

Yom Kippur Classroom Activities

Infants (Birth–12 months)

1) Calm Corner Time (soft + soothing)

Materials: soft blanket, baby-safe mirror, board books about feelings, gentle music

How: Rock, cuddle, and practice calm routines.

Teacher talk: “You are safe. Calm body.”

2) Gentle Hands Sensory Basket

Materials: soft fabrics, textured ball, teether, stuffed animal

How: Explore while modeling gentle touch.

Teacher talk: “Gentle hands. Caring heart.”

3) “Helping Hands” Print Keepsake

Materials: washable paint, cardstock, wipes

How: Handprint with the title: “Helping Hands” + date.

Teacher talk: “Your hands can help.”

Young Toddlers (12–24 months)

4) Kind Choices Picture Match



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Materials: picture cards (hugging, sharing, helping, cleaning up)

How: “Show me helping!” “Where is sharing?”

Teacher talk: “Kind choice.”

5) “Fix-It” Practice with Puppets

Materials: two puppets or stuffed animals

How: Act out a tiny conflict (toy taken), then model repair: “Sorry. Here you go.”

Teacher talk: “We can fix it.”

6) Quiet Breathing Bubbles

Materials: bubbles

How: Blow bubbles slowly; kids take gentle breaths to “help” blow.

Teacher talk: “Slow breaths. Calm body.”

Toddlers (2–3 years)

7) “Sorry + Repair” Role Play (simple scripts)

Materials: feeling cards, puppet

Script: “I’m sorry.” “Are you okay?” “Can I help?” “Let’s try again.”

Teacher talk: “We can make it right.”

8) Kindness Chain (good deeds)

Materials: paper strips, markers, stapler

How: Children name a kind act; teacher writes it and links it.

Examples: “Share,” “Help clean,” “Invite a friend.”



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9) Quiet Process Art: Watercolor Washes

Materials: watercolors, thick paper

How: Calm painting with soft music.

Teacher talk: “We paint quietly and peacefully.”

Preschool (3–5 years)

10) Friendship Repair Station

Materials: “Repair Kit” basket: calm-down tool, feelings chart, apology cards

How: Teach steps:

1. “Stop + breathe”
2. “Say what happened”
3. “Say sorry”
4. “Make a plan”

Teacher talk: “We repair friendships.”

11) “Good Deeds” Sort

Materials: cards: kind deed vs unkind choice + two mats

How: Sort and discuss: “Which helps our classroom?”

Teacher talk: “We choose kindness.”



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12) Gratitude & Reflection Circle

Materials: talking piece

Prompts:

- “One kind thing I did...”
 - “One way I can help tomorrow...”
 - “One thing I’m thankful for...”
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Kindergarten (5–6 years)

13) “Make It Right” Problem-Solving Scenarios

Materials: scenario cards (broke a crayon, interrupted, hurt feelings)

How: Kids choose a repair plan and practice it.

Teacher talk: “Mistakes happen. We can repair.”

14) Promise/Goal Writing: “I Will Try...”

Materials: paper, crayons

How: Write/draw one goal: “I will be more patient,” “I will include others.”

Teacher talk: “We can grow.”



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Whole-Class Ideas (All ages)

15) Quiet Day Choices

Offer calm centers: puzzles, books, sensory bottles, drawing, soft music.

16) Community Care Project (program-approved)

Make thank-you notes for staff or collect classroom supplies for a donation (if your program allows).

17) Family Message (optional)

“Some families observe Yom Kippur. In our class, we’re focusing on kindness, reflection, and repairing friendships in age-appropriate ways.”



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