

Kindness Catch

PLAY

To help students practise and share kind thoughts through a fun, inclusive ball game that encourages turn-taking, kindness reflection, and group connection. Students will also begin to associate kindness with the spirit of caring for each other and our planet Earth, just like the Playful Astronauts do on their first stop of the journey.



Learning Intentions

I can practise kindness by thinking of ways to help and care for others.
This encourages students to explore thoughtful actions they can take at school and at home.

I can improve my communication by sharing kind ideas out loud.
This helps students feel confident expressing caring thoughts with their peers.

I can participate in a group activity that promotes teamwork and kindness.
This fosters a caring classroom community where kindness is celebrated and shared.



Success Criteria

I can think of something kind to say or do and share it with the group.
This ensures students reflect on helpful actions they can take in their daily lives.

I can take turns and listen respectfully while others speak. This promotes patience, listening skills, and mutual respect.

I can celebrate others' ideas for kindness and feel proud of my own. This helps build self-esteem and encourages positive social behaviour.



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Objective:

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Players:

Ideal for groups of 4–26 students in a seated or standing circle.

Materials:

- A soft foam ball (or similar light, safe object to roll or throw)
- Optional: Picture of Earth or globe as a visual focus for kindness and planet connection

Time Required:

10 –15 minutes

Setup:

Gather the students in a circle (either seated or standing). Introduce the game by showing a picture of Earth and explaining how it is the first stop on the Playful Astronauts' journey. Talk briefly about how Earth is full of people, animals, and nature and that kindness helps everyone live happily together.

Let the students know that today they'll play a game where they practice sharing kindness just like we need to take care of each other and our world.

Gameplay:

Explain the Game:

Tell students they'll gently roll or toss the soft ball to one another. When they stop it or catch it, they'll say one kind thing they can do or have done. For example:

- "I can help a friend if they fall down."
- "I can share my toys."
- "I can say thank you to my teacher."

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Begin the Game:

Start by modelling the activity. The teacher tosses the ball to a student and says, "I can help someone carry their books." The student catches the ball, says their kind idea, and gently tosses it to another peer, and so on.

Continue until every student has had a turn. If time permits, play a second round where students try to say a *different* kind act.

Encourage Teamwork and Reflection:

After the game, gather the students to briefly reflect:

- "How did it feel to say kind things?"
- "Did anyone hear an idea they want to try?"

Reinforce that just like Earth needs people to look after it, we can all look after each other with kindness.

Winning the Game:

There are no winners or losers. The goal is to practise kindness, listen respectfully, and enjoy sharing ideas in a supportive environment.

Variation:

Instead of students saying something kind they can do for others, when they receive the ball from another student they say something kind about the student who rolled or threw it to them. This encourages students to think positively about their classmates and publicly acknowledge acts of kindness performed by their classmates.

Additional Notes:

"Kindness Catch" is a gentle, inclusive way to build emotional literacy, speaking skills, and group connection. It is an ideal way to launch the first week of The Playful Astronauts mission from Earth, focusing on building a caring class culture grounded in kindness.

