

Values-Based Activity Playbook



ACTIVITIES ON LOVE AND CARE

CARING BINGO

Materials needed:

- bingo cards with caring actions (e.g., "Help a friend", "Say something nice", "Share a toy")
- markers or stickers

Instructions:

1. Create Bingo cards with different caring actions in each square.
2. Distribute a Bingo card and markers to each child.
3. Explain that they will walk around and find other children who have done the caring actions and have them sign or stamp their card.
4. When a child gets five in a row (horizontally, vertically, or diagonally), they shout "Bingo!" and share one caring action they performed.
5. Continue until time is up, encouraging children to share their experiences.

HELPING HANDS

Materials needed:

- construction paper
- crayons or markers
- scissors
- glue



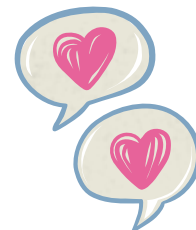
Instructions:

1. Give each student a piece of construction paper.
2. Ask them to trace their hand on the paper and cut it out.
3. Once cut out, have them decorate their hand with drawings or words that represent ways they can help others (e.g., "I can share", "I can listen").
4. After decorating, have each child share their "Helping Hand" with the group and explain their ideas.

COMPLIMENTS CIRCLE

Materials needed:

- a soft ball or stuffed animal



Instructions:

1. Gather the children in a circle and explain that they will take turns giving compliments.
2. Start by holding the ball and giving a compliment to the child next to you (e.g., "I like your smile!").
3. That child then holds the ball and gives a compliment to the next child.
4. Continue until everyone has had a turn. If time allows, go around again and encourage them to come up with new compliments.

ACTIVITIES ON LOVE AND CARE

ROLE PLAY SCENARIOS



Materials needed:

- scenario cards (e.g., "A friend is sad", "Someone dropped their toy", "A new student needs help")

Instructions:

1. Prepare cards with different scenarios related to caring for others.
2. Divide the children into small groups and give each group a scenario card.
3. Allow them a few minutes to come up with a short skit to act out how they would care for the person in the scenario.
4. Each group presents their skit, and afterwards, discuss what they did and how it showed care.

CARING CHARADES

Materials needed:

- slips of paper with caring actions written on them (e.g., "helping someone who fell", "sharing snacks", "giving a hug", "helping with homework")
- a container to hold the slips

Instructions:

1. Prepare the slips of paper with various caring actions and place them in the container.
2. Explain the rules of charades: one child will pick a slip and act out the action without speaking while the other children guess what it is.
3. Select a child to go first. They draw a slip from the container and act out the action for their peers.
4. Once the action is guessed, discuss how that action shows caring for others.
5. Rotate turns until all children have had a chance to act out an action or until time is up.

CARE PACKAGE CREATION



Materials needed:

- small boxes or bags (to represent care packages)
- craft supplies (stickers, markers, coloured paper)
- non-perishable snacks or small items
- paper and pens

Instructions:

1. Explain to students that they will create care packages to show someone they care about them.
2. Provide each child with a small box or bag.
3. Give them craft supplies to decorate their packages with drawings, stickers, or messages (e.g., "You are loved!" or "Thinking of you!").
4. Choose non-perishable snacks or small items to include in their package.
5. Once finished, have each child share who they would like to give their care package to and why.
6. Discuss how small acts of kindness can make a big difference in someone's day.

ACTIVITIES ON EMPATHY & FRIENDSHIP

FRIENDSHIP MURAL

Materials needed:

- headshot photo of every student in class
- poster board

Instructions:

1. Have all students stick their own photo on the friendship mural.
2. Each student to draw their own body on the poster.
3. Have students draw their arms so that they are all connected.
4. Discuss how everyone in the class is important and connected to one another.

FRIENDSHIP BRACELETS

Materials needed:

- colourful beads
- string or elastic cord
- scissors

Instructions:

1. Provide each child with beads and a length of string.
2. Instruct them to create a bracelet for a friend in the group.
3. Once finished, have them exchange bracelets and explain why they have chosen particular colours or patterns.
4. Discuss the meaning of friendship.



EMOTIONS CHARADES

Materials needed:

- slips of paper with various emotions written on them
- a bowl to hold the slips

Instructions:

1. Write different emotions on slips of paper and place them in a bowl.
2. Each child takes a turn picking a slip and acting out the emotion without speaking.
3. Others guess the emotion and have them explain how they could tell.
4. Discuss times they have felt that emotion.
5. Discuss how empathy is to be able to understand how someone feels and it's first about identifying what the emotion is.



ACTIVITIES ON EMPATHY & FRIENDSHIP

FRIENDSHIP Pictionary

Materials needed:

- whiteboard or large paper
- markers
- a list of friendship-related words or phrases (e.g., sharing, helping)

Instructions:

1. Divide the children into two teams.
2. One child from a team picks a word and draws it while their team guesses what it is.
3. Rotate turns and keep score. Discuss how each word relates to friendship.

FRIENDSHIP RELAY RACE

Materials needed:

- 2-3 cones or markers (for starting and finishing lines)
- 1 soft ball or small object (like a beanbag) per team
- stopwatch or timer (optional)
- a space large enough for running

Setup:

- Set up a starting line and a finishing line about 10-20 feet apart using cones or markers.
- Divide the children into two or three teams, depending on the number of students.

Instructions:

1. Gather all the teams at the starting line. Each team will race to the finishing line and back in a relay style.
2. On their way to the finishing line, they must balance a soft ball or beanbag on their head (or another designated method, e.g., balancing it on their palm).
3. Once they reach the finishing line, they turn around and run back to their team.
4. The next player can only start running once the first player hands off the ball to them (without dropping it).
5. This continues until all team members have completed the relay.
6. If the ball falls, the player must stop and place it back without using their hands before continuing.
7. After the race, gather the children to discuss how teamwork helped them succeed and how they worked together with their friends.



ACTIVITIES ON DILIGENCE & HONESTY

2 TRUTHS AND A LIE

Materials needed:

- none

Instructions:

1. Gather all students in a circle.
2. Each student takes turns sharing three statements about themselves: two truths and one lie. The lie can be an exaggeration, fictional story, or something completely untrue.
3. Other students discuss and guess which statement is the lie.
4. After guesses are made, the student reveals the lie and can share more about the truths.
5. Continue until everyone has had a turn, then wrap up by discussing any surprising facts learned during the game.
6. Discuss how this is only a game that allows the students to get to know one another but imagine if they actually tell those lies to others and the consequences it will have.

DILIGENCE VISION BOARDS

Materials needed:

- poster boards or large sheets of paper
- magazines (for cutting out images and words)
- scissors
- glue sticks
- markers or crayons



Instructions:

1. Explain to students the importance of setting goals and being diligent in achieving them.
2. Have each child think of 3-5 personal goals they want to achieve (e.g., improving in a subject, learning a new skill).
3. Provide magazines for them to cut out images and words that represent their goals.
4. Each student creates a vision board by gluing their cutouts onto the poster board.
5. Once completed, have each child share their vision board and discuss how they plan to work towards their goals.

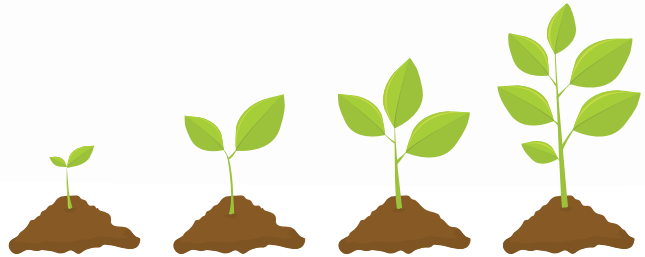


ACTIVITIES ON DILIGENCE & HONESTY

GROWING A PLANT

Materials needed:

- clear, plastic containers
- cotton balls
- water
- seeds



Instructions:

1. Explain to students that growing a plant takes diligence.
2. Tell students to place cotton balls in the container. Next, add the seed and then add water.
3. Diligently take care of the seed until it sprouts.
4. Discuss how pursuing other goals is similar to growing a plant where it requires diligence.

SPORTS STATIONS

Materials needed:

- basketballs, soccer balls, or any sports equipment
- markers for scorekeeping

Instructions:

1. Organise several skill stations related to different sports (e.g., dribbling a basketball, kicking a soccer ball into a net, passing a frisbee).
2. Divide the children into teams and assign each team to a station. Have each team record what they are able to achieve in one minute as a team (e.g. how many dribbles they can do in one minute)
3. Then, give them a set amount of time (5-10 minutes) to practise diligently at each station.
4. After practising, hold a mini-competition where teams demonstrate what they have learned at each skill station and their new result.
5. Emphasise how their diligent practice improved their performance.

CAPTURE THE FLAG

Materials needed:

- two flags (or any items to serve as flags)
- cones or markers to define boundaries

Instructions:

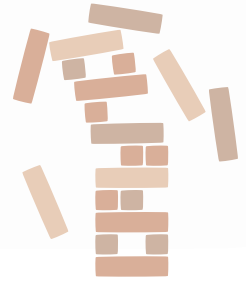
1. Divide the students into two teams and set up boundaries for the game.
2. Each team hides their flag within their territory while trying to strategise how to protect it.
3. Explain the importance of being diligent in both protecting their flag and trying to capture the other team's flag.
4. Discuss how diligence in planning and working together contributed to their success.

ACTIVITIES ON PERSEVERANCE & RESILIENCE

RESILIENCE TOWER

Materials needed:

- building blocks (blocks that do not interlock)
- timer



Instructions:

1. Divide students into small groups and give each group a set of building blocks.
2. Set a timer for 15 minutes and challenge them to build the tallest tower they can.
3. If a tower falls, they must rebuild it, emphasising perseverance and not giving up.
4. After time is up, have each group present their tower and discuss what challenges they faced and how they overcame them.

OBSTACLE COURSE

Materials needed:

- cones, ropes, hula hoops, or any available outdoor equipment
- stopwatch (optional)

Instructions:

1. Set up an obstacle course with various physical challenges (e.g., crawling under ropes, jumping over cones).
2. Explain that if they fall or make a mistake, they must get back up and keep going.
3. Time each student or team as they complete the course, encouraging them to focus on finishing despite any setbacks.
4. Discuss the importance of perseverance in overcoming obstacles.

SCAVENGER HUNT

Materials needed:

- scavenger hunt list (items to find in classroom or around school)
- bags or baskets for collecting items



Instructions:

1. Create a scavenger hunt list of items.
2. Allow students to work in pairs or small groups, emphasising that they may need to try multiple times to find certain items.
3. Set a time limit for the hunt, encouraging them to keep searching even if they cannot find everything at once.
4. Afterwards, gather to share what they found and discuss the perseverance it took to complete the hunt.

ACTIVITIES ON PERSEVERANCE & RESILIENCE

GROWTH MINDSET VISION BOARD

Materials needed:

- poster board or large paper
- magazines
- scissors
- glue
- markers



Instructions:

1. Ask students to think about their goals and decide what they want to achieve (e.g., getting better at a sport, improving in school).
2. Have them look through magazines and cut out pictures and phrases that inspire them. Place on board and glue them down.
3. Use markers to write positive affirmations, like "I can learn!" or "Keep trying!".
4. Discuss how goals take time to reach and we can use growth mindset phrases to continue growing.

STORY OF RESILIENCE

Materials needed:

- paper and pencils
- optional: art supplies for illustrations

Instructions:

1. Ask each student to write a short story about a time they faced a challenge and how they persevered.
2. Encourage them to include feelings and lessons learned.
3. After writing, they can illustrate their story if desired.
4. Invite them to share their stories with the group, highlighting the importance of resilience.

PUZZLE CHALLENGE

Materials needed:

- various jigsaw puzzles (different difficulty levels)

Instructions:

1. Divide students into small groups and give each group a puzzle.
2. Encourage them to work together to complete the puzzle, emphasising that they may need to try different strategies if they get stuck.
3. If they cannot complete it in the allotted time (15-20 minutes), encourage them to keep trying later.
4. Afterwards, discuss how they felt during the challenge and the importance of perseverance.



ACTIVITIES ON RESPONSIBILITY

TIME MANAGEMENT CHALLENGE

Materials needed:

- timers or stopwatches
- a list of tasks (homework, chores, recreational activities)

Instructions:

1. Provide a list of tasks that need to be completed within a certain timeframe (e.g., one hour).
2. Each student creates a plan to manage their time effectively to complete all tasks.
3. Afterwards, discuss what strategies worked and how time management is a key responsibility.

BUDGETING GAME

Materials needed:

- play money
- a list of items with prices
- paper and pencils

Instructions:

1. Give each student a set amount of play money.
2. Present them with a list of items they can "buy" (e.g., snacks, toys), and their prices.
3. They must create a budget and decide how to spend their money responsibly.
4. Discuss the importance of budgeting and making wise financial choices.



RESPONSIBILITY ROLE PLAY

Materials needed:

- scenario cards (e.g., "You forgot to do your homework", "You need to help a friend")

Instructions:

1. Prepare scenario cards that depict various situations requiring responsibility.
2. Divide the children into groups and have them act out their scenarios.
3. After each skit, discuss how they handled the situation and the importance of being responsible.

ACTIVITIES ON RESPONSIBILITY

CHORE CHART

Materials needed:

- chart paper or a whiteboard
- markers
- stickers or stars for rewards



Instructions:

1. Create a chore chart on the paper or whiteboard, listing various age-appropriate chores.
2. Each student chooses a chore to complete daily or weekly.
3. When they complete a chore, they mark it off and receive a sticker or star.
4. Discuss how completing chores helps build responsibility and teamwork.

FOOD DRIVE

Materials needed:

- paper and markers for making posters
- food items for donation



Instructions:

1. Discuss the importance of giving back and being responsible community members.
2. Students host a Food Drive to get food donations to give to a local food bank.
3. Students make posters to encourage other members of the school to donate.
4. Collect all the food and bring it to the food bank.
5. After the service, reflect on the impact of their efforts and how responsibility extends into the community.

COMMUNITY SERVICE

Materials needed:

- supplies for a specific project (e.g., trash bags for a cleanup, gift items for an elderly visit)

Instructions:

1. Organise a community service day where students can participate in a local project (e.g., park cleanup, elderly visit).
2. Discuss the importance of giving back and being responsible community members.
3. After the service, reflect on the impact of their efforts and how we have the responsibility of taking care of our community and the people who live in it.

ACTIVITIES ON GRATITUDE

GRATITUDE JAR

Materials needed:

- a jar or container
- small pieces of paper
- pens or markers



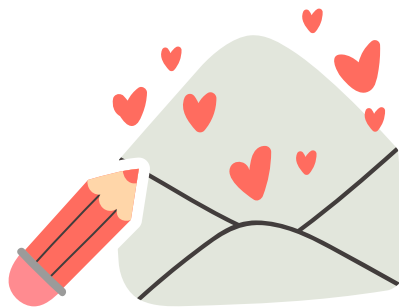
Instructions:

1. Decorate the jar with stickers or paint to make it special.
2. Each day, encourage students to write down one thing they are grateful for on a piece of paper.
3. They can fold up the pieces of paper and place them in the jar.
4. At the end of the month, gather together to read some of the notes and discuss the importance of gratitude.

THANK YOU LETTER

Materials needed:

- stationery or blank cards
- envelopes
- pens or markers



Instructions:

1. Each child chooses someone they appreciate (a teacher, friend, family member) to write a thank-you letter to.
2. Encourage them to express specific reasons for their gratitude.
3. After writing, they can decorate their letter and deliver it in person or via mail.
4. Discuss how expressing gratitude can strengthen relationships.

GRATITUDE SCAVENGER HUNT

Materials needed:

- list of items or experiences to find (e.g., something that makes you smile, a sign of nature)
- bags to collect items (if applicable)

Instructions:

1. Create a scavenger hunt list focused on things they appreciate in their environment.
2. Set a time limit for the hunt.
3. After they find their items, gather to share what they found and why those things are meaningful.
4. Discuss how being mindful of our surroundings can enhance gratitude.

ACTIVITIES ON GRATITUDE

THREE GOOD THINGS

Materials needed:

- a comfortable space to sit in a circle

Instructions:

1. Gather students in a circle and explain the rules.
2. Each student takes turns sharing three good things in their lives.
3. Encourage them to think deeply about their choices and express why they are grateful.
4. Discuss how sharing gratitude can create a positive atmosphere and research has shown thinking of 3 good things every day for 30 days can increase wellbeing.



SONG OF GRATITUDE

Materials needed:

- access to music streaming service
- paper and pens

Instructions:

1. Have students work in groups to write a song of gratitude.
2. Students choose an existing melody that is familiar and easy to follow. Find the music-only version of the song online.
3. Rewrite lyrics to express gratitude and thanks.
4. Each team to sing their song of gratitude to the rest of the class.



I'M GRATEFUL EVEN...

Materials needed:

- scenario cards of unfortunate or negative experiences (e.g. lift stops working in your building, you drop your books in a muddy puddle)

Instructions:

1. Students take turns to draw out scenario cards.
2. For each negative scenario, students have to think of how they can still be grateful. Share what they could be grateful for.
3. Discuss how being grateful is not just when everything is going smoothly. Gratitude is an attitude, irrespective of situation.

Values-Based Activity Playbook



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