

Ashura Activities for Kids

Infant Activities (Birth–12 months)

1) Calm “Kindness” Sensory Basket

Materials: soft cloth squares, baby-safe mirror, board books about feelings/families, textured fabric, soft ball

How: Babies explore items on a blanket with close supervision.

Teacher talk: “Gentle hands. Caring hearts.”

2) Peaceful Music + Rocking Routine

Materials: soft music (instrumental), scarves (adult-held), shakers

How: Sway, rock, and clap slowly; follow baby cues.

Teacher talk: “We feel calm. We are safe. We care for each other.”

3) “Helping Hands” Baby Footprint/Handprint Art

Materials: washable paint, cardstock, wipes

How: Make one print. Title it: “**Helping Hands**” + date.

Teacher talk: “Your hands can help.”

Young Toddler Activities (12–24 months)

1) “Gentle & Kind” Picture Match

Materials: simple picture cards (hugging, sharing, cleaning up, comforting)

How: Toddlers point to the card you name: “Show me helping!”

Teacher talk: “Helping is kind.”

2) Water Play: “Sharing Water”



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Materials: small cups, pouring pitchers, water table/bin, towels

How: Practice pouring and offering: “Would you like some?”

Teacher talk: “We share and take turns.”

3) Kindness Stickers for a Community Card

Materials: big paper heart, stickers, crayons

How: Each child adds stickers to a big class poster: “**We Care**”

Teacher talk: “We make our classroom kind.”

Toddler Activities (2–3 years)

1) “Kind Words” Circle Time

Materials: a soft “talking” plush

How: Children pass the plush and practice:

- “Are you okay?”
- “You can play with me.”
- “Here you go.”

Teacher talk: “Words can help people feel better.”

2) Care Packages

Materials: snack bags, napkins, crayons/books (optional donation), labeled bin

How: Children help fill a “care box” for the office, a shelter drive, or a family center (whatever your program supports).

Teacher talk: “We help our community.”



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3) Process Art: “Patience Painting”

Materials: watercolors, thick paper, droppers (optional)

How: Encourage slow painting and waiting turns.

Teacher talk: “We practice patience—waiting calmly.”

Preschool Activities (3–5 years)

1)SEL Story + Discussion

Story focus (no graphic history): “Some families remember Ashura as a day to think about being brave, standing up for what’s right, and helping others.”

Questions:

- “What does it mean to be brave?”
- “How can we help when someone is sad?”
- “What is a fair choice?”

2) “Acts of Kindness” Paper Chain

Materials: paper strips, markers, stapler/tape

How: Each child chooses a kindness action; teacher writes it on a strip and links it.

Examples: “I can share,” “I can include someone,” “I can help clean up.”

3) Community Helpers Role-Play: “Helping Station”



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Materials: bandages (pretend), clipboard, toy phone, stuffed animals

How: Kids practice caring for a “hurt” teddy, offering comfort, calling for help.

Teacher talk: “We can help and comfort.”

Inclusive Notes

- Use language like “**Some families observe Ashura...**” (because practices vary).
- Invite families (optionally) to share what they’re comfortable with: a food tradition, a word, or a value they focus on (like charity or compassion).
- Keep it **values-based and age-appropriate**: kindness, fairness, helping, patience.



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