

🇬🇧 English Version – Physical Class Game – “The Influence of My Lifestyle (For ages 10 and up)” – Story 069



Set Up: Gather a few soft balls (or rolled-up paper balls). Each ball represents a kind action. The teacher acts as the Game Host. Children sit or stand in a circle.

How to Play

Round 1 – The Negative Block

- Teacher tosses ball to a child – Child shows negative action [rudeness, refusing to share]. Ball is dropped - the circle stops — showing how negativity blocks connection.

Round 2 – The Positive Flow

- Teacher tosses again, the child shows a positive action - smiling, helping, saying “thank you”. The ball is passed around with more positive actions – kindness keep the circle moving.

Round 3 –Kindness Balls

- Add more balls, each symbolizing a good habit – honesty, helpfulness, politeness. Children keeps all balls moving – joy spreads when good habits work together.

Winning the Game

- The class wins when all kindness balls travel the circle without dropping. Everyone cheers for the “circle of kindness.”