

"Life-giving Closeness – Sample Activities for Children

Activities with children about closeness can be very important for their emotional and social development. It's essential to maintain openness and flexibility when conducting activities with children about closeness. Children may react differently to proposed methods, so it's important to tailor activities to their age, interests, and individual needs. The presented lesson plan can be modified and adjusted to a specific group.

Work forms: individual, group

Teaching aids: worksheets/photos illustrating closeness, sheets of paper, colored cards, markers, pens

Teaching methods: mini-lecture, art activities

Lesson objectives:

Main objective: Awareness of the significance and manifestations of closeness in everyday life.

Specific objectives (operational): understanding the meaning of closeness, identifying people or things with which participants feel close, fostering gratitude for closeness.

Lesson progression:

Welcome – it's crucial to adapt the form of greeting to the needs and preferences of the specific group of children and create an atmosphere of acceptance, understanding, and support. Below are examples:

Welcome circle: Children sit in a circle, and the teacher greets each participant individually. The greeting could be: "Hi, Rosa! Welcome to our group today!" or more interactive: "Hey, Juan! How are you feeling today?" This helps foster a sense of security and understanding that each child is important.

Name game: The teacher can organize a short name game where children greet each other using names and adding nicknames or traits, for example: "Hi, I'm Maria and I'm creative. Hello, Ignacio, you're super funny!"

"Images of Closeness" activity not only allows children to express their thoughts on closeness but also promotes openness, empathy, and the ability to listen to others in the group.

Additionally, it can serve as a starting point for further discussions and activities related to building relationships among children.

The aim of the game is to enable children to express their concepts of closeness by choosing a drawing that best represents this concept and initiating a discussion about what closeness means to each of them.

Materials: Cards with various drawings (e.g., drawings depicting families hugging, hands holding hands, children playing together, etc.)

Game procedure:

The teacher prepares cards with various drawings depicting different situations related to closeness. These could include drawings of a family hugging, children playing together, friends holding hands, etc.

Children, along with the teacher, sit in a circle on the carpet.

Each child gets the opportunity to choose a drawing that best represents their concept of closeness. They can do this by selecting the drawing that resonates with them.

After each child selects their drawing, the teacher leads a brief discussion, asking the children why they chose that particular drawing. Sample questions: "What do you see in this drawing?", "What does closeness mean to you?", "Can you tell us why you chose this drawing?", "Do you like what you see in this drawing?" etc.

During the discussion, the teacher encourages children to share their thoughts and feelings about closeness and to listen to the opinions of other group participants.

Mini-lecture

Example: Today, we will talk about something very important called "closeness." Have you ever wondered what it really is?

Closeness is more than just being next to someone. It's a feeling that tells us we're important to someone and that they're important to us. Closeness is the feeling that we can rely on someone, that we can share our thoughts, feelings, and secrets with them.

Have you ever felt closeness? Maybe when someone loved you very much and hugged you when you felt sad? That's an example of closeness!

Closeness can also happen when we do something together with someone else, like playing games, reading books, or playing. Then, we feel like a team working together to achieve a goal.

Now, it's important to remember that closeness doesn't just mean physical presence. We can feel close to someone even when we're far apart. We can talk on the phone, skype, or even think about each other.

Closeness is important for our emotional health. When we feel close to others, we feel safe and loved. Thanks to closeness, we can better cope with difficulties and enjoy moments of joy.

That's why it's so important to nurture our relationships with others and express our feelings to them. Remember, closeness is something beautiful that makes our lives even better!

Art activity "Tree of Closeness"

Materials: Large sheet of paper or cardboard, Colored markers or paints, Colored cards or stickers, Pens

Preparation: Prepare a large sheet of paper or cardboard, which will serve as the "Tree of Closeness." At the top of the sheet, draw the outline of a tree with a trunk and branches.

Creating the "Tree of Closeness":

Ask children to draw or write names or symbols of people or things they feel close to on the tree. These could be parents, siblings, friends, pets, or even objects that have special meaning to them. Each name or symbol can be placed on a colored card or sticker, which the children will then stick on the branches of the tree.

Summary:

Summarize the activity, emphasizing that closeness can take various forms and that each child has different people or things they feel close to. Encourage children to express gratitude and appreciation for the closeness they share with others.

This art activity not only helps children develop imagination and creativity but also builds social and emotional bonds through reflection on the meaning of closeness in their lives.