



GIGGLES – POSITIVITY MAKE MY DAY!

INSTRUCTIONS:

1. This is an activity that can be introduced at the beginning of the day and carry on throughout the day, and then be revisited again at the end of the day.
2. Begin by talking to the children about what makes them happy, specifically what do other people do that makes them happy. For example, giving them a present, paying them a compliment, asking them to play etc.
3. Tell them that they have a secret task for the whole day! They need to try and make as many people's day, but without them realising they are doing it!

INSTRUCTIONS:

4. Talk about how they could do this, take the children's ideas and talk around them.
It could be things like drawing someone a nice picture, helping someone with something, giving someone a compliment you usually wouldn't give them, going out of your way to do something for someone, the possibilities are endless!
5. The children can practice on each other!
At the end of the day, talk to the children about how it felt to be doing nice things for other people. How do you think others felt when you did or said the nice thing?

Health and Safety

*Ensure the area is safe and free from hazards
Supervision is advised when using equipment
Remember to stretch before and after any physical activity*

EQUIPMENT:

- ☐ Imagination!

Could they carry this on at home? What could they do at home? Pay compliments, offer to help with housework, play with their brothers or sisters, again, the possibilities are endless!