WP3 - POWERPACK TOOLKIT ACTIVITIES

Identity & Self-Esteem: "Friendship Web Game: Connected in our differences"

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1. General Information

Well-being dimension: Identity & Self-esteem
Target age group: 6-12 years (early to late primary)
Activity format: Movement-based cooperative game with group reflection
Duration: 25-40 minutes
Group size: Whole class or medium groups (8-25 pupils)
Transversal approach: Inclusion and respect for diversity are integrated into daily classroom interaction across subjects and social contexts

2. Learning Objectives

- Recognize that friendships and connections can exist despite differences
- Understand that everyone plays a role in creating an inclusive and respectful group
- Develop empathy and appreciation for diversity within their classroom community

3. Materials Needed

- A ball of yarn or string
- “Connection Cards” with prompts
- Open space where pupils can stand in a circle

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4. Activity Steps

Step 1: : Introduction - We Are All Connected (5 minutes)

- Ask pupils: “What makes a good friend?”, and “Can friends be different from each other?”
- Explain that: Even if we are different, we are connected, The game will show how friendships form a web, not a line

Step 2: Build the Friendship Web (10-15 minutes)

- Pupils stand in a circle
- One pupil holds the yarn, answers a connection prompt, then holds the yarn and gently throws the ball to another pupil

Step 3: Web Reflection - What Happens If...? (5-10 minutes)

- Once the web is complete, ask: “What do you notice about the web?”
- Gently ask one pupil to slightly pull the string and observe how the whole web moves
- Discuss: How everyone is connected, how actions affect others, and why inclusion matters in a multicultural group

Step 4: Strengthening the Web (5 minutes)

- Pupils take turns saying one action that strengthens friendships (e.g. listening, helping, inviting)
- After each answer, gently shake the web together

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5. Teacher Notes & Tips

- Participation is voluntary; pupils may pass without speaking
- Avoid pairing pupils intentionally; allow natural connections
- Remind pupils to keep the yarn loose and safe

6. Reflection prompt for students

- What did you notice about how we are connected?
- How do differences make our friendship web stronger?
- What can you do to help everyone feel included?

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7. Tips for adaptation for children with special needs

Easier Version (Early Primary / extra support):

- Use very simple prompts and allow pupils to pass the yarn without speaking if they prefer

Medium Version (Upper Primary / more independence):

- Encourage reflection on differences in culture, language, interests, or perspectives

Adaptations for Students with Special Needs:

- Allow non-verbal participation or alternative ways of contributing (e.g. gestures or symbols)
- Work in smaller groups or pairs to reduce social pressure
- Maintain a clear structure and predictable turn-taking to support emotional safety

8. References (methodological approach)

The activity is based on social-emotional learning and intercultural education principles, promoting empathy, inclusion, and respect for diversity through dialogue and peer interaction. An experiential and learner-centred approach supports reflection on differences within a safe and cooperative classroom environment.

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CONNECTION CARDS

Being a Friend

One thing that makes me a good friend is...

CONNECTION CARDS

Feeling Welcome

Something that helps me feel included is...

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CONNECTION CARDS

School Life

One thing I enjoy doing at school is...

CONNECTION CARDS

Free Time

Something I like doing in my free time is...

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CONNECTION CARDS

Kind Actions

One kind thing I can do for others is...

CONNECTION CARDS

Learning Together

One thing I like learning with other people is...

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Belonging

A place where I feel I belong is...

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Strengths

One thing I'm good at or trying to get better at is...

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Languages

A language I speak, hear, or like is...

CONNECTION CARDS

Music & Play

Music, games, or activities I enjoy are...

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Everyday Differences

Something people do differently at home is...

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Celebrations

A way people celebrate or have fun is...

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Understanding Others

Something that helps me understand others better is...

CONNECTION CARDS

Helping Others

One way I can help others feel welcome is...

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Feeling Included

Something that helps me feel included is...

CONNECTION CARDS

Respect

A way I show respect to others is...

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CHALLENGE CARDS

I like...

CHALLENGE CARDS

I help friends by...

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CHALLENGE CARDS

I enjoy doing...

CHALLENGE CARDS

I am good at...

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CHALLENGE CARDS

I feel happy when...

CHALLENGE CARDS

Something that makes me smile is...

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CHALLENGE CARDS

I feel safe when...

CHALLENGE CARDS

I welcome others by...

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CHALLENGE CARDS

Something special about me is...

CHALLENGE CARDS

I am good at...

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EXTENSION CARDS

Connection

How are we the same or different?

EXTENSION CARDS

Community

How can we make sure everyone feels included?

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EXTENSION CARDS

Respect

What helps people with different backgrounds get along?

EXTENSION CARDS

Web Thinking

What happens to the group if one person feels left out?

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