

# Activities for ages 5 to 8 years

These activities are designed for you to use with the children at your club between the ages of 5 and 8. They can be used before, during or after training sessions – and contain activities to try at home.

## The Legendary Team Pledge



**When:** Warm-up or warm-down exercise (10 minutes)

**Goal:** To help children think about positive behaviour in a team

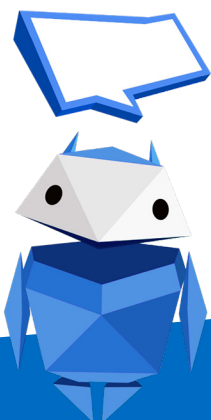
Gather children in a group and tell them about the Legendary Team Pledge. Talk about each part of the pledge and how it can help the team have more enjoyable experiences. Ask children what they think and if there is anything they would like to add to their Team Pledge. Questions you could discuss with children:

- Why should you be respectful to teammates, opponents, coaches and officials?
- What positive words could you use to describe your team?
- What should you do if you saw a teammate – or opponent – being bullied?
- Where else could you use the pledge? (ie, online?)

**Extra time 1:** ask children to remember/recite the pledge at training

**Extra time 2:** challenge children to 'Spread the Pledge' and share it with family or friends

**Extra time 3:** ask the children to make a team poster at home using positive things you've discussed



# Activities 5 to 8 yrs

## Pass the Ball



**When:** Warm-up or warm-down exercise (10 minutes)

**Goal:** To discuss how to be kind and respectful to other people

Gather children together in a circle with a ball. Read out one of the questions below, give an example answer, and then pass the ball to one of the children in the circle. When a child gets the ball, ask them to think of an answer, before passing onto a teammate. The aim is to get everyone to share an idea. Topics or questions include:

- Can you think of something kind you could say to someone else?
- How does a bully make other people feel?
- Why is it important to be kind or respectful when you are online?
- What is something respectful you could say to an opponent
- How could a bully affect a team?

## Super Shoutouts



**When:** Warm-up or warm-down exercise (10 minutes)

**Goal:** To frame public role-models who display positive behaviour and kindness

Children love 'show and tell'. This is a chance for children to talk about a famous person (or maybe even someone at their club) who they look up to. Someone who shows positivity, respect or kindness. It might be a sports person or celebrity who has done something to help others. You could ask a few children each week to present their hero to the group. Questions you could ask include:

- Why do you look up to this person?
- Why do you think this person acts this way?
- What positive things does this person do?
- What can you learn from them?

**Extra time :** Could the children draw a picture of their hero to share with the group? Can they think of any positive words to describe them?

# Activities 5 to 8 yrs

## Turn it around



When: Warm-up or warm-down exercise (10 minutes)

Goal: To find ways to turn something negative into something positive

Help children to consider some situations – and how they could respond to someone else in a positive way. Gather the group in a circle and ask them to face away from you. Read out an example of a situation. The group has to jump around as quickly as they can each time. Ask some of them to suggest an idea of how you could turn the situation around by saying something positive or kind. Examples situations you could use include:

- Someone missed a chance to score a goal
- Someone is missing their friends
- Someone's favourite team lost the final
- Someone had something mean said to them online
- Someone is feeling a bit sad

## Design a Legend



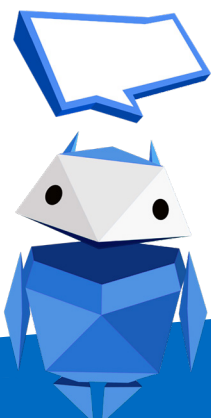
When: At home

Goal: To think of positive words to describe how a teammate should be

Children can use a printable download of an Internaut from the Interland game. They colour an Internaut in their team or club kit. Can they write down or circle some positive words that they think describe their legendary teammate? For example, these could be:

- kind
- good
- happy
- nice
- helpful

Note: Can they share with the group the next time they come to training?



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## Interland Challenge

When: At home

Goal: To encourage children to explore the Be Internet Legends Interland game and learn more skills to be safer and more secure online



Tell children about the Be Internet Legends Interland game and share a handout with details of how to play. Challenge children to to play the Interland levels and to get a friend, sibling or parent to play along. Could you set some team challenges? For example:

- Try to complete a level and download a certificate
- Help a teammate complete a level (sharing advice, tips)
- Tell their team their favourite level or part of Interland

**Note:** if a child doesn't have internet access, can you support them to find a way to play?

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