

**Name of the activity:** \_\_\_\_\_ Caring \_\_\_\_\_

**This idea comes from:** \_\_\_\_\_ Heinrich-Böll-Schule, Frechen \_\_\_\_\_

(Name of school)

**Aspect of relationship (focus):** Pupil/Teacher-Relationships

**Short description of the activity (How to do?):**

For building relationships it is always necessary to satisfy the safety system first!  
Teachers are the guarantors for the pupils to feel safe, thus enabling them to explore their environment and develop.

One possibility is to make sure that they have enough to eat and feel human warmth by enjoying small meals together (e.g. breakfast, fruit breaks, cookies...)

A lot of children don't know common meals in their families. Therefore it is very important to spend common time during the meals in class, chat and laugh, listen to the little tales the children experienced during the day and enjoy the time as a community.  
Children are learning to be friendly to each other, to ask for food, to offer food to others, to say "thank you" and "please" and they learn the next important step: to wait for a little moment and feeling sure that they are not forgotten, although another child is getting food first.

**Requirements** (What do we need? Staff, material, rooms, time, ...)

- Food (fruits, cookies...) and drinks (it can be water),
- A comfortable room situation like a big table or a carpet. If you don't have a big table make sure that children can see each other for communication and that adults are nearby the children who need the most safety.
- At least 15 minutes a day (it should be reliably each day)

**What else?**

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