



Ali, Kai and Max at the Playground

Activity Sheet



Activity 1 of 3

Friendship Foundations

Choose the best answer

Who was at the park first?

- A. Ali
- B. Kai
- C. Max

What game did they play after the slide?

- A. Soccer
- B. Basketball
- C. Hide-and-seek

What did Kai say when he arrived at the park?

- A. Go away
- B. Let's slide together
- C. We can't play

How did Max find Ali and Kai?

- A. He followed their giggles
- B. He asked the birds
- C. He climbed the tree

Discussion

1. If you were at the playground with Ali, Kai, and Max, how would you join their game?
2. What other game would you like to play together?
3. What makes playing together fun for everyone?

Role Play & Taking Turns

1. Pick roles: who arrives first and who is already playing.
2. Practice friendly words: "Hi, want to play?" and "Yes, let's play together."
3. Take turns choosing a game: "What should we do next?"
4. Switch roles so everyone gets a turn inviting and joining

Friendship Takeaway Circle

Sit together and finish this sentence:

- "Playing together is fun because..."

Adults can model first if needed.



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Guidance Sheet



How to 1 of 3

Leader Notes: Friendship Foundations

Benefits + How to get the best results

How to run it well

- Follow the child's lead and adapt as needed
- Praise the effort, not the performance: "You tried the words, that was brave."
- If a child says nothing, let them point or nod while you say the words.

What this builds

- Confidence to join play using simple words or actions
- Early friendship skills like inviting, taking turns, and choosing together
- Understanding that playing together works best when everyone feels included

Easy variations

- **Ages 3 - 4:** Use one question at a time, accept pointing or short answers, and keep role play brief.
- **Ages 5 - 8:** Invite children to explain ideas, solve simple play problems, and lead the role play.
Example: *Add a simple problem-solving: "What if someone is already playing?"*
- **Groups:** Sit in a circle, give each child a small turn, and keep the activity moving.

Takeaways

- Children join play in different ways, and all are valid.
- Simple, repeated phrases help friendship skills feel familiar.
- Playing together works best when everyone gets a turn to invite and join.



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Activity 2 of 3

Empathy in Action

Choose the best answer

Where did Kai get hurt?

- A. His hand
- B. His knee
- C. His toe

What did Max suggest to help Kai feel better?

- A. A big jump
- B. Stop crying
- C. A big breath like blowing out a birthday candle

What did Ali say about crying?

- A. "Don't cry"
- B. "It's ok to cry"
- C. "Go play"

Who helped Kai stand?

- A. Ali
- B. Max
- C. Ali and Max

Discussion

1. How did Kai feel when he fell over at the playground?
2. What did Ali and Max do to help Kai feel better?
3. What can you do if a friend is hurt or upset?

Helping a Friend

1. Choose a feeling: hurt, sad, scared, or frustrated.
2. Practice kind words: "Are you okay?" and "I'm here with you."
3. Try a calm breath together, like blowing out a birthday candle.
4. Offer help: "Do you want a hand?" or "Do you want to sit together?"

Care Takeaway Circle

Sit together and finish this sentence:

- "When someone is upset, we can help by..."

Adults can model first if needed.



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How to 2 of 3

Leader Notes: Empathy in Action

Benefits + How to get the best results

How to run it well

- Follow the child's lead and adapt as needed
- Praise the effort, not the performance: "You tried the words, that was brave."
- If a child says nothing, let them point or nod while you say the words.
- Model kind words and actions once, then let children try.
- Focus on helping, not fixing the problem.

What this builds

- Understanding and naming feelings
- Early empathy and caring behaviours
- Simple strategies for calming down together
- Confidence to help a friend who is upset

Easy variations

- Ages 3 - 4:** Use one feeling word, practice one kind phrase, and do one calm breath.
- Ages 5 - 8:** Invite children to explain how they would help and why. Add simple choices.
- Groups:** Practice together as a group, taking turns being the helper and the friend.

Takeaways

- Children show feelings in different ways, and all are valid.
- Kind words, staying close, and calm breathing may help children feel safe.
- Helping together builds care, trust, and connection.



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Activity 3 of 3

Imaginative Play

Choose the best answer

What did Ali imagine the playground could become? What became a spaceship?

- A. A spaceship
- B. A classroom
- C. A shop

- A. The slide
- B. The jungle gym
- C. The tree

Where did they land?

- A. The sun
- B. Mars
- C. The moon

- A. Moon
- B. Aliens
- C. Astronaut

What did they shout on the moon?

1. What did Ali, Kai and Max pretend the playground became?
2. What did they do together to make the game work?
3. Where should Ali, Kai and Max go next time, and what should they do first?

Imaginative Play Together

1. Choose what the playground becomes (space, jungle, ocean, or something new).
2. Pick simple roles (captain, explorer, helper).
3. Move like your characters (slow astronaut steps, careful explorers).
4. Act out the adventure together for a short time.

Imagination Takeaway Circle

Sit together and finish this sentence:

- “Playing pretend together is fun because...”

Adults can model first if needed.



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How to 3 of 3

Leader Notes: Imaginative Play

Benefits + How to get the best results

How to run it well

- Revisit the part of the story where the playground turns into space.
- Invite children to imagine together using the story as a starting point.
- Let children lead the ideas. Add only one small prompt if needed.
- Keep play shared and simple. One idea at a time works best.
- End with a calm movement or sitting moment.

What this builds

- Confidence to share ideas without being corrected
- Teamwork through shared imagination and roles
- Language skills through describing and acting out ideas
- Self-regulation by moving from excitement to calm

Easy variations

- **Ages 3-4:** Offer choices, keep play short, and use one movement only.
- **Ages 5-8:** Encourage children to explain ideas and decide what happens first and next.
- **Groups:** Play in a circle, give each child a role, and keep the activity moving.

Takeaways

- Children join imaginative play in different ways, and all are valid.
- Playing together builds confidence when ideas are shared and supported.
- Ending play calmly helps children feel successful and settled.