



Just like learning how to eat healthy and be active, students and staff need **social-emotional skills** to thrive and lead happy, healthy lives. Together with Sanford Harmony, Healthier Generation is helping schools connect social-emotional learning and wellness to foster healthier classrooms and communities.

These **Quick Connection Cards** from Sanford Harmony contain ideas for brief discussions and activities that provide peers with opportunities to share, think, collaborate, and have fun together. In this printer-friendly deck you will find:

- **Quick Conversation Cards**
Discussion questions that allow students to get to know one another.
- **Quick Collaboration Cards**
Ideas for fun activities that promote joint problem solving and cooperation.
- **Quick Community Builders**
Enjoyable activities designed to bring students in the classroom together to work and play as a team.

For more great resources to help build harmony in your classroom, visit SanfordHarmony.org.

CONVERSATIONS



What are some things
you can do to be a
good friend?

SANFORD
HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



What do you like best
about being at school?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



Do you think it is
harder to be a kid or an
adult? Why?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could meet
anyone famous, who
would it be and why?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could give a gift
to anyone in the world,
who would it be and
what would you give
him or her?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
snack food?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
meal for dinner? Who
makes it and who eats
it with you?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is something you
and your current buddy
have in common? What
is something that
makes you different?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could go back
in time, where would
you go and what would
you do?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



What special belonging
do you hope to keep
your whole life?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could open up
a store, what type of
store would it be?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What do you like best
about summer?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could be a
superhero, what power
would you want to
have?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What would you like to
do when you grow up?
Why?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
activity?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could bring three
things with you to a
deserted island, what
would you bring?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
thing to do after
school?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What do you do in the
morning before you
leave for school?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What would be a great surprise to find in the classroom?

CONVERSATIONS



What is something you wish you were old enough to do? Why?

CONVERSATIONS



What is something that you learned how to do this year?

CONVERSATIONS



What words would a friend use to describe you?

CONVERSATIONS



If you had to stay inside all day, how would you spend your time?

CONVERSATIONS



If you had to stay outside all day, how would you spend your time?

CONVERSATIONS



What is something that you wish you could spend more time doing?

CONVERSATIONS



What is something you wish you could spend less time doing?

CONVERSATIONS



What is your favorite TV show? Why?

CONVERSATIONS



What is your favorite movie? Why?

CONVERSATIONS



What is your favorite story?

CONVERSATIONS



What is the most exciting thing you have ever done?

CONVERSATIONS



What do you like to do when you are not at school?

CONVERSATIONS



Would you rather be inside or outside? Why?

CONVERSATIONS



Do you have any brothers or sisters? How many? If not, do you think you would like to have brothers or sisters?

CONVERSATIONS



What is your favorite game to play, or activity to do, on the playground?

CONVERSATIONS



What makes you feel afraid? What do you do to not be so afraid?

CONVERSATIONS



What hurts your feelings? What did you do the last time your feelings were hurt?

CONVERSATIONS



When you are feeling sad, what do you do to feel better?

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CONVERSATIONS



What pet(s) do you have or wish you had?

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CONVERSATIONS



If you could have any animal in the world for a pet, what would it be?

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CONVERSATIONS



What is your full name?
Do you know how or why your name was chosen?

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CONVERSATIONS



What is your favorite time of day? Why?

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CONVERSATIONS



If you could spend the whole day with just one person, who would it be? What would you do?

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CONVERSATIONS



What is your favorite memory of something that happened at school? Why is that memory special to you?

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CONVERSATIONS



What is something that makes you really upset?

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CONVERSATIONS



If you could go anywhere in the world, where would you go? Why?

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CONVERSATIONS



If you won a million dollars, what would you do with it?

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CONVERSATIONS



What is your favorite way to celebrate a job well done?

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CONVERSATIONS



What is something you wish you could change in the world and why?

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CONVERSATIONS



If you could be invisible, where would you go? What would you do?

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CONVERSATIONS



What is your favorite color? What do you wish you could have in that color?

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CONVERSATIONS



If a genie granted you three wishes that would all come true, what would you wish for?

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CONVERSATIONS



Which of the four seasons do you like most – winter, spring, summer, or fall? Why?

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CONVERSATIONS



What do you need to fall asleep?

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CONVERSATIONS



What is your favorite game to play? Does anyone play it with you? Who?

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CONVERSATIONS



If you could be any animal, what would you be and why?

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CONVERSATIONS



If you could make the sky any color, what would it be?

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CONVERSATIONS



If you could only eat one food for a whole week, what would it be?

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CONVERSATIONS



Would you rather travel to outer space or under the sea? Why?

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CONVERSATIONS



If you could create an ice cream flavor, what would it be? What would it taste and look like?

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CONVERSATIONS



What is your least favorite chore? Why?

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CONVERSATIONS



If you were President of the United States, what would you do?

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CONVERSATIONS



What do you like to eat for lunch?

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CONVERSATIONS



How do you feel when it rains? What do you like to do?

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CONVERSATIONS



What jobs do the people in your life have? Have you ever gone to work with anyone?

CONVERSATIONS



What is something that you have for dinner that you really don't like? What do you do when that is for dinner?

CONVERSATIONS



What is something nice that someone else has done for you?

CONVERSATIONS



Have you had to do anything that made you feel nervous or worried? What was it?

CONVERSATIONS



What is something that you have done that made you feel brave?

CONVERSATIONS



If you move to a different city, what would you miss most about our class?

CONVERSATIONS



Where is your favorite place to go when you want some quiet time or alone time?

CONVERSATIONS



What is something that makes you laugh?

CONVERSATIONS



What has made you feel proud?

CONVERSATIONS



What makes you feel thankful? How do you show it?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



Would you rather visit the beach or the mountains? Why?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is something you know how to make or create yourself?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What could happen today to make it a great day?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What can't you live without?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite kind of celebration?
What do you do during this special occasion?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



If you could be on a TV show, which one would it be? Why?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is something you can do that would make someone else feel happy?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite smell?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
kind of weather?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
time of day?

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
classroom job?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



How many teeth have
you lost?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
thing to wear to
school?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
dessert?

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CONVERSATIONS



What is one vegetable
you like to eat?

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CONVERSATIONS



What is your favorite
fruit?

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CONVERSATIONS



Where were you born?

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Connections **EARLY CHILDHOOD**

CONVERSATIONS



When is your birthday?

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Connections** **EARLY CHILDHOOD**

CONVERSATIONS



If you could be an
animal, which animal
would you be?

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Connections** **EARLY CHILDHOOD**

CONVERSATIONS



How do you get to and
from school?

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Connections** **EARLY CHILDHOOD**

CONVERSATIONS



Who lives with you?

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Connections** **EARLY CHILDHOOD**

CONVERSATIONS



If you could be a
grown-up for a day,
what would you do
first?

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Connections** **EARLY CHILDHOOD**

CONVERSATIONS



What is your favorite
holiday? Why?

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Connections** **EARLY CHILDHOOD**

COLLABORATIONS



KEEP IT UP

Toss a balloon back and forth with your buddy. Keep it off the floor as long as possible.

Materials: Balloons

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COLLABORATIONS



BODY ALPHABET

Form letters of the alphabet with your buddy using just your bodies.

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COLLABORATIONS



BUILD IT TOGETHER

Build a tower with your buddy.

Materials: Blocks, books, or other manipulatives

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COLLABORATIONS



CREATE A RAINBOW

Draw a rainbow with your buddy using only primary colors (red, yellow, and blue).

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COLLABORATIONS



CREATURE CREATION

Create a creature with your buddy using one piece of aluminum foil and six pipe cleaners.

Materials: aluminum foil and pipe cleaners

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COLLABORATIONS



HOW MANY CAN YOU NAME?

Work with your buddy to list as many types of desserts as you can.

Materials: paper and pencils

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COLLABORATIONS



SCAVENGER HUNT

Search the room with your buddy to find something that fits into a certain category (e.g., smooth, red, that starts with the letter "d").

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COLLABORATIONS



PUPPET SHOW

Turn a favorite story into a puppet show with your buddy.

Materials: Puppets

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COLLABORATIONS



BUDDY TRAIL

Walk with your buddy down an imaginary trail and pretend to help each other through obstacles (e.g., walk through mud, over fallen trees, through wind/rain).

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COLLABORATIONS



MOVE IT, MOVE IT

Face your buddy and jog, dance, or clap quickly while your buddy does the same thing slowly, then switch speeds with each other.

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COLLABORATIONS



COPY CAT

Take turns creating a pattern of movements for for your buddy to repeat (e.g., jump, wiggle, clap).

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COLLABORATIONS



EVERY OTHER ABCS

Write the alphabet with your buddy, switching turns with each letter.

Materials: pencils and paper

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COLLABORATIONS



PUZZLE PARTNERS

Put a puzzle together with your buddy.

Materials: puzzles

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COLLABORATIONS



UP IN THE SKY

Look at the clouds with your buddy and describe what you see to each other.

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COLLABORATIONS



LIST BY LETTER

Work with your buddy to list as many words as you can that start with the letter ____.

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COLLABORATIONS



RHYME TIME

Work with your buddy to create a list of words that rhyme with ____.

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COLLABORATIONS



SPORTS IN ACTION

Act out a partner sport with your buddy (e.g., throw and catch, hit and catch, row together).

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COLLABORATIONS



MIRROR, MIRROR

Take turns mirroring your buddy's actions.

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COLLABORATIONS



IF YOU'RE BUDDIES AND YOU KNOW IT

Sing, "If You're Buddies and You Know It," to the tune of "If You're Happy and You Know It." Incorporate movements you can do to interact with your buddy (e.g., if you're buddies and you know it, give a high five).

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COLLABORATIONS



WIGGLE THIS, WIGGLE THAT

Take turns naming different parts of the body that your buddy has to wiggle.

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Connections **EARLY CHILDHOOD**

COLLABORATIONS



WALK THIS WAY

Take turns walking around your buddy like the animal that your buddy names.

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Connections **EARLY CHILDHOOD**

COLLABORATIONS



MADE YOU LAUGH

Try not to laugh for as long as possible while your buddies stares or makes silly faces at you. Then switch turns.

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Connections **EARLY CHILDHOOD**

COLLABORATIONS



MATCHING MARCH

Link arms with your buddy and march in unison to the beat of the music.

Materials: music

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Connections **EARLY CHILDHOOD**

COLLABORATIONS



BUDDY BRACELETS

Design, create, and exchange bracelets with your buddy.

Materials: beads, string or pipe cleaners

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HARMONY | Quick
Connections **EARLY CHILDHOOD**

COLLABORATIONS



STICKER COLLAGE

Create a sticker collage with your buddy.

Materials: stickers and paper.

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Connections **EARLY CHILDHOOD**

COLLABORATIONS



BUDDY BALL

Play catch with your buddy by tossing a ball back and forth.

Materials: balls

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Connections **EARLY CHILDHOOD**

COLLABORATIONS



NATURE WALK

Explore the outdoors on a nature walk with your buddy.

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COLLABORATIONS



BUDDY BUBBLES

Take turns blowing and popping bubbles with your buddy.

Materials: buddies

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COLLABORATIONS



BUDDY CARDS

Create and exchange cards with your buddy.

Materials: 3 x 5 cards, crayons or markers

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COLLABORATIONS



FREEZE DANCE

Dance around the room, and when your buddy says "freeze," you have to freeze in place.

Materials: music (optional)

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COLLABORATIONS



SILLY STORIES

Write and illustrate a silly story with your buddy.

Materials: paper, pencil, and crayons.

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COLLABORATIONS



PICNIC PLANS

Plan an indoor or outdoor picnic with your buddy.

Materials: paper and pencil (optional)

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COLLABORATIONS



BUDDY HELPERS

Work with your buddy to come help clean up your classroom or the playground.

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COLLABORATIONS



BUDDY INTERVIEWS

Interview your buddy about their likes and dislikes.

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COLLABORATIONS



UPCYCLE

Gather recyclables with your buddy and use them to create a robot together.

Materials: recyclable materials

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COLLABORATIONS



BUDDY BOOKS

Read a book with your buddy, taking turns with each page.

Materials: books

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COLLABORATIONS



I SPY

Describe something you see in the classroom, by saying, "I spy something (e.g., green, square, big, etc.). Your buddy then has to guess which item you are describing.

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COLLABORATIONS



FRIENDSHIP ART

Paint or draw a friendship mural with your buddy.

Materials: large paper, crayons, markers, or paint

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COLLABORATIONS



BUDDY DANCE

Make up a dance with your buddy.

Materials: music (optional)

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COLLABORATIONS



SIMON SAYS

Play "Simon Says" with your buddy. Give directions for your buddy to do something by saying, "Simon says" first, e.g., "Simon says touch your toes, Simon says spin in a circle." If you give a direction without saying, "Simon says" first, and your buddy does it, he or she loses the game. Take turns being "Simon."

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COLLABORATIONS



PARTNER PORTRAITS

Draw or paint a portrait of your buddy.

Materials: paper, crayons, markers, or paint

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COLLABORATIONS



BUDDY PHOTO BOOTH

Take silly pictures with your buddy.

Materials: camera

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COLLABORATIONS



BUDDY BUCKETS

Play catch with your buddy using buckets instead of your hands.

Materials: buckets and balls

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COLLABORATIONS



BOUNCING BLANKETS

Use a small towel to bounce a ball up and down with your buddy.

Materials: dish towels, balls

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COLLABORATIONS



WHEELBARROW

Hold your buddy's feet while he or she walks on his or her hands, and then switch places.

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COLLABORATIONS



ROUND AND ROUND

Gather several classroom items with your buddy that you think may roll. Next, try rolling different objects back and forth to one another.

Materials: classroom items

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COLLABORATIONS



DRAWING DOWN UNDER

Draw a picture with your buddy on a piece of paper that is taped to the underside of a table.

Materials: paper, tape, crayons, or markers

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COLLABORATIONS



PEEKBOO PENNIES

Guess which hand your buddy has hidden a penny. Switch turns.

Materials: penny

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COLLABORATIONS



BUDDY HANDSHAKE

Create a buddy handshake with your buddy.

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COMMUNITY BUILDERS

DUCK, DUCK, WHAT?

Students sit in a circle while one person walks around, taps each student's shoulder, and says "duck" each time. When the person says a different animal, the child who was tapped must get up and chase him or her around the circle, acting like that animal, until the person being chased reaches the open spot in the circle and sits down.

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COMMUNITY BUILDERS

SMILE

Pass a smile around the circle.

Materials: chairs (optional)

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COMMUNITY BUILDERS

DO THE WAVE

In a large circle, one person begins by lifting his or her hands into the air and bringing them back down, and is quickly followed by the next person, followed by the next (and so on), creating a "wave" around the circle.

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COMMUNITY BUILDERS

WHAT'S MY JOB?

Each person is secretly assigned an occupation (each occupation is assigned twice). Next, everyone acts out their job while searching for their occupation match. When everyone is sitting silently with their match, peers reveal their occupation.

Materials: index cards with the names of occupations

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COMMUNITY BUILDERS

HOP AND BREAK

Start with one person as the announcer and everyone else as hoppers. When the announcer says, "Now hop!" everyone hops up and down around the room. When the announcer calls out, "break" and a number (e.g., "break four!"), everyone quickly breaks into groups of that number.

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COMMUNITY BUILDERS

CHANGE THE BEAT

One person begins by creating a beat, using only his or her body. Everyone follows for five repetitions, then the next person in the circle changes the beat and/or sound, leading the group for the next five repetitions. Continue until everyone has a turn.

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COMMUNITY BUILDERS

PASS IT

Sitting in a circle, the group has to quickly pass the ball as the leader calls out different instructions (e.g., pass behind your back, pass to every other person, move closer together, move farther apart, etc.).

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COMMUNITY BUILDERS

CLAP, SLAP, SNAP

One person starts as the leader and creates a clap, slap, snap pattern for the whole group to follow. Switch leaders and repeat.

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COMMUNITY BUILDERS

BODY BALL

Two students stand together and listen for the announcer to call out two body parts to connect (e.g., "elbow to nose"). After all pairs connect, the announcer says, "Switch," and everyone must find a new partner. The last person to pair up becomes the new announcer.

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COMMUNITY BUILDERS

FOLLOW THE LEADER

Form a line with your hands on the shoulders of the person in front of you. Everyone follows the leader as he or she navigates the classroom. Switch leaders and repeat.

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COMMUNITY BUILDERS

WHAT'S THE WEATHER

The announcer names different types of weather (e.g., light rain, snow, lightning, blizzard, breeze) that everyone acts out (silently or not). Rotate announcers and repeat.

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COMMUNITY BUILDERS

HOLD THAT POSE

One person starts as "it" and calls freeze for everyone else to act like statues. He or she then tries to make the statues break out of character and laugh. The first to laugh becomes "it" for the next round.

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COMMUNITY BUILDERS

WHO'S THE LEADER

One person is "it" and leaves the room (or closes their eyes and covers their ears in the corner). The rest of the group picks a leader, who will begin doing a movement (e.g., tapping feet, clapping hands). When the leader begins a new movement, everyone must match as well. The person who is "it" rejoins the group and has to guess who the leader is.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

MARCHING BAND

Each buddy pair chooses a different musical instrument to pretend to play and the whole group acts out a marching band.

Materials: music (optional)

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

POPCORN

Everyone slowly walks around the room. Once everyone has spread out, the chosen announcer calls out a number and an object (e.g., "two, rocking chair!"). Those who are walking must form groups of that number and create that object with their bodies. Switch announcers and repeat.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

BALL TOSS

While holding a ball, one student announces a category (e.g., sports, plants, president, celebrities). That person names something that belongs in that category, then tosses the ball to someone who then has to quickly name something else in that category, before tossing the ball to someone else.

Materials: ball or wadded paper

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

CHARADES

A student chooses a card from a deck of picture or word cards. He or she then acts out what is on the card, and the group guesses what it is.

Materials: cards with pictures or words

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

SILENT SQUEEZE

Form a circle with everyone holding hands. One person starts a "silent squeeze" (e.g., short, long, gentle) that students must pass on exactly as they receive it. The person who started announces whether the squeeze made it around the circle without changing.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

WHAT'S MY LINE?

Describe and draw curved, straight, and zigzag lines on paper or a whiteboard. Challenge children to stand together and demonstrate the different figures.

Materials: paper and pencil

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

WHERE'S MY HERO?

Everyone is randomly assigned to an animal (assign two or more people the same animal). When the leader says "go", everyone begins making the sound of their animal while listening to find and stand with the rest of their "herd."

Materials: index cards with the name of an animal

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

SHAPE SHIFTERS

The leader calls out a number and an object, and everyone must quickly get into groups of that number and arrange their bodies to create the object.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

HEIGHT ORDER

Students work together to get in order according to height.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

CATEGORY CALL OUT

The caller announces a category (e.g., favorite color, favorite food). Everyone goes around the room, sharing their answers, forming groups based on like answers as fast as possible.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

OVER, UNDER, AROUND, AND THROUGH

Everyone lines up with their hands on the shoulders of the person in front of them. The line leader navigates through the classroom calling out, "over," "under," "around," or "through" (e.g., over the book, around the chair, under the table, through the door). Each succeeding person repeats the directive and acts it out, and it continues down the line.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

CIRCLE THE CIRCLE

Everyone stands in a circle and joins hands with a hula-hoop placed over the arm of one person. The challenge is to find a way to move the hula-hoop all the way around the circle while keeping hands joined.

Materials: hula-hoop

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

HUMAN KNOT

Standing in small groups, students randomly grab two other hands. Next, they must work together to unravel the knot without letting go of any hands.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

SHRINKING ICEBERG

Place squares on the floor to create one large "iceberg." Everyone stands on the iceberg without touching the ground outside of it. Take away one square at a time. If one foot touches outside the iceberg, the student is out.

Materials: carpet, cardboard squares, or small blankets

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

SILENT ORDER

Everyone is randomly assigned a number and then must line up in order without talking.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

WHAT GOES DOWN

Students stand in two lines that face each other. Everyone holds out an index finger facing up so that the fingers form a line down the center. A yardstick (or other object) is placed across the outstretched fingers, and the group must lower the yardstick to the floor together without it falling.

Materials: yardstick or other large, light, stiff object

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

COUNT OFF

Go around the circle with each person counting off sequentially. Next, everyone must close their eyes and count again – listening for their turn.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

HUMAN WORD SEARCH

Give each child a piece of paper with a letter on it. Challenge children to combine their letters to form a word.

Materials: a piece of paper with a letter on it

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

KEEP IT UP

Pass a balloon around the circle without skipping over anyone and without letting it drop. Each student may only touch the balloon one time, with one hand.

Materials: balloon

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

CATCH ON

Choose a topic(e.g., vegetables) and toss a ball, naming something from the category with each catch. When someone repeats an item or can't think of something, start over with a new category.

Materials: ball

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

SNAKE'S TAIL

Students stand in a line with their hands on the shoulders of the person in front of them. When the leader says "go," the person in the front of the line tries to catch the person at the end of the line – without letting the line come apart. (Works best as an outdoor activity)

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

IN AND AROUND

Students stand in a circle holding hands. One person stands in the middle of the circle and calls in another person to join him or her in the circle. The last person in calls the next person in. See how many people can fit in the middle without breaking hands.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

ACTION INTROS

Students take turns introducing themselves using a descriptive action word placed before their first name that begins with the same letter as their name (e.g., Leaping Larry).

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

SHARE YOUR CHAIR

Begin with enough chairs for everyone in the group. As music plays, everyone marches around the chairs.

When the music stops, everyone must take a seat. A chair is removed each round, but no one is ever "out." Instead, they find creative ways to share their chairs.

Materials: music and chairs

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

GET-TO-KNOW-YOU BALL

Everyone takes a turn rolling a ball to someone sitting in the circle and asking a "get to know you" question.

Materials: ball

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

CLASSROOM BANNER

Students work together to create a banner that represents the classroom community.

Materials: paper, crayons, markers, stickers, stencils, glitter, fabrics

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

BUILD ON

Everyone must work together to build one structure using blocks, books, or other creative items found in the classroom.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

REVERSE MUSICAL CHAIRS

Everyone forms a circle with one person in the middle. Everyone walks while the music plays, and when the music stops, the person chooses someone else to join him or her in the middle of the circle. The game continues until everyone is included.

Materials: music

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

CLASSROOM NAME

Decide together on a name for the classroom.

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

IF YOU'RE LISTENING

To the tune of "If You're Happy and You Know It," sing "If You're Listening and You Know It". As the group thinks together, a leader chooses an action to see if the group is listening (e.g., "If you're listening and you know it take a bow.")

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

TURN UP/TURN DOWN

Play freeze dance with a lot of energy as the music gets louder, and slower movements as the music gets softer.

Materials: music

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

COMPLIMENT CAN

Begin with everyone's name written on a piece of paper, or on a stick, and placed inside a can. As the can is passed around the circle, each person selects a name and gives that person a compliment – to which he or she replies, "thank you."

Materials: paper/stick and can/container

SANFORD HARMONY™ Quick Connections EARLY CHILDHOOD

COMMUNITY BUILDERS

GOOD ABOUT ME

Students choose a positive adjective to describe themselves. Go around the circle and take turns sharing.

COMMUNITY BUILDERS

BUILDING WORDS

Start with a word. The next child says a word associated with the starting word (e.g., desert, sand, dry, hot, sun).

COMMUNITY BUILDERS

YOU SAY IT'S YOUR BIRTHDAY

Gather your class in a circle. Call out a month of the year. Children whose birthdays are in that month run around the circle and back to their original place.