

# Universal Children’s Day Activities

## Infants (0–12 months)

### 1) “You Are Loved” Sensory + Connection Routine

**How to implement:**

During care routines (feeding, diapering, rocking), use a calm, repeated phrase:

“You are safe. You are loved. You belong here.”

Pair with gentle touch and eye contact.

### 2) Baby “Voice & Choice” Moment

**How to implement:**

Offer two safe choices: two toys or two songs. Watch baby’s gaze/reach and respond:

“You chose the rattle!”

This models early autonomy.

### 3) Mirror Smiles + Name Play

**How to implement:**

Use a baby-safe mirror. Point and name: “That’s you!” “Eyes, nose, smile.”

This supports identity and connection.

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## Toddlers (1–2 years)

### 1) “My Choices” Choice Board

**How to implement:**

Use pictures for 2–3 choices (book, blocks, art). Toddlers point to choose.

Say: “Your voice matters.”

### 2) Kind Hands Practice Game



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**How to implement:**

Role-play with a stuffed animal: gentle touch, sharing, taking turns.  
Praise: "Kind hands help friends feel safe."

### 3) Feelings & Comfort Toolkit

**How to implement:**

Show feelings faces (happy/sad/mad). Then show one tool: breathe, hug stuffed animal, sit in cozy spot.

Keep it simple: "When I feel mad, I can...breathe."

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## Preschool (3–5 years)

### 1) "Classroom Rights" Picture Chart

**How to implement:**

Create a chart with pictures:

- Right to feel safe
- Right to learn
- Right to rest
- Right to play

Ask: "What helps everyone feel safe here?" Add kids' ideas.

### 2) Compliment Circle: "I See You"

**How to implement:**

Kids complete one sentence:

- "I like when you..."
- "You are good at..."



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- “Thank you for...”  
This builds belonging and positive identity.

### 3) “Our Voices Matter” Vote

**How to implement:**

Let kids vote on a class choice (song, game, read-aloud).  
Count votes together and celebrate: “We decided together!”

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## School-Age (6+)

### 1) Children’s Rights Scavenger Hunt

**How to implement:**

Post simple rights around the room:

- safe
- learn
- be heard
- play

Kids find each one and write one example of how the class supports it.

### 2) “Kindness in Action” Plan

**How to implement:**

Small groups choose a kindness goal for the week:

- welcome new kids
- help younger class
- clean up playground

Make a simple plan and track progress.



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### 3) “Identity Shield” Project

#### How to implement:

Kids design a shield with 4 parts:

- something I’m good at
- something I love
- something that helps me feel safe
- how I can help others  
Sharing is optional.



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