



For the supervisor

The first workspace: Hallway

The children wait to enter the group space or come into the space and settle in peace. Ask for gossip, say hello, and look everyone in the eye. When the situation is calm, ask:

The second workspace: Narrative status

Take a deep breath, let the peace of the story settle in yourself.

Press your gaze down and present your chosen start-up replica. You can use the phrase: "I think".

Apply the sand in peace. Be silent. Let the children listen to the sound of sand.

Make a seashore on the sand and spread plenty of starfish on the shoreline, on clearly dry land, on the beach.

Take the first character and let him walk along the seashore.

Stop in between and throw one starfish into the water.

Start the story.

Take another character and let it walk the same steps as the first one.

Move your hand close to the first character and throw one starfish into the water.

Raise your gaze; create an open and understanding atmosphere with your body language. There is no

Activities

You can use the "I think"-phrase in all transitions and when starting a sentence. Just when you feel like it.

Are you ready to hear the story?

Listen to the sound of the sand. OR The desert can be a dangerous place.

The wind blows. The sand moves and it is difficult to find a way. It is scorching hot during the day and freezing cold at night. There is little that grows in the desert and not much to eat or drink. Only a few goes to the desert unless forced. In some places, the water comes close to the surface of the earth. That is the place where people, animals and plants can settle.

That is where this man went along the seashore. The storm had cast many, many starfish on dry land. Every now and then, a man stopped and threw one starfish into the water.

Behind him walked the other man who said, "There's no use in that, you cannot rescue at all the starfish."

Then the first one bowed again, threw a starfish into the sea and said, "For this starfish it is useful and makes a difference."



right or wrong! Ask the children to wonder, or ask at least one question, “What did you like the most?”

Collect items out of the sand and take the sack in your hand.

Get up and ask the children to get up. Walk calmly in the circle a few steps and sit down. OR Stand up and move to sit at another point in the circle. If the children are very small, it might be easier that you are the only person to change places.

The third work space: Communal Play

Ask the children about their day and create a mental landscape to the sand as described by the group. You can ask questions that are more specific and verify from the children that the sand-drawn shapes are in line with the children's ideas. Your hand will reflect the instructions given by the group. The sand is starting to illustrate the concern and joys of children. There might be an ice cream kiosk, sunbathing, etc.

Hold one starfish in your hand (initially hidden) as you begin to ask the narrative questions. Ask the first question by holding the first starfish in your hand. For the second question, take another starfish in your hand. When the answers start to come, take the starfish out and put in it the things and people the kids are mentioning. You can repeat the word children are saying and touch the starfish simultaneously.

Place both starfishes in the location chosen by the group.

Look at the rest of the starfishes and place them on the sand as instructed by the children.

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The questions of wonder

What did you like the most? Is there a part you would like to leave out? Where would you like to be in the story?

Now I gather away the man who followed the first. He is the man who always saved the lonely starfish.

All the starfish that the storm had driven to shore.

Now we will change places.

Community questions

How are you today? What has your day been like (joys, excitements, sorrows, stresses)

Narrative questions

Who cares of you?
Who do you care for?

We have not used all the starfishes. Do you think, there might be someone, who cares?

Take a short break and then move on to discuss current issues with the children. Recycle the container with the characters. Let the children choose a character for themselves. Try to keep the situation quiet. Then ask the children to put the character in a sandy landscape in a place that suits him.

Once everyone has his or her character in the sandy landscape, start a conversation based on the resulting landscape. Give enough time. Remember that even silence can tell of the inner speech. You do not have to say everything aloud.

Once the conversation has subsided, move your gaze from the children down to the sandy landscape. Be quiet for a moment and then end the state of play by placing your hands over the landscape as if blessing what you see.

The fifth workplace: Celebration

Take out what is on offer (one grape child, etc.) and tell them about the transition to the party stage.

Serve each group respectfully a small meal. Start eating together and talk about moods. The conversation can be free form.

Mental exercise

Give the children a small reflection task in connection with the celebration. The task can be the same at different times. A typical task can be a reflection task at home or a craft task in one's own group to be carried out immediately after the exercise.

Here is one example to do: In the evening, think about 1 – 3 topics of gratitude for day. They can be anything and you do not have to tell them others, but you can, if you want. After doing this for 3 weeks, you can start telling yourself in advance what to thank tomorrow. This increases a person's sense of control over life and positivity.

Put yourself to this day. Think about where you yourself would like to be in this landscape.

Now, you can go set your character on the sand the way you want.

Self-related questions

What do you see here? What would you like to say about yourself today?

This is good.

Now we are having a small celebration and value the feeling of being a part of humankind. We start eating it at the same time.

How did this exercise make you feel?

Now I am wondering if you would like to try a little task of gratitude at home...

When you go to bed in the evening or rest during the day, think about whether you have something in mind that you could be thankful for.

Do this every night for many weeks and then you can ask the adult what to do then.