

**favorite thing
to do on a
sunny day**



**something
you're excited
about**



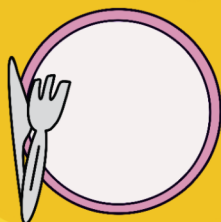
**someone who
helps you**



**something that
makes you feel
happy**



**your favorite
food**



**favorite
animal**



**someone you
love to spend
time with**



**an activity
you enjoy**



**a place you
love to go**



**something you
like in nature**



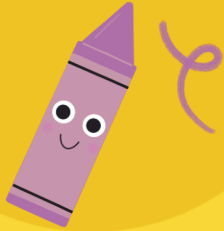
**a song that
you love**



**something you
love about YOU**



**your favorite
thing to draw
or color**



**a book or
story you love**

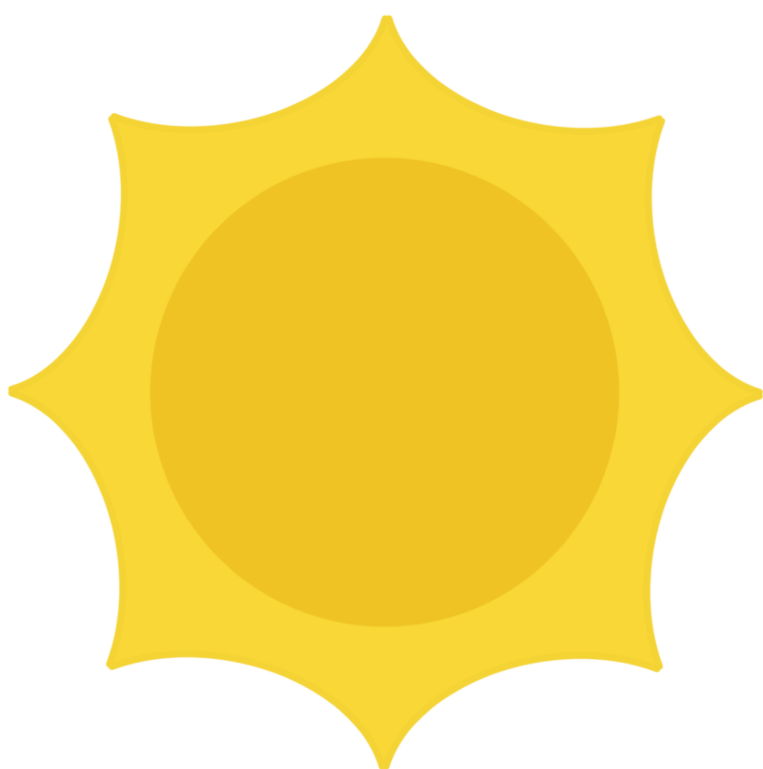
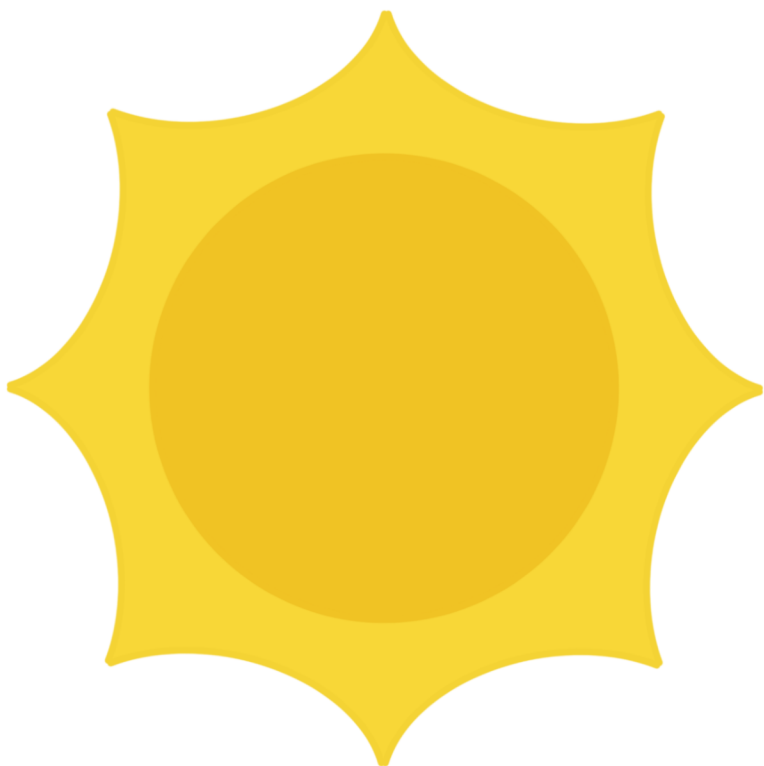


**something kind
you did for
someone**



**something that
makes you
laugh**





SUNSHINE TAG



Cut, hole punch, and tie around the top of the jar or bucket.

Sunshine Jar

Cut out the suns (sunny thoughts) and place them in the sunshine jar. Children can take a sunshine out of the jar, prompting them to think about different things that bring them joy. This is a great resource for a calm corner as it helps kids practice gratitude.

See the activity instructions below for how these suns can be used within a group circle time activity.



SHARE SUNSHINE activity



OBJECTIVE

To help children express gratitude, share positive thoughts, and learn how sunny thoughts can help manage big feelings.

MATERIALS

- Printable paper suns with sunny thought prompts (pre-made and ready to be cut out by the teacher)
- Music player with a selection of fun, upbeat songs

SETUP

- Prepare the Suns: Print and cut out the paper suns, each with a different sunny thought prompt written on it. Prompt examples:
 - your favorite activity
 - something that makes you smile
 - someone you love spending time with
 - a place you love to go
- Circle Time: Have the children sit in a circle, ensuring they have enough space to easily pass the paper sun around.





SHARE SUNSHINE activity

INTRODUCTION

- Explain the Activity: "Today, we're going to play a game called 'Share Sunshine.' We'll be passing around a paper sun, while music plays, with a sunny thought written on it. When the music stops, the person holding the sun shares their answer with everyone."
- Connect to Emotions: "Sharing sunny thoughts can help us feel happy and grateful. Thinking about the things we love and the people who make us smile can make our hearts feel warm, even on tough days."

ACTIVITY STEPS

- Start the Music: Begin playing an uplifting song. Alternatively, you can recite the following rhyme together as a group as the children pass the sun:

*Pass the sun, pass the sun,
Share your thoughts with everyone.
When the music stops, we'll say,
Sunny thoughts to brighten our day!*

- Pass the Sun: Encourage the children to pass the sun around the circle while the music plays or as you say the rhyme.
- Stop the Music: When the music or rhyme stops, the child holding the sun reads the prompt out loud and shares their answer with the group. For younger children, the teacher can assist in reading the prompt.
- Discuss: Briefly discuss the answer, highlighting the positive emotion it brings. "That's a wonderful place! Thinking about places that we love can really brighten our day."
- Repeat: Each round, you can change the sunshine prompt as you wish.



SHARE SUNSHINE activity

WRAPPING UP

- Reflection: "Wasn't it great to hear everyone's sunny thoughts? Remember, when we think about the things that make us happy, it can help us feel better, even when we have big feelings like sadness or anger."
- Gratitude: "Let's take a moment to feel grateful for all the good things we shared today. Gratitude helps us appreciate what we have and all the good in our lives."

1:1 SESSION ADAPTATION

- Spread a few suns in different spots on the ground.
- Start the Music: Begin playing an upbeat song.
- Move Around: Encourage the child to move around the room while the music plays.
- Stop the Music: When the music stops, the child finds the closest sun, reads the prompt out loud (with help if needed), and shares their answer.
- Discuss: Briefly discuss the answer, highlighting the positive emotion it brings.

