

Kindness Catch - Levels C & D

PLAY

To support students to recognise, express, and practise kindness through a structured, inclusive ball game that builds communication, turn-taking, and group connection. The activity reinforces that kindness helps people, animals, and the Earth, linking to the Playful Astronauts' first stop on their journey.



Learning Intentions

Students aim to identify and share ways they can show kindness to others in familiar settings such as school and home.

Students aim to communicate a kind action using speech, gesture, visuals, or AAC.

Students aim to participate in a group activity by taking turns, listening to peers, and responding respectfully.



Success Criteria

I can identify or choose a kind action that helps others.

I can share my kind idea using my voice, body, pictures, or AAC.

I can take turns and listen while others share their ideas.

I can show respect by acknowledging and celebrating others' kind ideas.



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Duration: 10–15 minutes

Objective

To support students to recognise, express, and practise kindness through a structured, inclusive ball game that builds communication, turn-taking, and group connection. The activity reinforces that kindness helps people, animals, and the Earth, linking to the Playful Astronauts' first stop on their journey.

Players

Whole class or small groups
Suitable for 4 - 26 students
Played seated or standing in a circle

What You Need

Soft foam ball, fabric ball, or large soft object
Picture of Earth or globe
Optional: kindness visual cards (help, share, smile, listen, care)
AAC devices or communication boards as required

Setup

1. Arrange students in a clear circle, seated on the floor, chairs, or wheelchairs. Ensure all students can see each other.
2. Place the ball in the teacher's hands to begin.
3. Display the Earth image and briefly explain:
 - "Earth is full of people, animals, and places. Kindness helps everyone feel safe and cared for."
4. Explain the routine clearly and calmly:
 - "We will take turns."
 - "When you have the ball, you share a kind idea."
 - "Then you pass the ball to a friend."
5. Confirm AAC devices are on and open to a kindness, actions, or social words page.



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Gameplay

Step 1: Model the Game

The teacher begins by holding the ball and modelling a full turn:

- Say: "When I have the ball, I share something kind."
- Model a kind statement, for example:
 - "I can help a friend."
- Gently roll, pass, or hand the ball to a student.

Step 2: Student Turns

1. The student who receives the ball stops it or holds it.
2. With support as needed, the student shares one kind action by:
 - Saying a sentence or word
 - Pointing to a kindness picture
 - Using AAC
 - Showing a gesture (e.g. thumbs up, helping motion)
 - Narrating to a educator for them to help explain the kindness act the student wishes to share with the class.
3. The teacher may prompt using sentence starters if required:
 - "I can help by..."
 - "I can be kind by..."
 - "At school, I can..."
4. The student then gently passes the ball to another peer.

Step 3: Continue the Circle

- Continue until all students have had a turn.
- If appropriate, play a second round and encourage a different kindness idea.

Debrief / Reflection

Ask one question at a time, allowing wait time and multiple response modes:

- "How did it feel to share kind ideas?"
- "Did you hear a kind idea you want to try?"
- "Who can we be kind to today?"

Reinforce the key message:

"Just like we care for Earth, we can care for each other every day."



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Winning the Game

There are no winners or losers.

Success is shown through participation, respectful listening, and sharing kind ideas in any form.

Sensory-Specific Learner Variation

Purpose: To support students who seek movement, tactile input, or regulation during group activities.

Adjustments include:

- Use a textured ball, fabric ball, or weighted soft object.
- Allow students to stand, rock gently, or sit on wobble cushions while playing.
- Replace throwing with slow rolling or placing the ball into a peer's hands.
- Pair each kind action with a movement, for example:
 - Helping: gentle push motion
 - Sharing: open hands
 - Kind words: hand on heart
- Provide regulation breaks before rejoining the circle if needed.

AAC-Specific Supports

1. Prepare AAC in Advance

- Open pages for: help, share, smile, listen, kind, friend, yes
- Use single-message buttons if required

2. Model AAC Every Turn

- Teacher activates the AAC symbol while speaking the kind idea aloud

3. Supported Choices

- Offer two kindness options visually or verbally
- Use partner-assisted scanning where needed

4. Alternative Responses

- Eye gaze to symbols
- Pointing
- Activating a switch
- Gestures or vocalisations

5. AAC Reflection

- Ask: "Which kindness action do you like?"
- Students respond using AAC, gesture, or visuals

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Accessibility and Inclusion Notes

- Play in a seated circle so all students are at an equal level.
- Ensure the ball can be passed in multiple ways to suit physical needs.
- Celebrate all communication attempts equally.
- Use clear, predictable language and routines.
- Reinforce that kindness can be shown through actions, not just words.

Teacher Notes

“Kindness Catch – Levels C & D” directly supports curriculum outcomes related to cooperation, turn-taking, communication, and understanding the impact of behaviour on others. It works well as a regular circle-time routine or as part of the Playful Astronauts journey to build a caring, connected classroom culture.

