

# 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.

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## 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.

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## 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.

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## 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:
  - Paint one hand (or let them press into the paint tray).
  - Press their hand firmly onto paper.
3. Immediately wipe hands (toddlers dislike sticky hands).
4. As you label names, say:
  - “This is [Name]’s hand. [Name] belongs.”
5. When finished, gather and point:
  - “Look—our whole class!”

**Management tip:** Give waiting toddlers a job: “Hold the paper towel.”

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## 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:
  - Song 1: clap and sway
  - 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.

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### 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.

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## 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.

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## 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.

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## 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.

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## 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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