

Nice Things

Starting the Day, Well!

Nice Things is a short, easy game that creates a positive, compassionate environment for your lesson or school day.

Perfect for students and children of any age, this 5-minute lesson activity invites children to think of a positive experience they've recently been through.

Students may offer to share their 'nice thing' with the class or in pairs - it's a great way to encourage empathy and build bonds!

Instructions

1. Ask each student to think of one 'nice thing' that has happened to them. It may be something they've noticed, done, or enjoyed. Use the following sentence stems to help:
 - o *One nice thing in my life is...*
 - o *Something good that happened is...*
 - o *A nice thing I noticed this morning was...*
 - o *Yesterday night was nice because...*
 - o *It's always nice to...*
2. Invite children to share their 'nice thing'. Ideas include:
 - o Sharing their 'nice thing' with the student sitting beside them.
 - o Standing to share their 'nice thing' with the class.
 - o Allowing their neighbor to share their 'nice thing' with the class.

Sharing positive thoughts and stories is a great way to start the day in a positive mindset. A very social activity, it also encourages children to relate and practice empathy!