

Harmony Day Classroom Activities

Harmony Day is about belonging: “Everyone Belongs.” Use these simple activities to help children notice, respect, and celebrate differences in a warm, age-appropriate way.

Infants (Birth–12 months)

1) Faces & Feelings Mirror Time

Goal: connection + social-emotional language

Materials: baby-safe mirror, soft mat, optional picture cards of faces

Set-up

- Place the mirror on the floor against a stable surface or hold it safely.
- Sit baby supported on your lap or on a mat.

How to implement

1. Get the baby's attention with a warm voice: “Hi [Name]!”
2. Position mirrors so the baby can see their face and your face.
3. Name what you see in short phrases:
 - “I see your eyes.”
 - “Look—smile!”
4. Copy baby's expression (happy, surprised) and label:
 - “Happy!”
 - “Curious!”



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5. Add one belonging phrase:
 - “You belong here.”
6. End before the baby gets fussy (1–3 minutes is plenty).

If the baby looks away: pause, lower stimulation, try again later.

2) Hello Song (Different Languages)

Goal: language exposure + routine

Materials: none (optional scarf for peekaboo)

How to implement

1. Use the same simple tune every time (Twinkle Twinkle works).
2. Sing one greeting at a time and wave:
 - “Hello / Hola / Bonjour / Salaam...”
3. Wave baby’s hand gently (if they like it).
4. Repeat daily (babies learn through repetition).

Tip: Keep it slow and soothing—this is a calming routine.

3) Texture Blanket Circle

Goal: sensory exploration + simple vocabulary

Materials: 4–6 fabric squares (cotton, fleece, denim, felt)

How to implement



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1. Place 1 fabric square near baby's hands.

2. Let baby touch and explore.

3. Describe with 1–2 words:

- “Soft.”

- “Bumpy.”

4. Compare briefly:

- “This is soft. This is smooth.”

5. End with a connection statement:

- “Different feels—same blanket.”

Safety: Watch for mouthing; use clean, safe fabrics.

Toddlers (1–3 years)

1) “All About Us” Handprint Collage

Goal: belonging + identity

Materials: large paper, washable paint, wipes, marker

Set-up

- Cover the table with paper or a mat.
- Have wipes ready and paint in shallow trays.

How to implement



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1. Show the finished example: "We're making our class family poster!"
2. Do one toddler at a time:
 - o Paint one hand (or let them press into the paint tray).
 - o Press their hand firmly onto paper.
3. Immediately wipe hands (toddlers dislike sticky hands).
4. As you label names, say:
 - o "This is [Name]'s hand. [Name] belongs."
5. When finished, gather and point:
 - o "Look—our whole class!"

Management tip: Give waiting toddlers a job: "Hold the paper towel."

2) Music & Movement Around the World

Goal: joy + shared experience

Materials: speaker/music, open space

How to implement

1. Pick 2 short songs (60–90 seconds each).
2. Teach one movement per song:
 - o Song 1: clap and sway
 - o Song 2: stomp and freeze
3. Model first, then invite: "Copy me!"



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4. Use simple cues:

- “Ready... go!”

- “Freeze!”

5. End by placing hands on heart:

- “Friends move together.”

Tip: Don't over-explain—toddlers learn by doing.

3) “Same / Different” Picture Sort

Goal: noticing differences without judgment

Materials: large picture cards (foods/clothes/homes), 2 baskets labeled SAME / DIFFERENT (or colored mats)

How to implement

1. Start with a simple category (foods).

2. Hold up one card: “What is it?”

3. Place it on the SAME mat and say:

- “This is food.”

4. Hold up the next card:

- “Is this also food? Yes—SAME.”

5. Introduce DIFFERENT gently:

- “This one is clothes. Different!”

6. Close with:



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- “Same and different are both okay.”

Tip: Keep it concrete (food vs clothes) instead of abstract.

Preschool (3–5 years)

1) “Hello” Class Book

Goal: classroom community + print awareness

Materials: stapled pages, markers/crayons

Set-up

- Pre-write: “Hello, my name is ____.” at the top of each page.

How to implement

1. Circle time intro: “We all say hello in different ways.”
2. Teach 2–3 greetings with motions (wave/bow/hand on heart).
3. At tables, children draw themselves.
4. Help each child add their name and one greeting (teacher writes).
5. Read the finished book to the class:
 - “Hello, I’m Mia. Hola!”
6. Add it to your library corner.

Extension: Repeat the greetings during daily arrival.



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2) Community Flag/Pattern Mural (Process Art)

Goal: teamwork + appreciation of patterns

Materials: butcher paper, markers, collage shapes, glue sticks

Set-up

- Draw large sections (like puzzle pieces) so each child has a “space.”

How to implement

1. Explain: “This mural shows our classroom community.”
2. Show examples of simple patterns:
 - stripes, dots, zigzags, blocks
3. Invite children to pick 1–2 patterns for their section.
4. Walk around and narrate:
 - “You made stripes!”
 - “You chose dots!”
5. When done, gather and say:
 - “Different sections—one class.”

Tip: Avoid asking kids to “make your country’s flag” unless families specifically requested that.

3) International Café Dramatic Play

Goal: social play + language

Materials: play food, menus with pictures, notepad, aprons (optional)

Set-up



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- Create 3 roles: cook, server, customer.
- Put picture menus on the table.

How to implement

1. Teach the script (model once):
 - “Hello! What would you like?”
 - “I would like ____.”
 - “Thank you!”
2. Assign roles and rotate every 5 minutes.
3. Add vocabulary:
 - “spicy, sweet, crunchy, warm”
4. Encourage polite language:
 - “May I have...?”
5. Close with a quick reflection:
 - “What did you order today?”

Tip: Keep menu items familiar plus a few new ones.

School-Age (5–8 years)

1) “My Story Map”



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Goal: identity + listening

Materials: paper, crayons, optional template with boxes

How to implement

1. Explain: "This is about what makes you YOU."
2. Give categories to fill (kids choose what to share):
 - family, favorite foods, hobbies, languages, traditions, music
3. Quiet work time (10–15 minutes).
4. Pair-share with sentence starters:
 - "Something I like is..."
 - "I feel welcome when..."
5. Optional gallery walk: kids leave kind comments.

Tip: Make sharing optional—some kids prefer private.

2) Cultural Patterns STEM Challenge

Goal: math + design

Materials: blocks/beads/pattern tiles, pattern cards (AB, AAB, ABC)

How to implement

1. Teach one pattern type (AB) with objects:
 - red-blue-red-blue
2. Challenge: "Make the longest pattern you can."
3. Add a design twist:



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- “Use stripes and zigzags” (drawn on paper strips) or “two shapes only.”
4. Have kids explain their pattern:
 - “My pattern is ABC because...”
 5. Extension: trade patterns and copy a friend’s.
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3) Kindness Interviews

Goal: empathy + community building

Materials: clipboard/paper, pencils

How to implement

1. Model respectful interviewing:
 - look at the person, listen, say thank you
 2. Provide 3 simple questions:
 - “What name do you like to be called?”
 - “What helps you feel welcome?”
 - “What is something you’re good at?”
 3. Partners interview and record answers (or draw symbols).
 4. Each child introduces their partner:
 - “This is _____. They feel welcome when _____. ”
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Quick Harmony Day Closing Circle (Any Age)



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Say together:

- “We are kind.”
- “We include others.”
- “Everyone belongs.”

Optional snack connection: “Different foods, same table.”



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