the following questions:</p> <ul style="list-style-type: none"> - What did you learn about yourself during this activity? - How did it feel when you read what your classmates said about you? - How did it feel saying something positive to fellow-classmates? - Do you think you can apply some of these in your everyday life? <p>Talk about how this Activity relates to judging someone superficially without getting to know them first and/or empathize with their situation and/or identity. Point out that even though people might seem or even be different from us, we all still have positive characteristics and the ability to love, respect and contribute to the greater good.</p>

Title: The Magic Kettle	
Duration:	30 – 45 Minutes
Audience:	Children 8-9 Years Old
Objectives:	<p>This Activity is recommended for debriefing or reflection on an experience that - participants just took part in, thus is good for establishing a spirit for cooperation and to enable and accentuate the benefits of active participation. This is an opportunity for the facilitator to help participants connect through sharing personal experiences, actions and beliefs. Moreover, this Activity will help the Trainer to reinforce any skills or beliefs he or she is hoping participants will carry beyond the activity and the training overall.</p> <ul style="list-style-type: none"> • Central Moral Value: “Citizenship” • Communication • Respect • Diversity • Creativity • Honesty • Self – Awareness
Instructions:	<p><u>Materials:</u></p> <ul style="list-style-type: none"> • A Kettle • Make sure you place little cards or Post-It notes with different qualities (values, positive characteristics, skills, talents etc). <p><u>Instructions:</u></p> <p>Firstly, ask the participants to sit in a close circle. Tell - participants that you are holding a “magic kettle” filled with all the qualities of people who have come here before to your school and taken this Training. Pretend that you are taking a kettle or cauldron off a high shelf, in a way that shows reverence for</p>



	<p>those who have come before. Explain that the magic kettle will be passed around the circle and each participant should “take something” (a skill or idea that is new) and “leave something” (a personal strength or point of view that can help future participants).</p> <p>Begin by modelling the activity yourself and then passing the magic kettle on to the participant next to you. For example, you could say, “I am going to take the skill of patience out of the cauldron and leave the skill of teamwork.”</p> <p>Imagination is very important to make this Activity fun as much as educating, so do not be afraid to improvise. You can tell some examples or stories of previous visitors and what they left in the kettle. Treat the kettle with tenderness and reverence, imploring others to do the same, like it is something valuable and of great importance.</p>
<p>Evaluation & Reflection:</p>	<p>Ask - participants how they felt about each of the cut outs and to reflect on the whole experience. You can use the following questions:</p> <ul style="list-style-type: none"> - What did you learn about yourself during this activity? - How did it feel when you read what your classmates said about you? - How did it feel saying something positive to fellow-classmates? - Do you think you can apply some of these in your everyday life? <p>Talk about how this Activity relates contributing to the greater good and how each and every one of us regardless the gender holds desirable and admired qualities and characteristics. In addition, point out the significance of sharing those gifts and aptitudes with the team and the importance of contribution and collaboration.</p>

References:

Peace First – Youth Led Peace-making Projects

Retrieved from: <https://www.peacefirst.org/>



Title:	Cards of Caring
Duration:	30 – 45 Minutes
Audience:	Children 8-9 Years Old (it can be adapted accordingly for other Age Groups)
Objectives:	<p>This Activity is designed to bring into participants' awareness the fact that many people work to make a community (school, church, region, town, city) a nice and safe place for them to stay. People that we have grown so accustomed to, that we might even notice how much they contribute and put an effort for everything to work properly. In addition, discuss with - participants how important it is for someone to feel appreciated for their hard work and contribution and how showing appreciation is an act of love and kindness.</p> <ul style="list-style-type: none"> • Central Moral Value: "Citizenship" • Love • Empathy • Citizenship • Responsibility
Instructions:	<p><u>Material:</u></p> <ul style="list-style-type: none"> • Pen / Pencils • Paper • Crayons and/or Coloured Pencils and/or Coloured Markers <p><u>Instructions:</u></p> <p><u>School Community:</u> Prompt - participants to make cards/write notes of appreciation and encouragement to someone in the school e.g.: teachers, the principal, cafeteria workers, office staff, and bus drivers. Arrange with the classroom teacher to have the students personally deliver their caring cards.</p> <p><u>Caring Within the Community:</u> Have - students make cards for people in your</p>



	<p>community. This can be local fire fighters or police, soldiers, elderly people living in a home, children at the children's hospital, families at a homeless shelter, Refugee families, etc. Please make arrangements to deliver these cards to the appropriate agents.</p>
<p>Evaluation & Reflection:</p>	<p>Ask - participants to choose on their own to whom -team or person- they want to send their card to and why. Ask them to reflect on their feelings of appreciation for them.</p> <p>You can use the following questions:</p> <ul style="list-style-type: none"> - Why do you think is important to send a card to that person/group of people? - How would you feel if you were at the receiving part of this gesture? <p>This activity aims to enhance participants awareness of how people around us affect greatly the reality we live in. It is important to be aware, that each person strives to do the best they can at what they do and that, has an immediate effect to others around them. Subsequently, we have a responsibility to do the best we can as well and show appreciation as often as possible, because everyone is fighting a battle every day to be the best version of themselves.</p>

Reference:

Retrieved from:

<http://schools.cms.k12.nc.us/beverlywoodsES/PublishingImages/CaringDecember.pdf>



Title: Fair Treatment	
Duration:	30 – 45 Minutes
Audience:	Children 8-9 Years Old (it can be adapted accordingly for other Age Groups)
Objectives:	<p>This Activity is designed to bring into the participants awareness the notion of “fairness” and how we can contribute into creating an environment that promotes fairness and equality.</p> <ul style="list-style-type: none"> • Central Moral Value: “Citizenship” • Justice • Fairness • Respect • Responsibility
Instructions:	<p><u>Materials:</u></p> <ul style="list-style-type: none"> • Sack of Candy, Gum, Apple or Almonds (have a few alternatives in case that one has some kind of intolerance) <p><u>Instructions:</u></p> <p>Bring a sack of candy containing a few candies less (maybe 3-4) than the total number of participants in the group. Pass the sack around and tell everyone they can take only one. When - participants will discover the unfair situation and that there is not enough candy for everyone, discuss the following questions:</p> <ol style="list-style-type: none"> 1. How did those participants that did not get the candy feel? 2. How about those that did? 3. What would be the fair solution to the problem? <p>Can you think of another situation when people might feel left out or rejected?</p>



<p>Evaluation & Reflection:</p>	<p>Ask - participants to reflect on their feelings after this Activity.</p> <ul style="list-style-type: none"> - How did it make you feel? - How will use this example in real life situations? - Do you feel / think we have a share of responsibility when something unfair happens to someone else? <p>Using a simple example of excluding a few persons from enjoying a piece of hard candy with the rest of the team, will reveal feelings and aptitudes from both parts – the group of people that got candy and the others who did not. Both situations and the feelings that may arise can be unsettling and it is important that we facilitate a conversation in a manner, that will shed a light on how a person might feel when it's neglected and/or marginalized. Moreover, it will be a good for to the participants to understand that we all have a shared responsibility regards accepting or disapproving behaviours that can be unfair to others or even us.</p>
--	--

Reference:

Retrieved from: <http://schools.cms.k12.nc.us/beverlywoodsES/Documents/Janjustice.pdf>



Title: The Write Around	
Duration:	30 – 45 Minutes
Audience:	Children 8-9 Years Old
Objectives:	<p>This Activity aims to make every participant feel a part of the Team, enhance team spirit and give the shy participants or the ones that do not speak often a chance to express their gratitude and appreciation towards others.</p> <ul style="list-style-type: none"> • Central Moral Value: “Love” • Kindness • Respect • Gratitude • Inclusion
Instructions:	<p><u>Materials:</u></p> <ul style="list-style-type: none"> • Handout with seven sentence stems (or starters) <p><u>Instructions:</u></p> <p>The facilitator / teacher must be involved in this game, because they need to make sure ALL comments are POSITIVE. Hence all the documents when finished should pass from the facilitator.</p> <p><u>Step 1:</u> Pass around the handouts and ask each participant to write only their name at the top of the paper. Collect the handouts and pass them out once again, randomly this time. Make sure each student received a different student’s handout. They can respond to just one sentence stem or several if they have more good things to say about the particular person.</p> <p><u>Step 2:</u> After the few minutes are up, have each student pass the handout to another student (not the handout’s owner, yet). Encourage - students to complete whichever sentence stem calls to them, whether another student has completed it or not. After doing a few rounds of this, pass all of the papers</p>



	back to their owners and give them a chance to read all of the nice things their peers have written about them.
Evaluation & Reflection:	Ask for volunteers to share one or two of the positive things on their handout. It will make the reader feel good, the writer feels good, and encourage everyone to be a little more positive and express their gratitude more often. This activity encourages participants to put effort into observing and appreciating something that they might find positive or admirable to every person, even if they might not be that close with that person or share any common characteristics and/or interests.

Reference:

Retrieved from: <https://www.edutopia.org/blog/kindness-lesson-plan-rebecca-alber>

Please find the Appendix included in the next pages



The Write Around

We can cooperate when doing this project _____ because...

I think that this _____ trait of yours is a great addition to our team/class because...

A characteristic we have in common is...

Your skills in _____ can be used to help others to...

If we play the game (name) _____ you will be good at _____ position, because...

