

## Period 5: Friendship; company, concern, closeness, love

Creating a caring and relaxed atmosphere, increasing the children's desire to be physically close to one another, and learning how to show concern are the challenges of this period. This is how we support the children in seeing themselves as good and caring individuals.

**During the fifth period, we practice the following things. You can also pay special attention to these at home.**

### 1. Friendship and companionship

We ponder together with the children – What does it mean to be a good friend?

We play the game “secret friends”, which can involve giving little things to a friend. This can be done in many ways but the emphasis is always on friendship, and the care and love that is involved in doing something special for a friend.

→At home you can also ponder on friendship means. For example, ask the following questions: Is someone who is nice to you necessarily your friend? Do friends have to agree on everything? Can your friends play with others and ask you to play later? Is your best friend the one who has most toys or the one who is nicest to you?

### 2. Concern

We practice caring for other people. A family morning where parents and siblings are welcomed is a good way to show the care that children show their families.

We practice helping others by reality-related projects.

→At home the child can put a bandage on the wounds of an adult. S/he can help with light household chores. The child and her/his parents can participate together in charity events.

### 3. Love and closeness

We practise hugging and being close to one another.

→At home you can also practice closeness by hugging and being close to one another.

### 4. Being thankful

We practice being thankful to increase love by reflecting on what was good about what we did yesterday, last week.

It is also good for children to practice being thankful by thanking the cook for good food.

→At home it is good to point out to children all the little things that Mom and Dad, siblings, grandparents and other people do.

## **Period 5 – Compliments and encouragement**

Using appropriate compliments that focus on what the child needs to practice is the most effective way to achieve success. Here are ideas for encouraging the children during the 5th period.

**Company** – “You are playing well together!”

**Concern** – “How are you?”

**Closeness** – “You are being really kind to each other. ”

**Love** – “Gentle touch, smile, thumbs up, a blink! ”



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## 5. PERIOD - SKILLS

*Ponder together with your child what skills s/he needs to practice during the 5th period in terms of company, concern or closeness.*

*Decide together how you will celebrate a well-practiced skill!*

*You can seal the contract with signatures, so it will become important to both of you.*



*Skill:*



*Prize at the end:*



*Signatures:*

