

Little Pre-Prep

Warriors

Week 4 Friends and Kindness – Playing Together



Social skills, sharing, empathy

“It takes sunshine and rain to make a rainbow – no rainbows without sunshine and rain.”

This week children learned how to play kindly with others, share ideas, work as a team, and repair small friendship problems.

Through role play, group art, storytelling, and movement, children explored what it feels like to be a good friend – and how to make play fun for everyone.

Strong Body - Playing Together in Action

In the playroom

- Friendship Café Role Play

Children take turns being the chef, waiter, and customer.

They practise friendly words like “please,” “thank you,” and “how can I help?”

- Group Painting

Large shared paper encourages cooperation, turn-taking, and respecting each other’s ideas.

- Cooperative Block Tower Building

Children add one block at a time and celebrate building together.

Try at home

- Set up a mini café with bowls, cups, or toy food.
- Use a timer for “my turn / your turn” games.
- Build a family tower, adding one block per turn.
- Play cooperative clean-up – everyone works together while music plays.
- Cook something together (“We’re a team!”).

Focus: Sharing, turn-taking, teamwork.

Strong Mind - Kindness in Thinking

In the playroom

- Parachute Play to music – moving together to make the parachute rise and fall.
- “The More We Get Together” – singing about friendship and connection.

Try at home

- Make a Friendship List: “Ways we can be kind today.”
- Draw friendship pictures to give to someone special.
- Play Follow the Leader and take turns leading.
- Create a Kind Words Jar — add kind words you hear during the day.
- Practise friendly phrases:

“Can I play?”

“Let’s share.”

“You can go first.”

Focus: Friendly language, cooperation, thinking of others.

Strong Heart - Friendship Feelings

In the playroom

- Felt Story: “Mila the Little Life Warrior Finds a Friend”

Children explored what it feels like to have no friends, how to make friends, and how to fix small friendship problems.

- Friendship Garden Meditation

A calm moment imagining planting seeds of kindness, sharing, and helping.

Try at home

- Use puppets or toys to act out friendship moments.
- Make a Friendship Garden – draw flowers and write a kind action on each.
- Practise calm breathing when upset.
- Play “Fix It Together” – talk through friendship problems gently.
- Look at photos of family/friends and talk about connection:
“What do you like doing with them?”
“How do they help you feel safe?”

Focus: Empathy, emotional safety, repairing problems.

Book Ideas - Friendship & Kindness

Perfect for ages 3–5

- “The Rainbow Fish” — Marcus Pfister
- “Have You Filled a Bucket Today?” — Carol McCloud
- “Be Kind” — Pat Zietlow Miller
- “Strictly No Elephants” — Lisa Mantchev
- “How Do Dinosaurs Play with Their Friends?” — Jane Yolen
- “The Invisible String” — Patrice Karst



Songs About Friendship

Fun for movement or calm moments

- “The More We Get Together” – Traditional
- “We’re a Team” – Bounce Patrol
- “You’ve Got a Friend in Me” – Toy Story (kids cover)
- “Sharing Song” – Super Simple Songs
- “Kindness Song” – The Learning Station

Family Reflection

Try asking your child:

- “What makes someone a good friend?”
- “How did you show kindness today?”
- “What can we do when someone doesn’t want to play?”
- “How can we fix a friendship problem?”

Together We Grow

Every kind word, every shared moment, and every repaired conflict helps little warriors build strong hearts and strong friendships.

Kind hearts. Gentle hands. We learn and grow together.

