

Sharing Through "Hot Potato"

Subject: Social Health for Preschoolers

Ages: 2–5

Objective: To teach children the benefits of sharing and create positive social habits.

Materials: A variety of balls or beanbags and music.

Procedures:

(Note: Sharing is one of the most difficult concepts for preschoolers to accept. By using a ball to play fun games that require a group, the kids will see how sharing can be more fun. Try to do this activity outdoors.)

Have the children form a circle on the grass.

Introduce the topic of sharing. Ask the children what they know already about it. Initiate answers to questions like: Why should we share? How does sharing make others feel? How does not sharing make others feel? How does sharing make you feel? How can sharing be fun? Etc..

Hand out a small ball to each child. Give a variety of commands in which the children play with their ball, without standing up, alone. For example, sit on their ball, toss it gently in the air and catch it, roll it in a circle in front of them.

Have the children hand back all of the balls and tell them they will all share one ball to play a game of "Hot Potato" together. They will imagine that the ball is hot and pass it along the next child while the music plays. When the music stops, they will freeze and whoever is left with the ball will go into the middle of the circle.

Continue this until one child is left.

Resume the circle again. Ask the children to decide which game was more fun, playing with their own ball or using only one. Hopefully, the children will realize that they will laugh more and time passes by quickly when they are engaged in the game. They may want to play again.

Follow-up:

The children may want to come up with more ways they could all share one ball to play a game. Let them be creative with their ideas.

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

