

Happiness, Love and Understanding

Activity: Big Hug



This activity is about encouraging children to recognise their individual strengths, skills and qualities as well as the things they like about themselves. It is an opportunity for children to support one another by encouraging them to highlight what makes their classmates unique and special.

Links to Curriculum for Excellence Experiences and Outcomes

- I am aware of and able to express my feelings and am developing the ability to talk about them. *HWB 1-01a/HWB 2-01a/HWB 3-01a*
- I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. *HWB 2-01a/HWB 2-05a/HWB 3-05a*
- I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. *HWB 1-10a/HWB 2-10a/HWB 3-10a*

Learning Intentions

- Learners recognise their individual strengths, skills and qualities.
- Learners understand their own self-worth.
- Learners support one another to define self-worth.

Duration

45 - 60 minutes

What You Need

- White display paper or wallpaper (one sheet per child)
- Pencils
- Scissors
- A3 Envelopes (one per child)
- Colouring pens or paints
- Collaging materials

Activity

Begin by inviting the children to form a circle. Explain to the children that sometimes it can be hard to think of and say really nice things about ourselves – invite the children to share why that might be. Explain that it is important to have love for ourselves as not only does this keep us feeling happy, it can also help us show love for other people too. Explain that everyone is going to make themselves a big hug.

Working in pairs, ask the children to roll out their paper together. Ask one child to lie on top with their arms out, while the other child draws around the top half of their body (head, shoulders, chest and arms, hands). Repeat with the children swapping places.

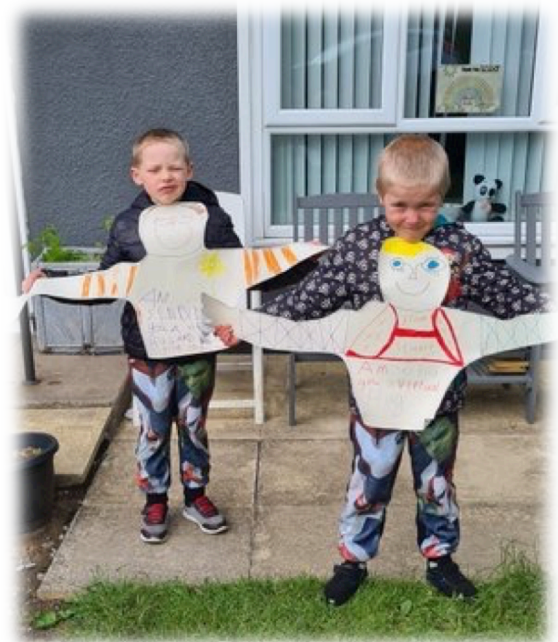
Inside the outline of their own body, ask the children to draw a big heart. This should be big enough to fill almost all the space. Whilst the children do this, write the following questions on a whiteboard:

- What are your qualities (what kind of person are you)?
- What are your skills (what are you good at)?
- What makes you happy?

Ask the children to come up with as many responses as they can for each of these questions, helping each other when a person feels unsure. Once they have spent time chatting, encourage the children to write or draw their ideas in the heart.

Ask if anyone would like to volunteer to share something they have written or drawn. Find out if anyone helped their partner identify positive things. Take time to offer each child something positive that you would like to make sure they have included.

Next, ask the children to add a smiley face to the hug and to decorate using paints, colouring pens or collage materials. Once dry, cut the hug out (see image). Fold the arms and hands into the body, creating a space where a child can slip into the hug. Encourage the children to give themselves their big hug and feel good about themselves.



Store the hugs in the child's envelope which you might like the children to label and decorate. When you think the children would like a hug, you can bring out the envelopes or you might like to use for an individual child when they need it.