

DAILY CLASSROOM ACTIVITIES

OPTIONAL GAMES

#STAND
#TOGETHER

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MEDIA GROUP



GAME 1:

TWO TRUTHS AND A LIE

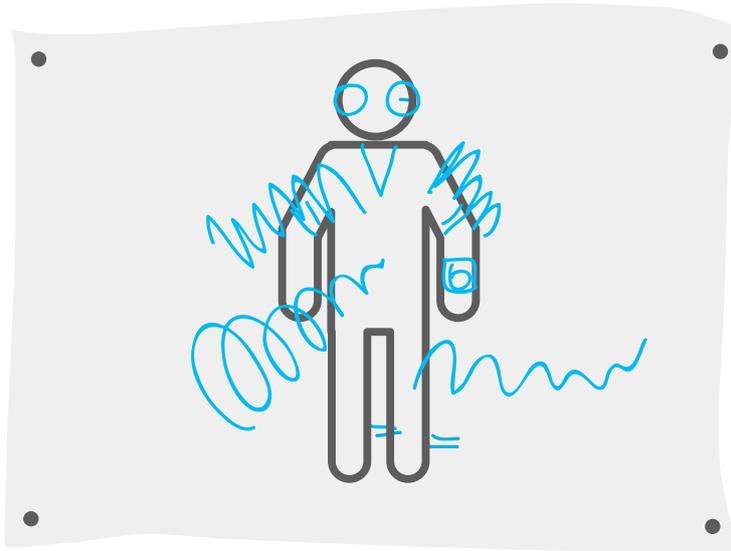
WHAT: The goal of this game is to share personal experiences with your classmates and also as a way to get to know them better.

MATERIALS: 1. Pen
2. Paper

TIME: 30- 40 minutes (depending on the size of the class)

INSTRUCTIONS:

1. In 5 minutes, each student in the class is asked to write down three (3) interesting experiences they have had in their life. It can be anything that the student finds interesting and would like to share.
2. Two of the things must be a real experience that the student has gone through, One experiences is a fake one.
3. After they are done writing down their experiences, the students are asked to stand up and read out to the class all three of their experiences.
4. The class has to guess which experience is a fake one for one minute. After one minute the student presenting their experiences must reveal which one was a lie.
5. Repeat steps 3-5 until everyone has presented.



GAME 2: MAHJONG MAN

WHAT: An empathy-provoking exercise for students. The moral of the game is to teach the students the effects of being bullied.

MATERIALS:

1. Mahjong paper
2. Scissors
3. Marker pen

TIME: 30- 40 minutes

INSTRUCTIONS:

1. Draw an outline of a person on a piece of mahjong paper. Example is as shown on figure 1.
2. Cut out the shape of the outline of the person from the mahjong paper, this will be your "Mahjong Man".
3. Pin the Mahjong man to a wall/whiteboard/blackboard in the classroom
4. Invite all the students to come up to the mahjong man and draw, punch, tear and ruin the paper.

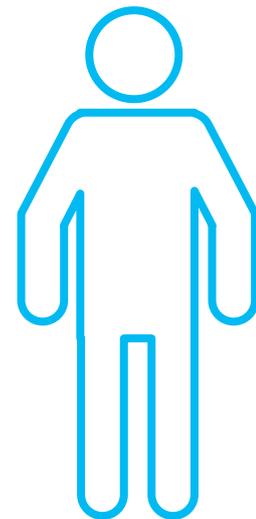


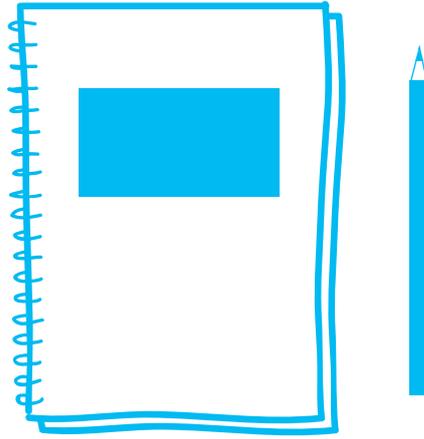
FIGURE 1

PART 2: MAHJONG MAN

5. Do not reveal the next step to the students until they are done tearing the mahjong man.
6. After all the students are finished, ask a few representatives or the entire class to try and fix the mahjong man so it looks like how it was before it was torn and ruined. Take 5-10 minutes to do this.
7. After 5-10 minutes, make sure they go back to their seats and ask them the following questions:
 - a) Does the Mahjong Man look like how it was before?
 - b) Why does it look different?

8. Reveal the moral of the game to the students.

The moral is: When someone is bullied and tries to fix themselves, they will not be the same person as they were before. Just like the Mahjong man, who looked very different before the students tore him and wrote on him, even after the students tried to fix it up. There are still tear marks and scars on the Mahjong man, just like how bullying may leave emotional or physical scars on someone.



GAME 3: THE KINDNESS BOOK

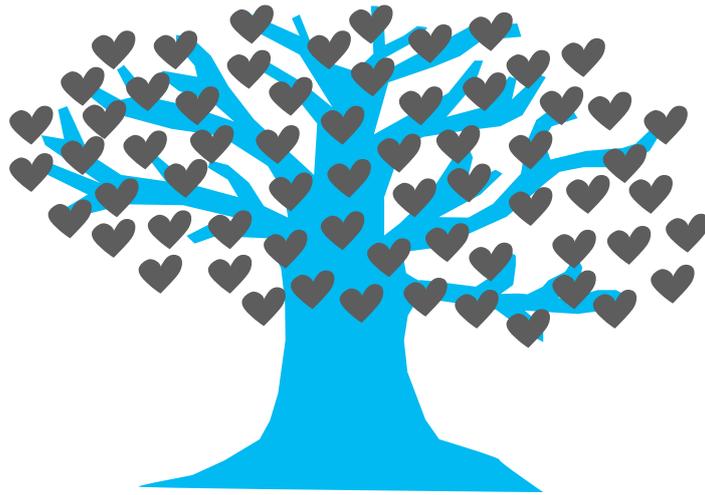
WHAT: A book in which students write only positive notes about their peers.

MATERIALS: 1. A notebook
2. Pen

TIME: 10-20 minutes

INSTRUCTIONS:

1. Pass the notebook around the class and ask them to write kind messages about their classmates and their teacher. They can write multiple messages on the book.
2. Every student should write something kind in the book.
3. After everyone in the class writes something kind, a student or teacher can read the messages out in front of the class.
4. You can also leave the book in the teacher's desk in the class and students can write kind messages inside.



GAME 4: THE KINDNESS TREE

WHAT: You build a kindness tree by writing kind messages to classmates (these messages can be anonymous) and adding them to the tree as a “leaf”. There are two parts of building a kindness tree: Part 1: building the tree and Part 2: filling the tree with leaves.

MATERIALS:

1. Mahjong paper
2. Scissors (optional)
3. Permanent marker (can be coloured)
4. Paper (can also use colour paper)
5. Cellophane tape or blue tacks.

TIME: 30-40 minutes

INSTRUCTIONS:

PART 1: Building the outline of the kindness tree.
Example is as shown on figure 2.

1. Take the mahjong paper and draw the outline of a tree and its roots without the leaves.
2. You may also combine several mahjong papers together if you want to make a bigger tree or use coloured paper.

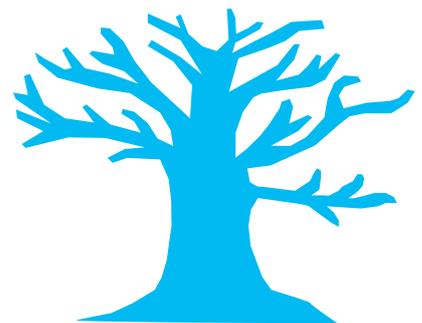


FIGURE 2

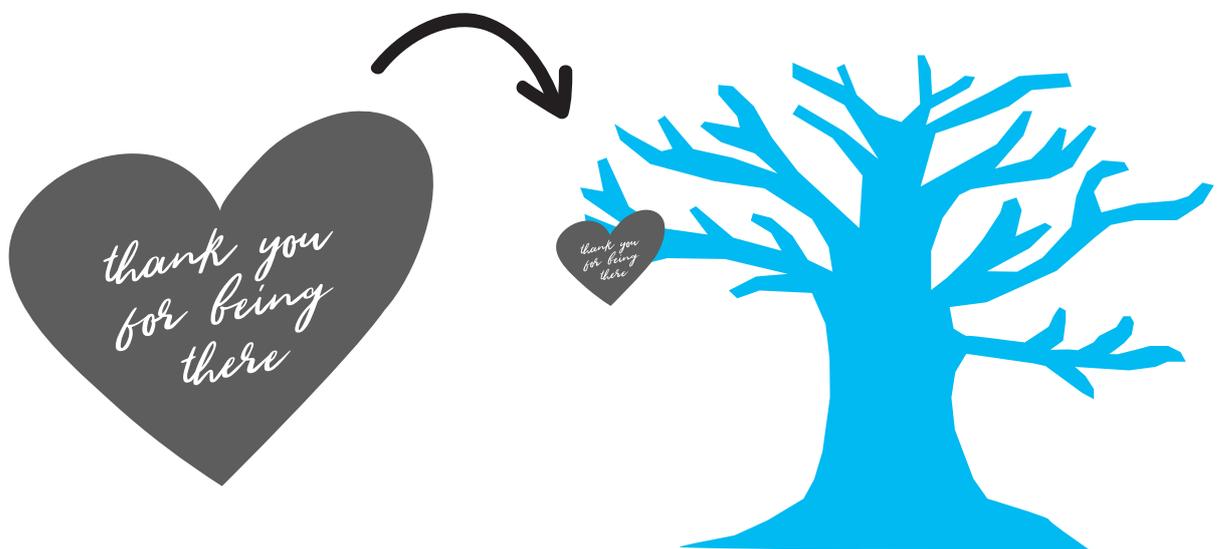
PART 2: THE KINDNESS TREE

3. So the tree must have a tree trunk, branches and leave space in between branches for the “leaves”.
4. Stick the outline of the tree to the wall using cellophane tape or blue tacks. You can also pin it up on the class noticeboard if you have space.

PART 2: Filling up the kindness tree with its “leaves”

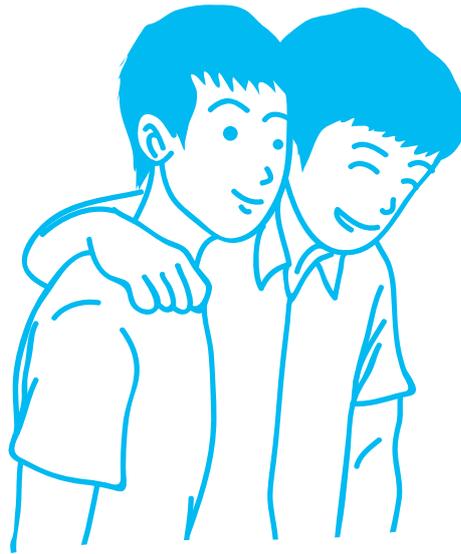
Example of tree with it's leaves is shown on figure 3.

1. Now we can complete the kindness tree by adding “leaves” to the branches we made.
2. To do this, each student in the class is encouraged to write on a piece of paper, a kind message to someone in the class. This is a “leaf”.
3. The student can then stick the “leaf” to the branches of the tree.
4. The student can choose to do this immediately or anytime throughout the week.



Write a kind message
on a 'leaf'

FIGURE 3



GAME 5: GUARDIAN ANGEL

WHAT: A guardian angel is someone who is kind to you and “watches” over you throughout the Kindness week. This means helping out with studies, doing kind deeds, giving sincere compliments and other acts that will make someone smile. A Guardian Angel is not someone you can force to do nice things, he or she is someone who should try to be genuinely nice, warm and giving.

MATERIALS:

1. A container
2. Pen
3. Paper

TIME: 10-20 minutes

INSTRUCTIONS:

1. Everyone writes their name down on a piece of paper, fold it neatly so no one can see their names.
2. Drop the folded piece of paper with the name written on it into a container, it must be the student’s own name or a well known nickname.
3. The pieces of paper are mixed together in the container.
4. Place the container in the front of the class and ask each student to come up and pick a name from the container.

PART 2: GUARDIAN ANGEL

5. Every student must then pick a piece of paper out of the container and read aloud the name written on it.
6. The name of that they pick out is the name of the person the student will “watch over”.
7. For example: If student A pulls out Student B’s name from the container, Student A is now the guardian angel of student B.
8. Every student must pick a name from the container and everyone must have a Guardian Angel who will look after them through the whole Kindness Week.
9. Examples of acts a Guardian Angel can perform for those who they watch over:
 - a) Opening the door
 - b) Lending stationary
 - c) Making kind remarks
 - d) Protecting them from bullies
 - e) Having lunch with them at the canteen

