

Good Friday Activities

Infants (Birth–12 months)

Activity 1: Gentle “Kind Hands” Touch & Talk

Focus: connection + soothing routines

Materials: soft blanket, optional baby-safe lotion (per policy)

Directions:

1. Sit baby comfortably on your lap.
2. Gently rub hands/feet and say: “Kind hands... gentle hands.”
3. Pause and smile; mirror baby sounds.
4. End with: “You are safe. You are loved.”

Tip: Keep it 1–3 minutes.

Activity 2: Calm Color Sensory

Focus: sensory exploration + language

Materials: purple and white fabric scraps/paper, baby-safe mirror, contact paper or tape

Directions:

1. Create a simple “color board” with purple/white textures secured flat.
2. Let the baby touch while you label: “Purple... white... soft.”
3. Offer the mirror and say: “Hello, friend.”
4. Finish with a quiet lullaby or hum.



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Safety: Avoid small parts; everything must be sealed/secured.

Young Toddlers (1–2 years)

Activity 1: Kindness Helper Walk (Inside or Outside)

Focus: helping + simple responsibility

Materials: small basket, a few safe “helper jobs” picture cards (optional)

Directions:

1. Tell toddlers: “Today we practice kindness by helping.”
 2. Walk around the room and do 2–3 tiny jobs together:
 - put books back
 - wipe a table with a damp cloth
 - bring diapers/wipes to the changing area
 3. Celebrate: “You helped! That was kind.”
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Activity 2: “Quiet Like a Bunny” Listening Game

Focus: self-regulation + listening

Materials: none (optional soft bunny toy)

Directions:

1. Say: “Let’s practice quiet bodies for a moment.”
2. Model: hands in lap, gentle breaths.
3. Play “quiet/active”:



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- “Bunny quiet” (freeze)
 - “Bunny hop” (hop 3 times)
4. Repeat 4–6 rounds.

Tip: Use right before nap or transitions.

Older Toddlers (2–3 years)

Activity 1: Kindness Cards for Helpers

Focus: gratitude + fine motor

Materials: folded paper, crayons/markers, stickers

Directions:

1. Say: “Some families have a quiet day today. We can share kindness.”
 2. Children decorate a card for a staff member or family member.
 3. Adult writes dictated words:
 - “Thank you!”
 - “You are kind.”
 - “I appreciate you.”
 4. Deliver the cards together.
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Activity 2: “Helping Hands” Collage

Focus: community + art

Materials: paper, child-safe scissors (optional), glue, magazines or scrap paper, markers



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Directions:

1. Trace each child's hand (or use pre-cut hand shapes).
 2. Kids glue scrap paper pieces inside the hand shape.
 3. Add one idea of helping (adult writes):
 - "I can help clean up."
 - "I can share."
 4. Display: "Our Kind Hands."
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Preschool (3–5 years)

Activity 1: "Quiet Reflection" Glitter-Free Calm Jars

Focus: calming strategies + self-regulation

Materials: clear bottle/jar, water, a few drops of food coloring (optional), dish soap (optional), small beads **only if safe** (or skip and use paper confetti)

Directions:

1. Fill the jar with water. Add color if desired.
2. Add a tiny drop of dish soap (creates slow bubbles).
3. Seal tightly (tape lid).
4. Teach: "When we feel upset, we can shake and watch until calm."
5. Practice 3 breaths while watching.

Note: Keep materials safe—skip small items if there's any risk.



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Activity 2: “Kindness Chain” (Class Project)

Focus: positive community building

Materials: paper strips, crayons/markers, stapler/tape

Directions:

1. Ask: “What are ways we can be kind today?”
 2. Each child draws or dictates one action.
 3. Create a chain and hang it up.
 4. Choose 1–2 links per day to try as a class.
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School Age (6+)

Activity 1: Service-in-Action (Classroom Kindness Project)

Focus: empathy + community support

Materials: paper, markers, optional envelopes/box

Directions:

1. Explain: “Some families observe Good Friday as a day for reflection and kindness.”
2. Choose a class service action:
 - thank-you notes to staff
 - make encouraging notes for another class
 - tidy a shared space (library corner, playground area)
3. Plan roles and complete the task.
4. Reflect: “How did this help someone?”



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Activity 2: “Gratitude & Hope” Writing + Art

Focus: reflection + SEL

Materials: paper, pencils, crayons

Directions:

1. Prompt options (students choose one):
 - “One way I can show kindness is...”
 - “Someone I appreciate is... because...”
 - “When I feel stressed, I can...”
2. Add an illustration.
3. Optional share-out (voluntary only).



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