

# LESSON 1

## OBJECTIVES:

Meeting the group, developing perception and observation skills amongst peers, developing imagination, getting acquainted with non-verbal means of self-expression

## LIST OF TASKS:

- **Group game — "Let's Get to Know Each Other!";** *purpose:* to create a friendly atmosphere, involve shy children in communication; *required equipment:* Attachments 1.1, 1.2, 1.3, 1.4 - for the group, a ball
- **Group game — "My Place";** *purpose:* to develop attention and observation skills; continue getting acquainted with each other; *required equipment:* music
- **Group game — "Clumsy Bear";** *purpose:* to develop focus and involvement
- **Individual task — "Find the Animal";** *purpose:* to develop imagination, fantasy, fine motor skills and precision; *required equipment:* Attachment 2, colored pencils - for each child
- **Role game — "Figure out the Animal";** *purpose:* to develop one's imagination and ability to express one's self; *required equipment:* Attachment 3 - for the group
- **Group game — "Clap – Don't Clap";** *purpose:* to activate audio-attention and physical fitness

## ATTACHMENTS:

Attachment 1.1



Attachment 1.2



Attachment 1.3



Attachment 1.4



Attachment 2



Attachment 3



- Personal folders for each child, soft toy Bear Bucha  
*Note 1:* The descriptions of the tasks are general guidelines, keeping in mind that personal input and creativity are encouraged throughout the program.  
*Note 2:* The context of each paragraph is the instructor speaking and engaging the kids.  
*Note 3:* "..." indicates children have performed the task.

## LESSON 2

### OBJECTIVES:

Understanding of the human body and sensory organs, developing mimic motions and articulation, overcoming barriers in communication

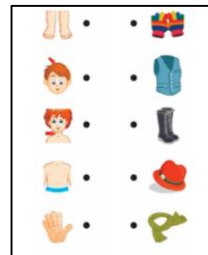
### LIST OF TASKS:

- **Group game — "Articulation Gymnastics";** *purpose:* to develop the ability to quickly switch from one articulated position to another
- **Group game — "Non-verbal Greeting";** *purpose:* to overcome barriers in communication, reduce emotional tension
- **Individual task — "Let's Get Dressed";** *purpose:* to develop fine motor and neatness skills; *required equipment:* Attachment 4, pencils, rulers and erasers - for each child
- **Group game — "Love-Don't Love";** *purpose:* to develop the imagination and ability to self-express with body language
- **Individual task — "Color the Robot";** *purpose:* to develop attention to details and neatness, teach the skills necessary to follow the rules; *required equipment:* Attachment 5, colored pencils - for each child
- **Role play — "Shadow";** *purpose:* to develop the ability to understand the non-verbal signals of others and coordinate activities; *required equipment:* a bell

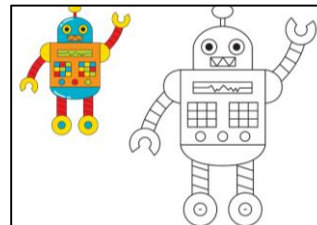


### ATTACHMENTS:

Attachment 4



Attachment 5



# LESSON 3

## OBJECTIVES:

Getting acquainted with our emotional states, understanding our counterparts by facial expression and body language, developing the ability to share information with use of non-verbal signals

## LIST OF TASKS:

- **Group game — "Fireworks Greeting";** *purpose:* to create a positive atmosphere, involve shy kids into communication
- **Group game — "Continue the Movement in a Circle";** *purpose:* to develop the ability of self-expression with movements and imagination, bring kids together
- **Group game — "I Can";** *purpose:* to see how well the kids know their body parts, develop attention and coordination of movements
- **Group game — "Facial and Hand Emotions";** *purpose:* to explore different emotions, explore the means of their expression; *required equipment:* Attachment 6 - for each child
- **Individual task — "Guess the Emotion";** *purpose:* to develop attention to detail, fine motor skills and neatness; *required equipment:* Attachments 7, scissors and glue - for each child
- **Group game — "I Can Hear Everything!";** *purpose:* to develop curiosity and the ability to switch from one activity to another

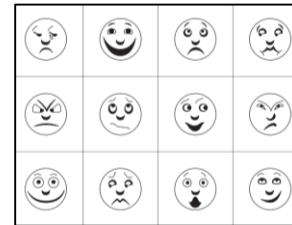


## ATTACHMENTS:

Attachment 6



Attachment 7



# LESSON 4

## OBJECTIVES:

Introducing children to the differences in emotions, developing the skills to recognize emotions by schemes and ability to show specific emotions using mimicry

## LIST OF TASKS:

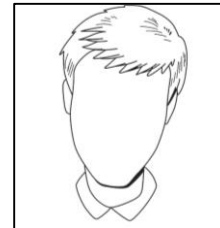
- **Group game — "Sun";** *purpose:* to create an atmosphere of trust and joy, develop the ability to act out; *required equipment:* music
- **Group game — "Exercise for the Tongue";** *purpose:* to develop attention and the ability to quickly switch from one articulated position to another
- **Group game — "Guess an Emotion";** *purpose:* to get acquainted with emotional conditions
- **Group game — "Make a Face";** *purpose:* to explore means of expressions that people can understand correctly
- **Individual task — "My Mood";** *purpose:* to teach how to express different emotions graphically; *required equipment:* Attachments 8.1, 8.2, colored pencils - for each child
- **Group game — "Wind";** *purpose:* to relax the body

## ATTACHMENTS:

Attachment 8.1



Attachment 8.2



# LESSON 5

## OBJECTIVES:

Developing non-verbal means of communication and body language, exploring emotional conditions and suitable expressions with mimicry, developing imagination and group cohesion

## LIST OF TASKS:

- **Group game — "I am Looking for a Friend";** *purpose:* to warm up the group, develop communication skills; *required equipment:* Attachment 9 - two copies for the group
- **Group game — "Clouds";** *purpose:* to develop audio attention and skills of non-verbal communication
- **Group game — "Show the Emotion";** *purpose:* to develop imagination and attentiveness, get acquainted with emotional conditions; *required equipment:* Attachments 10.1, 10.2 and 10.3 - for the group
- **Group game — "Masks";** *purpose:* to develop group cohesion, teach the use of mimicry to express ourselves; *required equipment:* Attachments 10.1, 10.2 and 10.3 - for the group
- **Role play — "Mime Scenes";** *purpose:* to teach emotional conditions and body language
- **Role game — "Jelly";** *purpose:* to relax the body



## ATTACHMENTS:

Attachment 9



Attachment 10.1



Attachment 10.2



Attachment 10.3



## LESSON 6

### OBJECTIVES:

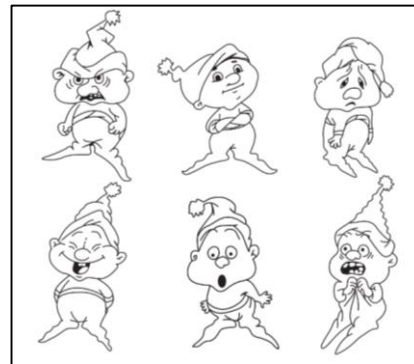
Developing audio attention and imagination, understanding main emotional conditions of a human being and means of their expression

### LIST OF TASKS:

- **Group game** — "In the Forest"; *purpose*: to develop an understanding of gestures
- **Role game** — "On the Pond"; *purpose*: to understand different emotions by use of mimicry
- **Individual task** — "Hat for the Gnome"; *purpose*: to improve knowledge about emotional states and means of expression; *required equipment*: Attachment 11, colored pencils - for each child
- **Group game** — "Four is a Crowd"; *purpose*: to develop listening skills, memory and imagination
- **Role game** — "Flower, Grow up!"; *purpose*: to develop imagination
- **Role game** — "Butterflies"; *purpose*: to relax the body

### ATTACHMENTS:

Attachment 11



## LESSON 7

## OBJECTIVES:

Developing visual and listening abilities to help understand emotions, developing focus and the ability to maintain positive emotional states, to quickly switch from one activity to another

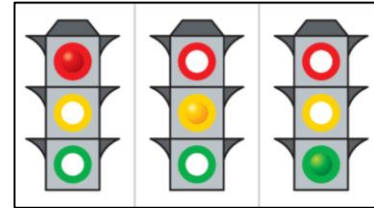
## LIST OF TASKS:

- **Group game — "Greeting with a Bell";** *purpose:* to set a welcome mood for children; *required equipment:* a bell
- **Group game — "Expressive Movements";** *purpose:* to develop mimicry, pantomime, movements, relaxation
- **Group game — "Traffic Light";** *purpose:* to develop attention and the ability to quickly switch from one activity to another; *required equipment:* Attachment 12 - for the group
- **Individual task — "De-code a Letter";** *purpose:* to develop the ability to identify emotional states by plot; *required equipment:* Attachment 13, colored pencils - for each child
- **Group game — "Snail";** *purpose:* to relax the body and reduce impulsiveness
- **Group game — "Tower of Joy";** *purpose:* to establish a positive emotional state in the group

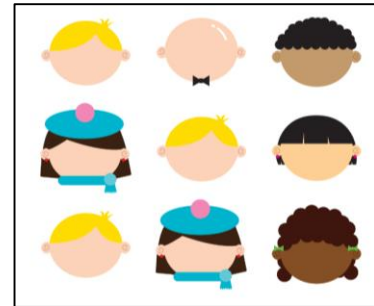


## ATTACHMENTS:

Attachment 12



Attachment 13



## LESSON 8

## OBJECTIVES:

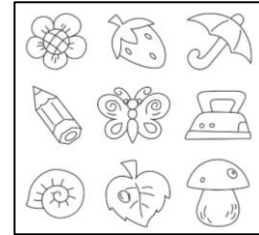
Introducing eye contact, developing focus and attention to details, learning words of politeness, teaching the understanding of good and bad deeds

## LIST OF TASKS:

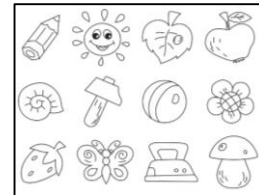
- **Group game — "Good Morning";** *purpose:* to develop an understanding of self and others, learn about the different ways of expressing our mood
- **Group game — "What We Say";** *purpose:* to learn politeness words
- **Individual task — "Guess the Picture";** *purpose:* to develop fine motor skills, memory, attentiveness and accuracy to details; *required equipment:* Attachments 14.1, 14.2, colored pencils - for each child
- **Group game — "Ha-Ha-Ha! Ho-Ho-Ho! Hi-Hi-Hi!";** *purpose:* to create positive emotions, reduce stress
- **Group game — "Stand up, Who am I Looking at";** *purpose:* to teach the skills of non-verbal communication, understand the importance of eye contact
- **Group game — "Good & Bad";** *purpose:* to develop ability to understand the actions of peers; *required equipment:* Attachment 15, colored pencils and scissors - for each child

## ATTACHMENTS:

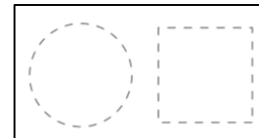
Attachment 14.1



Attachment 14.2



Attachment 15





# LESSON 9

## OBJECTIVES:

Developing a culture of communication and the ability to talk friendly to each other, developing understanding of good and poor behaviour, teach the skills of verbal collaboration.

## LIST OF TASKS:

- **Group game — "We are Singing a Name";** *purpose:* to recognize one's own name in a harmony, develop audio attention
- **Group game — "Pass on the Toy";** *purpose:* to develop group cohesion, teach coordinated movements; *required equipment:* five small soft balls
- **Group game — "Good or Not";** *purpose:* to develop an understanding about good and poor behavior
- **Individual task — "Judge the Action";** *purpose:* to teach children how to evaluate actions, develop a sense of responsibility; *required equipment:* Attachments 16.1, 16.2 and 16.3 - for the group
- **Group game — "Secret";** *purpose:* to develop the skills required in verbal interaction, teach the ability to pose questions; *required equipment:* one pouch, two beads, two buttons, two stones, two cubes, two keys, two erasers, two elastic bands
- **Group game — "A Kitty is Sleeping";** *purpose:* to relax the body

## ATTACHMENTS:

Attachment 16.1



Attachment 16.2



Attachment 16.3



## LESSON 10

### OBJECTIVES:

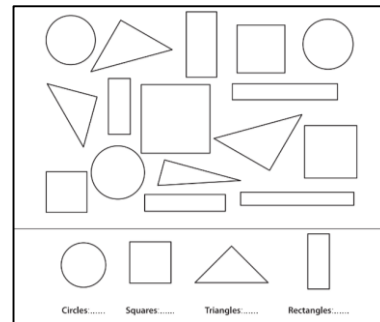
Developing group cohesion, improving communication skills and the ability to ask open and closed questions, developing a polite and respectful attitude towards each other

### LIST OF TASKS:

- **Group game — "Handshake";** *purpose:* to develop cohesion and interest
- **Group game — "Ball of Yarn";** *purpose:* to establish trust and contact amongst children, develop self-consciousness; *required equipment:* a ball of yarn
- **Individual task — "Color the Figures";** *purpose:* develop attention and fine motor skills; *required equipment:* Attachment 17, colored pencils - for each child
- **Group game — "Chest";** *purpose:* to teach the required skills when asking open and closed questions; *required equipment:* one pouch, a piece of chewing gum, one pen, one balloon, one ring, one battery, one spoon, one pencil, one sharpener, one hairpin, one lock, one napkin, one sea-shell, one magnet - for the group
- **Group game — "Magic Word";** *purpose:* to develop a respectful attitude towards each other and repeat polite words
- **Role game — "Balls";** *purpose:* to develop an imagination, relax the body

### ATTACHMENTS:

Attachment 17



# LESSON 11

## OBJECTIVES:

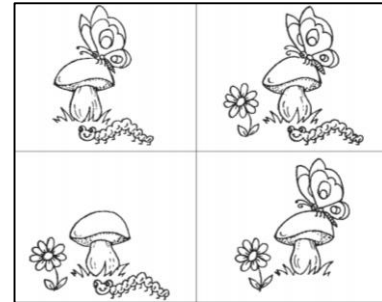
Working on formation of friendly relationships with peers, speech expression and non-verbal means of politeness, developing attention

## LIST OF TASKS:

- **Group game — "Meet Each Other";** *purpose:* to understand the interdependence of emotional states and the quality in communicating with others
- **Group game — "Clap Everyone Who...";** *purpose:* to develop audio attention, reflect on one's own state
- **Individual task — "Paint and Color";** *purpose:* to develop attention and fine motor skills; *required equipment:* Attachment 18, colored pencils - for each child
- **Group game — "Polite Words";** *purpose:* to develop a culture of communication and habit of using polite words; *required equipment:* a ball
- **Group game — "Show without Words";** *purpose:* to use gestures of politeness, develop non-verbal means of communication
- **Group game — "Soap Bubble";** *purpose:* to relax the body

## ATTACHMENTS:

Attachment 18



# LESSON 12

## OBJECTIVES:

Forming an adaptive style of communication with peers, teaching polite mannerisms of communication, developing skills of using polite words in speech

## LIST OF TASKS:

- **Group game — "Echo";** *purpose:* to teach emotional expression, attention and quick reaction
- **Group game — "Bell";** *purpose:* to develop respect in communication, establish the habit of using polite words; *required equipment:* a bell
- **Individual task — "Gift";** *purpose:* to develop fantasy, creativity and fine motor skills, teach gifting; *required equipment:* paper, colored pencils - for each child
- **Group game — "Pass on a Smile";** *purpose:* to teach the elements of mimicry and expressive movements; *required equipment:* a bag
- **Role play — "Kangaroo and her Baby";** *purpose:* to develop communication skills, teach the ability to adapt one's own actions to the actions of others; *required equipment:* Attachment 19 - for the group
- **Group game — "Magicians";** *purpose:* to develop a friendly attitude towards each other; *required equipment:* a stick



## ATTACHMENTS:

Attachment 19



## LESSON 13

### OBJECTIVES:

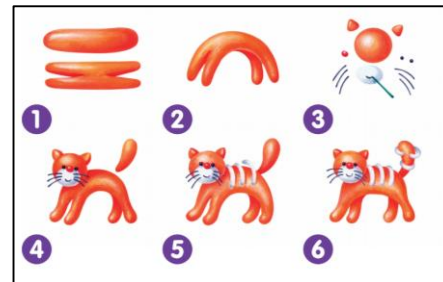
Developing self-awareness and empathy, teaching friendliness and acceptance about the peculiarities of each other, developing the ability to give compliments

### LIST OF TASKS:

- **Group game — "Our Names";** *purpose:* to develop attention and communication skills; *required equipment:* music
- **Group game — "Different, but Similar";** *purpose:* to overcome shyness, reduce anxiety level, cultivate a sense of solidarity and understanding others
- **Group game — "Mirror";** *purpose:* to develop attention, observation and communication skills
- **Individual task — "My Cat";** *purpose:* to develop fine motor skills, teach the ability to follow instructions; *required equipment:* Attachment 20, playdough and boards - for each child, music
- **Group game — "Lame Kitty";** *purpose:* to develop communication skills and empathy; *required equipment:* a cat mask
- **Group game — "Good Word";** *purpose:* to increase self-esteem, create a positive self-image, develop communication skills

### ATTACHMENTS:

Attachment 20



# LESSON 14

## OBJECTIVES:

Developing audio attention, learning the etiquette of talking on the phone, strengthening the vocabulary of polite words, forming friendly attitudes and collaboration skills

## LIST OF TASKS:

- **Group game — "Mutual Citation";** *purpose:* to develop listening perception and movement coordination
- **Group game — "Shop";** *purpose:* to use polite words, develop communication skills and the ability to express thoughts precisely; *required equipment:* scarf, notebook, sticker, keychain, playdough, battery, necklace, comb, toy cube, journal, book, toothbrush - for the group
- **Group game — "Piece the Picture Together";** *purpose:* to develop the ability to work and communicate in a team; *required equipment:* Attachment 21 - for the group
- **Group game — "Telephone";** *purpose:* to teach children the rules of phone conversation
- **Group game — "Let's Repeat Polite Words";** *purpose:* to strengthen the vocabulary of polite words
- **Group game — "Quick-Slow";** *purpose:* to relax the body



## ATTACHMENTS:

Attachment 21



# LESSON 15

## OBJECTIVES:

Activating attention about the appearance and peculiarities of peers, developing a value of cleanliness, reinforcing rules of personal hygiene that children should follow

## LIST OF TASKS:

- **Group game — "Stand up Those Who...";** *purpose:* to activate observation skills about the peculiarities of others
- **Group game — "Fairy of Cleanliness";** *purpose:* to form interest; develop attention to neatness and personal appearance; *required equipment:* Attachment 22 - for each child
- **Individual task — "Tidy Kid";** *purpose:* to learn about personal hygiene items and the need to use them; *required equipment:* Attachment 23, colored pencils - for each child
- **Group game — "Personal Hygiene";** *purpose:* to reinforce skills of personal hygiene
- **Group game — "Guess Yourself";** *purpose:* to activate attention about our self-appearance, develop communication abilities
- **Group game — "Right-Left";** *purpose:* to develop observation skills, attention to details and quick reaction; *required equipment:* music



## ATTACHMENTS:

Attachment 22



Attachment 23





## LESSON 16

### OBJECTIVES:

Developing observation and attention towards self-appearance and external peculiarities of other participants, repeating the use of personal hygiene items, showing care towards others

### LIST OF TASKS:

- **Group game — "Invitation";** *purpose:* to activate attention about the details of appearance
- **Group game — "With the Back Towards Each Other";** *purpose:* to develop observation skills, attention to appearance and visual memory
- **Individual task — "Hygiene Items";** *purpose:* to strengthen knowledge about personal hygiene items; *required equipment:* paper, colored pencils, one comb, one brush for clothes, one towel, one toothbrush, one toothpaste, one soap, one loofah ball, one sponge for shoes, one shampoo, one pair of manicure scissors, one bag - for the group
- **Group game — "Dolls";** *purpose:* to strengthen practical skills of using personal hygiene items
- **Group game — "Trees";** *purpose:* relaxation
- **Group game — "It's me";** *purpose:* to attract attention to a healthy lifestyle, develop auditory perception and quick reaction





## LESSON 17

### OBJECTIVES:

Developing the skills of self-presentation and the ability to follow the rules of giving and receiving gifts, developing the rules of behaviour in public transportation

### LIST OF TASKS:

- **Group game — "Let's Go Play";** *purpose:* to create a positive atmosphere and to form group unity
- **Group game — "My Business Card";** *purpose:* to develop the concept of self and skills of self-presentation; *required equipment:* samples of business cards
- **Group game — "A Gift to My Friend";** *purpose:* to form the ability to give presents, teach a pleasant attitude towards others;
- **Individual task — "Draw a Gift";** *purpose:* to develop the ability to follow rules of giving and receiving gifts; *required equipment:* paper, colored pencils - for each child
- **Group game — "Rush Hour";** *purpose:* to develop a mutual understanding of each other, teach the ability to behave politely in public transportation
- **Group game — "Dog";** *purpose:* to relax the body



## LESSON 18

### OBJECTIVES:

Forming the ability to follow rules of polite behaviour while being a guest, developing mutual understanding, reinforcing the skills that relate to giving and receiving gifts, activating a vocabulary of polite words

### LIST OF TASKS:

- **Group game — "Wish";** *purpose:* to develop a friendly attitude towards each other; *required equipment:* a ball
- **Group game — "Four Claps";** *purpose:* to develop direct attention and quick reaction, teach the ability to follow instructions; *required equipment:* music, a bell
- **Individual task — "Make a Collage";** *purpose:* to develop fantasy, imagination and fine motor skills; *required equipment:* paper, colored pencils, scissors, glue, glossy magazines - for each child
- **Role play — "Who Came to Visit Us?";** *purpose:* to be introduced to the rules of etiquette when visiting someone; *required equipment:* candies for treat
- **Group game — "Why Not";** *purpose:* to reinforce knowledge about etiquette when visiting someone
- **Group game — "Pine, Fir Tree, Stump";** *purpose:* to develop imagination, attention and the ability to manage one's own behavior; *required equipment:* music

# LESSON 19

## OBJECTIVES:

Expanding the knowledge of dinner etiquette, reinforcing their knowledge of dishes, forming the skills of setting the table, teaching how to hold a spoon and proper behaviour at the table

## LIST OF TASKS:

- **Group game — "Little Cooks";** *purpose:* to create a positive emotional background
- **Individual task — "Kitchenwares";** *purpose:* to reinforce the knowledge of the names for dishes and their purpose; *required equipment:* Attachment 24, paper, scissors and glue - for each child
- **Individual task — "Table Set-up";** *purpose:* to develop attention, imagination and fine motor skills; *required equipment:* Attachment 25, playdough, boards, napkins - for each child
- **Group game — "The Smartest One";** *purpose:* to develop concentration, dexterity and coordination; *required equipment:* spoons and boiled eggs - for each child
- **Group game — "How to Behave at the Table";** *purpose:* to develop the ability to follow the rules of table behavior; *required equipment:* napkins
- **Individual task — "We are Eating Ice-cream";** *purpose:* to reinforce the skill of correctly holding the spoon; teach proper table behavior; *required equipment:* ice-cream in ice-cream bowls, teaspoons and napkins - for each child

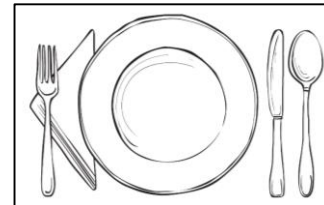


## ATTACHMENTS:

Attachment 24



Attachment 25



# LESSON 20

## OBJECTIVES:

Developing focus and agility, repeating the knowledge about correctly setting the table, teaching how to hold the fork, reinforcing the knowledge of behaviour at the table, repeating the rules of politeness

## LIST OF TASKS:

- **Group game — "Edible-Inedible";** *purpose:* to develop audio attention and positive attitudes; *required equipment:* a ball
- **Individual task — "We are Setting the Table";** *purpose:* to develop memory, imagination and fine motor skills; *required equipment:* paper, colored pencils - for each child
- **Group game — "Rules of Table Behavior";** *purpose:* to reinforce the skills of behavior at the table
- **Individual task — "We are Eating Fruit Salad";** *purpose:* to reinforce the skill of holding the fork and behaving at the table; *required equipment:* fruit salad in a dessert plate, dessert fork and napkin - for each child
- **Individual task — "Goldilocks and the Three Bears";** *purpose:* to repeat the rules of behavior and politeness; *required equipment:* Attachments 26.1 to 26.10, colored pencils - for each child
- **Group game — "Thank you for the Nice Activity";** *purpose:* to create a friendly atmosphere

## ATTACHMENTS:

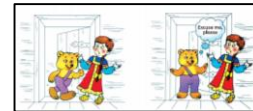
Attachment 26.1



Attachment 26.2



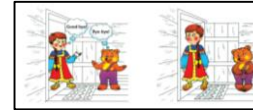
Attachment 26.3



Attachment 26.4



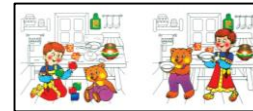
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Attachment 26.6



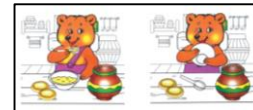
Attachment 26.7



Attachment 26.7



Attachment 26.9



Attachment 26.10

