

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

The challenges in this period are to create ethically sustainable relationships between everyone, to create a relaxed atmosphere and to enhance the children's desire to be physically close to one another and show concern. In this way we support the children in seeing themselves as good and caring individuals.

1. The teacher is always a role model
  - Instead of always using words when complimenting a child, it can be really simple just to send "warm eyes", a little blink, a gentle touch on the shoulder of a pupil, or a thumbs up!
  - This technique should be used a lot, because it gives the child a good feeling, positive attention and, because it is subtle, it does not interrupt others or create competition between the pupils.
2. "Secret friends"
  - The game "secret friends" can involve giving little things to a friend or writing down nice words about the friend, which are given as a gift. This can be done in many ways, but the emphasis is always on friendship, and the care and love that are involved in doing something special for a friend.
  - This game is also good for adults. In the same way that children enhance their ability to be good friends through this game, adults can do the same. If an adult wants to grow as a person and learn from others, it is helpful to take some time to look at the good qualities among the co-workers.
3. Defining friendship – What does it mean to be good friends?
  - It is important to listen to children's opinions on friendship. Is someone who is nice to you necessarily your friend? Do friends have to agree on everything? Is one friend supposed to control and the other to obey? Can your friends play with others and ask you to play later? These questions are just examples and there are many more, but they help children establish the boundaries of friendship.
4. Exercising in caring
  - Putting bandages on wounds, both when needed and also as a practice in closeness, is an exercise that the children really understand and feel.
  - Family morning, where parents and siblings are welcomed, is a good way to show the care that children show their families.
5. Reality-related projects
  - Helping others at school is a good way to show friendship, for example, taking out the trash for the kitchen staff or assisting younger pupils, or even older. When doing projects like this the discussion before and after the actual project is the most important aspect.
  - Being involved with animals (especially with young animals) can create an opportunity for children to develop a concern for those who are dependent for a little while.
6. Being in physical contact with friends
  - To be able to hold hands when singing, playing circle games, or having a peaceful and quiet time is a good way to practise being close to another person and create warmth and kindness. Everyone can close their eyes and send good thoughts to the child that is sick at home. This can also be an opportunity just for everyone to hold hands, close their eyes and feel the good energy all around. Situations like these create both positivity and closeness.

- All kinds of games that involve touching each other. For example, one student draws an imaginary picture, with her or his finger, on the back of another student, or writes letters in the same way, with the one who is being written writing the letters on a piece of paper, producing a word. The pizza game where one child is the pizza dough and another one is the baker. The baker begins with kneading the dough and then puts some kind of food on top, with every new flavor there is a new kind of touching, gentle strokes for the tomato sauce, picking for the ham, rubbing for the cheese and so on. Afterwards there is a discussion on why being close to another person is important.
  - Using soft brushes for the children to practice stroking arms, legs and face. Using facial paint is also a fun thing to do, and if the children are not used to it, painting on hands or legs is a good beginning.
  - Combing the hair of a friend also creates closeness and often nice conversations.
7. Creating a warm atmosphere
- Use a candle or incense if allowed; otherwise use Christmas lights.
  - Relaxing music is good to lay the groundwork for a relaxing and peaceful time.
8. Walking in a row, two and two together
- Holding hands in a double row is a good way to practice taking the other person's needs into account.
  - A fun game to play is to take orders from the teacher while holding hands, standing up, sitting down, for everyone in the class to hold hands and do all kinds of fun stuff. When holding hands is part of the daily routine, it is easier to enhance it with more games and more closeness.
9. Intimacy
- Hugging with care is precious. Practice giving a "heart-hug" where both heads turn to right and their hearts "touch", saying something really nice to the friend afterwards.
  - It is good to practice being thankful to increase the love, for example to reflect 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, even giving something back, singing a song or writing a letter. It is good to point out to children all the little things done by Mom and Dad, siblings, grandparents and lots of other people.

### ***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 some 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!"



Funded by the European Commission Daphne III program.

European Commission is not responsible for the implementation and the content of the project.