

Chain Reaction

EYFS Area: **Personal, Social & Emotional Development**

Learning Goal: **Health and Self-Care**

How to play

Create your own paper chain of kindness using words to show care to yourself and other people in your life.

1. **Think** about the people in your life, family, friend, teacher, other, and write a paper label for each.
2. **Say** 10 positive personality traits and invite your child to match each word with a person in their life, like happy, kind, strong, caring, fun, helpful, playful, gentle, calm and brave.
3. **Reflection Time:** Ask your child, "How does it make you feel sharing kind thoughts."

Level 2

Link Up

1. **Cut** strips of coloured card and write one of the 10 personality traits on each strip.
2. **Decorate** the card strips and glue each end to make a circle - create as many as you can!
3. **Link** each one together like a chain. Kindness chains can be joined as a whole group and hung up around the room!
4. **Reflection Time:** Ask your child "Why do you think it is important to be kind to yourself as well as others? Why do you think it can be helpful to share feelings?"

Level 3

Take it further...

You can encourage your child to write more words or draw pictures that represent people in their life.