

Gentleness

Boiled Egg

Objective: To help children practice moving carefully and gently.

Invite each student to take turns walking gracefully around the classroom holding a spoon that is also carrying a boiled egg.

Saving the Balloon

Objective: This game teaches children to be aware of their movement and care for each others' belongings.

This game teaches children to care for each others' belongings. Each child should have a balloon tied to one ankle. Before the game begins, the children are instructed that the aim of the game is to take care of the balloons and make sure none of them burst.

Play some music. While the music plays, children should run around, trying their best not to step on each other's balloons.

If a child accidentally bursts a balloon belonging to someone else, he should tie his own balloon to that child's ankle.

When the music stops, all freeze. They all start again when the music starts.

To make it more meaningful, children can discuss how they should take care of the belongings of others.

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Throw and Catch

Objective: To practice being gentle to each other by gently passing the ball to friends.

Everyone sits around in the circle; the teacher explains to the children that when the music starts, s/he will throw the ball to someone. The person who catches it must then throw it to someone of their choice until everyone has had at least one turn.

Throughout the game, emphasize the following points:

- We throw the ball gently so no one gets hurt.
- We practice patience by waiting for the ball to be thrown to us.
- We show trustworthiness by not keeping the ball, but by throwing it.

Start the music.

Throw to one child and continue until each child has had one or two turns before stopping the music.

Praise them for their patience when they are waiting for their turn and encourage cooperation.

Show patience if they need time to decide who to throw it to.

Ask for trustworthiness if the child hangs on to the ball and doesn't let go. (If a child hangs on to the ball and refuses to throw, stop the music and say we can't continue the game if it stays in one place. Keep your word, be firm and consistent. If the child still refuses to throw the ball to the next person, finish the game there and calmly say, "John, I am sorry, because you didn't throw it we have to stop the game.")