



How to Play

1. Everyone stands in a circle.
2. The teacher holds a toy banana (or pretends to hold one).
3. The teacher says a situation and tosses the banana to a child.
4. The child must quickly act out or say a kind response before counting to 3.
6. If they do it, everyone cheers: "Soul Blossom Banana! "
7. If they get stuck, they must do a funny deep breath and say: "Oops! Let me grow kinder!"

Example Situations

- Someone bumps into you by accident. A friend forgets to share. Someone is sitting alone. Your brother takes your pencil. A friend wins a prize instead of you. Your parents ask for help. Someone makes a mistake in a game.

Funny Bonus Round

The teacher acts like Benny the Banana Monkey.

Whenever Benny shouts: "I'm angry! Grrr!"

Everyone must freeze, take a deep breath, and reply: "Choose peace, Benny!"

Whenever Benny says: "I'm jealous!" Everyone replies: "Be happy for others!"

Whenever Benny says: "I don't want to help!" Everyone replies: "Service makes us shine!"

Reflection Question: What was the easiest kindness action for you today?