**Ages: 6-8**

# Who made your day better?

3 min



**Main question:** «If you think about it - who did something today that made your day a little better? It could be someone close, a friend, a teacher, or even a stranger.»

**If one word:** «And what exactly did they do? How did you feel?»

**If they open up:** «Could you say thank you to them tomorrow - or do something nice in return?»

## What we practised:

*«When a child learns to notice "who helps" - they build a sense of connection and gratitude toward the world. This isn't about "teaching manners," it's about basic trust in people.»*