

ACTIVITY – THE SILVER LINING WEB

This activity helps children see that even hard moments can hold something good, and that they are not alone in their experiences.

Materials:

- Ball of silver wool or yarn

Set up the idea:

Explain the silver lining:

When a storm comes, the sun is still there behind the clouds. Sometimes we can see a shiny edge. That is the silver lining.

It means something good can still exist, even when things feel hard.

How it works:

- Sit in a circle
- One child holds the end of the silver wool

Step 1:

- The first child shares a problem or hard moment

Step 2:

- The group helps find a silver lining for that situation

Step 3:

- That child keeps hold of their piece of wool
- They roll the ball to another child across the circle

Step 4:

- The next child repeats the process

Continue until everyone has had a turn

What you will see:

- A web forms across the circle
- Each child is connected through shared experiences and new ways of thinking

Reflection questions:

- What did you notice as the web grew?
- Was it easier to find silver linings as we went?
- How did it feel hearing others' ideas?
- What does the web show us about support?

Key message to reinforce:

- Hard moments happen to everyone.
- There is always a way to look for something helpful, even if it takes time.
- We can help each other find it.

