

STRONGER CHILDREN – LESS VIOLENCE 2 2014-1-DE-02-KA200-001497

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This project was supported with a grant from the European Commission, Erasmus+ programme. The publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made information contained therein.

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INTRODUCTION

ACTIVITIES TO PROMOTE SOCIAL COMPETENCES, INCLUSION AND ANTI-VIOLENCE

The Stronger Children Collection of Activities for younger children in kindergartens, pre-schools and primary schools is the result of a European collaboration, supported by the EU-Commission within the Erasmus+ Programme in the period 2014-2016. The Stronger Children project is carried out by a transnational partnership of 6 organisations from Germany, the Czech Republic, Poland, Spain, Denmark and UK. Aimed at children aged 4-10 years all over Europe, the goals of the Stronger Children project and the Stronger Children Collection of Activities is to:

- Develop social and civic competences among children at an early age
- Prevent violent behaviour and bullying
- Strengthen the intercultural understanding and respect for diversity
- Support strong and inclusive communities among children

The Stronger Children Collection of Activities include close to 80 different activities related in different ways to these overall goals. All activities have been tested and adapted in collaboration with teachers, educators and other pedagogical-didactic experts from the partner countries.

TEACHER'S HANDBOOK AND LEARNING PACKAGES

The Collection of Activities is accompanied by a Teacher's Handbook, which serves as a methodology for the practical use of the many teaching and learning activities. The core of the Teacher's Handbook are 7 learning packages that exemplify how you can select and combine activities for certain pedagogical and didactic purposes such as promoting non-violent behaviour or promoting inclusive communities and respect for diversity among younger children.

The learning packages are meant to be inspirational, and you can use and combine the many activities in countless ways, serving your specific context and purposes.

A SHORT VERSION FOR INSPIRATION

This short and introductory version of the Stronger Children Collection of Activities provides you with a few examples of the activities and learning packages from the Teacher's Handbook. As a starting point, you also find a full index of the activities in the collection.

Hopefully, the short version can be a good taste of the many options you will find in the full versions of the Stronger Children Collection of Activities and the Stronger Children Teacher's Handbook.

For further information about the Stronger Children project and all products, please visit our website: **www.strongerchildren.eu.** For up-to-date information, please follow us on Facebook.

INDEX OF ACTIVITIES ● pre-school children ■ primary school children + more space

NR	TITLE	TYPE OF PLAY	KEY WORDS	ACTIVITIES FOR	LENGTH	LEARNING PACKAGE	SPACE NEEDED
1	Turtle	movement	trust, team feeling, social competence	• =	middle		+
2	Roundabout	cooperation	stress relief, relaxation, inclusion	short-middle 5		5	+
3	Jobs	communication	team feeling, diversity	• =	short	5	
4	Lost Clown	cooperation	team feeling, inclusion	• =	short	5	
5	Hot Ball	movement	team feeling, social competence, inclusion	• =	short	3, 5	+
6	The Hidden Words	interaction	intercultural understanding, inclusion	•	middle	4, 5	
7	Activity of Sharing	interaction	responsibility, conflict management, emotional intelligence	•	middle	1, 2	
8	Common Drawing	creativity	feelings, personality traits	•	middle	5	
9	A Heart of Our Class	ice-breaker	confidence building, emotional intelligence	•	middle	1, 3, 5	
10	A Photo is Better Than A Thousand Words	creativity	intercultural understanding, emotional intelligence		middle	1, 4, 5	
11	Whispering	communication	responsibility, trust, team feeling	•	short- middle	2, 5	
12	Guide Dog	movement	intercultural understanding, cultural difference, feelings, confidence building, trust, team feeling	• •	short	3, 4, 5	+
13	Where Am I?	communication	intercultural understanding, cultural difference, team feeling, conflict management, feelings	•	middle	2, 4 (5)	
14	Jugglers	movement	team feeling, stress relief	•	middle	(5)	+
15	Stories of Names	communication	feelings, diversity, intercultural understanding, cultural difference	anding,		4, 5 (2)	
16	What We Are (Bingo)	communication	personality traits, diversity, social inclusion, cultural difference		middle	4, 5 (2)	
17	Confidence Building Drawing	ice-breaker	confidence building, team feeling, diversity, intercultural understanding		long	3, 4, 5 (6)	
18	Would You Like to Play With Us?	interaction	emotional intelligence, confidence building, team feeling	•	middle	3, 5 (4)	
19	Star of the Week	contact	mutual recognition, confidence building, emotional intelligence, cultural differences	•	long	1, 3, 4, 5 (6)	
20	My Secret Friend	contact	mutual recognition, confidence building, emotional intelligence, inclusion		long	1, 3, 5	
21	Let's Be an Unbreakable Chain	cooperation	team feeling, confidence building, responsibility		middle	3, 5	+
22	What Values Do We Share?	communication	team feeling, confidence building, responsibility		middle	3, 4, 5	+
23	Our Common Friend	ice-breaker	inclusion, confidence building, team feeling, diversity	• •	short 3 (5)		
24	The Web	contact	clusion, team feeling, diversity, intercultural understanding		5	+	
25	The sun of friendship	communication	inclusion, team feeling, diversity, intercultural understanding, social competence	ral short		4, 5	+
26	Happy birthday songs	communication	intercultural understanding, respect of diversity	•	middle	4,5	
27	The improvising circle	creativity	team-feeling and collaboration, mutual confidence	•	long	3,5	
28	A song and a story	creativity	diversity, cultural differences, collaboration and team-work	middle 4.5		4,5	
29	Emotion pictures	creativity	emotional intelligence, emotions and feelings, confidence building	• •	middle	4,5	

30	Show your emotions	role play	emotional intelligence, emotions and feelings	•	short/	2	
	Feeling good				middle	2	
31	Zones of my body	creativity	emotional intelligence, emotions and feelings personal traits, needs and rights, confidence building, emotions and feelings	• •	long middle	2, 7	
33	Fair fight	role play	Emotions, feelings, social competence, understanding violence, fair fight, needs and rights		middle	2,7	
34	Power or violence – a look behind the scene	interaction	emotions and feelings, understanding violence, fair fight	•	middle	2,7	+
35	Reflecting on fair fights	communication	emotional intelligence, emotions and feelings, social competence, responsibility, understanding violence, fair fight	•	middle	2,7	
36	Being in your shoes	creativity	emotional intelligence, emotions and feelings, conflict management, social competence, understanding violence	•	long	2,7	+
37	No Blame Approach	interaction	understanding violence, needs and rights, conflict management, emotional intelligence, inclusion	• •	middle	1, 2, 6	
38	Robot Portrait	interaction	understanding violence, needs and rights, conflict management, emotional intelligence, inclusion, mutual awareness	• •	middle	1, 2, 6	
39	What Could Have Happened Here?	Creativity	understanding violence, needs and rights, conflict management	• =	short – middle	2, 6	
40	The Penguin Activity	cooperation	confidence building, trust, team feeling, inclusion	• =	short	3, 5, 6	+
41	Negotiating A Contract	cooperation	team feeling, needs and rights, confidence building, conflict management, social competences, inclusion		middle	2, 5, 6	
42	Definition Of Violence	interaction	understanding violence, needs and rights, conflict management, social and emotional intelligence, fair fight	•	middle	2, 5, 6	+
43	Take A Step Forward	interaction	understanding violence, needs and rights, emotional intelligence, confidence building, mutual awareness	• •	middle	1, 2, 6	+
44	Children's Rights: Needs And Wants	communication	feelings, needs and rights, responsibility, conflict management	•	middle	2, 5, 6	
45	Hugs Marathon	contact	emotions, feelings, confidence building, team feeling, relaxation	• •	middle	3, 5, 6	+
46	My Golden Shoe	communication	emotional intelligence, emotions, feelings, team feeling, relaxation	•	long	1, 6	+
47	I Shine Like A Star	creativity	feelings, confidence building, diversity, social competence, personality traits	• =	middle	1, 3, 6	+
48	Rabbit's Rights	communication	needs and rights, emotional intelligence, responsibility, social competence, inclusion	• =	middle	1, 5, 6	+
49	Blind Confidence	cooperation	feelings, team feeling, confidence building, responsibility, trust	• =	long	3, 50	+
50	Driving A Car	movement	feelings, team feeling, confidence building, responsibility, trust, conflict management	• =	long	3, 49	+
51	Dark Tunnel	cooperation	feelings, team feeling, confidence building, responsibility, trust		long	21, 22	+
52	The Human Digital Camera	contact	confidence building, responsibility, trust, small groups activity		long	51, 54, 58	+
53	Living Together	interaction	trust, small groups activity, team feeling, inclusion		long	27	
54	Put Together A Jigsaw	cooperation	team feeling, conflict management, social competence, inclusion		short	51, 52, 58	
55	The Knot	contact	team feeling, conflict management, inclusion, trust	•	short	40, 41	+
56	Finding New Names	communication	diversity, personality treats, cultural difference, intercultural understanding, small groups activity	•	middle	28, 29, 31, 36, 48, 69	

57	Child In The Well	communication	diversity, emotional intelligence, team feeling, inclusion, personality traits	• •	middle	17, 19	
58	Meeting Puppets	interaction	confidence building, trust, small groups activities, social competence, inclusion	•	long	11, 13, 16, 53, 59	
59	The Network	interaction	team feeling, inclusion	•	long	11, 13, 16, 53, 58	+
60	The Travelling Book	communication	intercultural understanding, confidence building, responsibility, trust	•	long	1, 4, 5	
61	Shout Stop	communication	emotional intelligence	•	short	1	
62	Offender-Victim Exercise	interaction	emotional intelligence	•	middle	2, 3 (6)	
63	Dialogue Corner	communication	emotional intelligence, intercultural understanding, conflict management	•	middle	1. 2, 4	
64	Good Behaviour	interaction	emotions, feelings	emotions, feelings		1, 5 (6)	
65	Silver And Golden Stars	interaction	confidence building, social competence	cial competence		1, 3	
66	Fight Of Backs	contact	relaxation, stress relief	relaxation, stress relief		2, 6	
67	Listener and Speaker	communication	active listening, trust, respect	tening, trust, respect		1, 4	+
68	What the music tells me	creativity	active listening, mutual respect, learning to learn	earning to		1, 3, 4, 5	
69	Our rhythm into space and music	creativity	creativity interplay, sense of togetherness	• •	middle	1. 3. 5	
70	A song from my family's country	communication	multicultural, world music heritage appreciation	•	long	1, 3, 4, 5 (6)	
71	This Is Awesome!	Contact	trust, relaxing, stress relieve, feelings	• =	medium	(3, 5)	+
72	A Finish with Music	interaction	trust, relaxing, stress relieve, feelings	• •	short	(3, 5)	
73	Circles massages	contact	trust, relaxation, stress relief, feelings	•	short	all	
74	The Conflict Pillow	communication	feelings, emotions, conflict management, social competence, stress relieve, mutual awareness	• •	short	1, 2, 5	
75	Seat reservation	interaction	interaction, cooperation, communication, role play			11, 13, 16, 53	+
76	The agreement string	cooperation	conflict management, social competence, mutual awareness	•	middle	2, 4, 6	



17 CONFIDENCE BUILDING DRAWING

AGE: 6-10

LP 3, 4, 6

TYPE OF PLAY

Communication

KEY WORDS

· Confidence building, team feeling, respect of diversity, intercultural understanding

AIM

- To strengthen self-confidence and trust among children
- To create a positive attention toward each child in a group
- To train children in giving positive feedback
- To strengthen children's mutual awareness of differences of cultural background and capacities

TIME

Long-term, approx. 1-2 lessons, depending on the number of children in the group

MATERIALS

Drawing paper/A4 or A3, one piece for each child and one for the teacher, crayons / coloured pencils

PROCEDURE

- 1. Ask the children to make an individual drawing, expressing what's engaging them mostly for the time being. It may be a coming up birthday, a family visit, a leisure activity, an arrangement at school etc.
- 2. Let the children present their drawings one-by-one and explain what they wanted to express. As part of the presentation, ask the children to point to a positive personal ability/skill. It may be something that the other children have mentioned or something that hitherto had been hidden in the group.
- 3. Ask the children to give each other positive feedback and appreciation of their individual drawings and abilities.
- 4. Be sure to present your own drawing and chosen ability/skill as part of the round.

HOW TO STIMULATE REFLECTION

After all presentations, ask the children:

- Did they learn something new about each other try to make them elaborate on this.
- Were they surprised by the drawings and stories of their classmates?
- What surprised them?
- What does it mean to learn new things about each other?

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- Be sure to give sufficient time for the individual presentations, especially to children who need to increase their verbal and/or linguistic skills.
- Make sure that the children have the necessary calm to do their drawings.
- Put on some quiet and comfortable background music to strengthen concentration and reflection.

SOURCE OF THE ACTIVITY

Danish Centre for Educational Environments / Dansk Center for Undervisningsmiljø (DCUM):

Helle Meisner-Jensen: "Together against mobbing", handbook, Denmark 2006

Adaptation: mhtconsult



29 EMOTION PICTURES

AGE: 4-8



LP 4, 5

TYPE OF PLAY

Creativity

KEY WORDS

• Emotional intelligence, emotions and feelings, confidence building

AIM

- To know about the different emotions
- To recognize emotions in others
- To develop an understanding of different situations causing different emotions
- To know how different emotions feel like

TIME

Middle, approx. 20-30 minutes

MATERIALS

Papers, crayons

PROCEDURE

- 1. The children are sitting in a circle and they get papers and crayons.
- 2. The teacher describes different situations and the children paint how they feel in these situations.
- 3. Explain different situations, e.g.:
 - "I have received a new toy."
 - "Tomorrow I am going to the dentist."
 - "My brother/sister disturbs me when I play."
 - "I am alone in a dark room."
 - "I am going to the cinema with my parents."
 - "My favourite toy has broken."
- 4. After painting the emotions the children show their emotions.
- 5. Give the children the possibility to explain the emotions with words (or with smaller children to learn the right words). Maybe the children need help to find and use adjectives which describe their emotions and feelings well.

HOW TO STIMULATE REFLECTION

Ask the children:

- 1. How did you feel about performing this activitiy?
- 2. Did you feel these emotions before (like sad, happy, angry etc.)? If so, do you want to describe a situation when you had felt like this before?
- 3. Did you recognize the emotions of the others?
- 4. How did you feel about seeing emotions of your friends by seeing them being happy/sad/angry etc.?
- 5. With older children: What do you do if someone has strong feelings like sadness, anger?

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- You can also show the children real pictures of situations or emotions to give them an impulse. Maybe imitate the
 emotions too, so that the children can learn by a model.
- · Carry on with exercise "Show your emotions"

SOURCE OF THE ACTIVITY

"Stronger children – less violence" project 2009-2011 – Daphne Programme, Project Nr. JLS/2008-1/DAP-204. Adaptation: TVV e.V.



LEARNING PACKAGE 1: EMOTIONAL INTELLIGENCE

This learning package is composed of **STRONGER CHILDREN ACTIVITIES** which have a special focus on children's awareness of other people's feelings and needs as well as awareness of their own feelings and emotional reactions.

All over Europe, we see today a strong focus on inclusion and the idea of inclusive learning among children of all ages. At the same time, violent behaviour and bullying among children reflect exclusion. Exclusion and isolation of some children can also be seen as an expression of children's lack of empathy, tolerance and mutual recognition across diversity. Some may also say that the exclusive processes among children reflect the level of **EMOTIONAL INTELLIGENCE** in the group. **EMOTIONAL INTELLIGENCE** is a term connected generally with the mind and its ability to perceive and analyze data. But according to the newest psychological research, it is obvious that there are other types of intelligence, as this word should be regarded as "ability to manage in the outer world". Not only the mind is important in managing social relations and learning processes, the emotions are of equal importance. Thus, cooperation between emotions and the mind is crucial for the proper doing, no matter: in the world of nature or the society.

		EM	LLIGENCE				
		General:		Specific competences to be developed:			
	Objectives	 Develop an ability to recognize an emotional reactions Identify own emotions Identify the emotions of others Create the ability to feel and show 		 Self-awareness in feelings and emotions Self-control in behaviours Empathy Assertiveness 			
	ō	Ability to link situations with emoti		Cooperation based on awareness of other's feelings			
		Short-term			Long-term		
7	Impact	 Children can describe their emotion Children are able to register and experience 	~	Develop emotional intelligence Develop responsibility for own behaviours			
	מ מ	feelings and emotions of other chi		See the impact of doings on other's feelings and			
	xpecie Impact	Children are responsible for their		emotions			
Ľ		 Children can recognize their emot 		Create empathy			
		situations		Deal with emotions			
	Ħ	Time frame		Relevance	to pedagogical approaches		
	al informat	All together, the suggested activities m		Cooperative learning			
7	₽ <u>₽</u> .	schedule of at least 3.5 to 4 hours. Ho		 Group dynamics and group rules 			
	ınf	exercises are long. Use activities over at least a semester.	a term of year or	Nine intelligences			
Ŀ				 Learning sty 			
		for 4-5 years	for 6-7		For 8-10 years		
g	L (0) (/ - /	1. Guide Dog (Nr.		1. Feeling Good (Nr. 31)		
Suggester	order for Activities	 Game of Sharing (Nr. 7) Rabbit's Rights (Nr. 48) 	 Emotion Pictur Shout Stop (Nr 		2. Show Your Emotions (Nr. 30)3. Robot Portrait (Nr. 38)		
ğ	₽ <u>₹</u>	4. Common Drawing (Nr. 8)	4. Offender-Victin	,	4. No Blame Approach (Nr. 37)		
ğ	5. Good Behaviour (Nr. 64) 62)		62)	5. Heart of Our Class (Nr. 9)			
S	OA	, ,	5. Dialogue Corne	er (Nr. 63)	6. Star Of the Week (Nr. 19)		
					7. Take a Step Forward (Nr. 43)		
					8. My Secret Friend (Nr. 8)		



- A Photo Is Better than a Thousand Words (10)
- A Song and a Story (Nr. 28)
- Zones of My body (Nr. 32)
- Fair Fight (Nr. 33)
- Reflections on Fair Fight (Nr. 35)
- I Shine Like a Star (Nr. 47)

Relaxation:

- This is awesome (Nr. 71)
- A finish with music (Nr. 72)
- Circle-massages (Nr. 73)

Add also some ice- breaking activities or relaxing, according to your needs

LEARNING PACKAGE 4: DIVERSITY AND INTERCULTURAL UNDERSTANDING

This learning package is composed of **STRONGER CHILDREN ACTIVITIES** which have a special focus on children's understanding of socio-cultural and ethnic-cultural diversity and children's recognition of the fact that diversity may increase the total skills and resources in the group. Diversity is a broad concept, ranging from socio-economic and socio-cultural differences to differences linked with physical disabilities or mental vulnerability etc. Whatever the reasons, diversity is in general defined from the "normality" concept in the majority population, which may sometimes lead to exclusion of minorities, if they are somehow different. The excluding behaviour may in many cases not be deliberate or intentional. Yet, to create and ensure tolerance and understanding for diversity, children need to learn to reflect on these issues and learn to appreciate the unique value and personality of each person.

Seen from this perspective, the **STRONGER CHILDREN ACTIVITIES** pay a special attention to the excluding mechanisms implied by lack of respect for diversity and differences.

	DIVERSITY AND INTERCULTURAL UNDERSTANDING							
	General:	Specific competences to be developed:						
Objectives	 Learn to recognize and respect differences and diversity in cultural origin as well as in all kinds of conditions and skills Learn the meaning of human equality and dignity across differences Learn to communicate equally across cultural differences and origins Learn the values and strengths in cooperating and working in diverse groups 	 Interact positively with other children despite differences Appreciate the values of learning in diverse groups Gain insight in other cultures, culture-based abilities and preconditions Learn to respect human equality on both a cognitive and emotional level Gain intercultural awareness and respect Learn to put oneself in other's shoes Become aware of own values and ethical standards 						
	Short-term Short-term	Long-term						
Expected Impact	 Stronger mutual awareness Openness Experience of values and strengths by learning in a diverse group Intercultural awareness Respect for equality and human dignity across differences 	Better and more efficient learning results because of diverse contributions to the learning processes Stronger awareness of values of equality in the children's group and school as well as in society in a wider perspective Stronger unity and feelings of belonging in the whole group as the children's own defence against exclusion						
	Time frame	Relevance to pedagogical approaches						



	From very short exercises / 10 minutes to long-reprocesses with repetitive exercises.			Cooperative Learning Group Dynamics and Group Rules			
				Narratives	dae		
-		for A F voors	for 6.7 v	 Learning sty 			
		for 4-5 years	for 6-7 y		For 8-10 years		
	<u>_</u>	6. What We Are (Bingo) (Nr. 16)	6. What We Are (B		9. What We Are (Bingo) (Nr. 16)		
	پ	7. Happy Birthday Songs (Nr. 26)	7. Happy Birthday		10. Happy Birthday Songs (Nr. 26)		
	e	8. Where Am I? (Nr. 13)	8. What Values Do	We Share?	11. What Values Do We Share?		
	p s	9. Stories Of Names (Nr. 15)	(Nr. 22)	(N. 00)	(Nr. 22)		
	ë i	10. Confidence Building Drawing			12. A Song And A Story (Nr. 28)		
	ested ord Activities	(Nr. 17)			13. A Photo Is Better Than A		
	St		Thousand Words (Nr. 10) 11. The Hidden Words (Nr. 6)		Thousand Words (Nr. 10)		
	Suggested order for Activities		12. Stories Of Names (Nr. 15)		14. The Hidden Words (Nr. 6)15. Stories Of Names (Nr. 15)		
	<u> </u>		13. Confidence Building Drawing		16. Confidence Building Drawing		
			(Nr. 17)		(Nr. 17)		
			14. Star Of The Wee	ek (Nr 19)	17. Star Of The Week (Nr. 19)		
			15. Guide Dog (Nr.		18. Guide Dog (Nr. 12)		
-					To: Calde Deg (111: 12)		
		 Would You Like To Play With Us 	s? (Nr. 18)	Relaxation:			
	dn es	The Sun Of Friendship (Nr. 25)					
	ij k	Living Together (Nr. 53)			vesome (Nr. 71)		
	Follow up activities	Finding New Names (Nr. 56)		A finish with music (Nr. 72)			
	FO ac	The Travelling Book (Nr. 60)		Circle-massages (Nr. 73)			
				Add also some ice- breaking activities or			
				relaxing, accord	ding to your needs		

