

I Love My Classmate

Performing acts of compassion and kindness can help to boost resilience and well-being, according to positive psychology research.

When directed at those around us, kind acts and expressions of gratitude also help strengthen our social support systems, encouraging positive affect in both giver and recipient.

I Love My Classmate is a perfect game for school-aged children, and can be played with any sized class. It promotes kindness practice and is easy to play both in and out of doors, requiring little to no special equipment.

It is an ideal game for pupils to bond with their classmates while developing more resilience.

Materials Required:

Chairs - or equivalent placemarkers - arranged in a circle.

Note: Allow one chair fewer than the total number of players.

Instructions

1. To begin, ask a volunteer to stand in the center of the circle of chairs.
2. Invite this volunteer to kick off the game by completing the sentence stem: *"I love my classmate, particularly my classmate who..."*
The sentence can be completed with any fact or piece of information that is true about themselves. For example, a student who enjoys playing soccer may choose to say: *"I love my classmate, particularly my classmate who is a soccer fan."*
3. Once the volunteer has completed the sentence, each student who this applies to should move from their seat to a vacant seat that is not directly beside them.
Some students will now be sitting beside a new classmate, with a little more knowledge about the pupil they're sitting next to.
4. Still standing in the center of the circle, the volunteer then starts a second round by beginning and completing another sentence: *"I love my classmate, particularly my classmate who..."*
5. To play more rounds of *I Love My Classmate*, simply change the center, volunteer student. This gives students a great opportunity to discover their commonalities and learn more about each other!