



Just like learning how to eat healthy and be active, students and staff need **social-emotional skills** to thrive and lead happy, healthy lives. Together with Sanford Harmony, Healthier Generation is helping schools connect social-emotional learning and wellness to foster healthier classrooms and communities.

These **Quick Connection Cards** from Sanford Harmony contain ideas for brief discussions and activities that provide peers with opportunities to share, think, collaborate, and have fun together. In this printer-friendly deck you will find:

- **Quick Conversation Cards**  
Discussion questions that allow students to get to know one another.
- **Quick Collaboration Cards**  
Ideas for fun activities that promote joint problem solving and cooperation.
- **Quick Community Builders**  
Enjoyable activities designed to bring students in the classroom together to work and play as a team.

For more great resources to help build harmony in your classroom, visit [SanfordHarmony.org](https://SanfordHarmony.org).

## CONVERSATIONS



What is your favorite holiday? Why?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could be in a movie, which one would you be in, and what character would you play?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is something you can't live without?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What would be your perfect day?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is something that you have learned from someone close to you?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could choose to be anywhere in nature, (e.g., beach, mountains, icecap, desert) where would you be and why?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is something for which you are thankful? How do you show that you are thankful?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"Coming together is a beginning. Keeping together is progress. Working together is success."**  
- Henry Ford

What is something that you have accomplished as part of a team?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"Today you are you, that is truer than true. There is no one alive who is youer than you."**  
- Dr. Seuss

What has made you feel proud?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"There is nothing in the world so irresistibly contagious as laughter and good humor."**  
- Charles Dickens

Who makes you laugh?  
Why?

## CONVERSATIONS



**"The human race has one really effective weapon, and that is laughter."**  
- Mark Twain

What is something that has made you laugh this week?

## CONVERSATIONS



**"Your mind is like the water... When it is agitated it becomes difficult to see, but if you allow it to settle the answer becomes clear."** - Master Oogway (Kung Fu Panda)

Where do you like to go when you want some quiet or alone time to think?

## CONVERSATIONS



**"It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends."**  
- Albus Dumbledore

Have you ever had to stand up to others because of something you believed was right (or wrong)?

## CONVERSATIONS



**"Don't let what you can't do stop you from doing what you can do."**  
- John Wooden

What are three things that you would like to accomplish in the next year?

## CONVERSATIONS



**"There is no better exercise for the heart than reaching down and lifting people up."**  
- John Holmes

What have you done that made a difference in someone's life?

## CONVERSATIONS



What do you do in the morning before you leave for school?

## CONVERSATIONS



Has anyone ever assumed something about you that wasn't true? What did you do?

## CONVERSATIONS



Is there something about you, or something you have done, that would surprise your classmates if they knew?

## CONVERSATIONS



"You sort of start thinking anything is possible if you've got enough nerve." - Ginny Weasley (Harry Potter and the Order of the Phoenix)

What is something that you would feel nervous or afraid to do alone?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is something that makes you feel nervous or worried? What do you do to feel better?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



Have you ever seen someone get teased or bullied? How did you feel? What did you do?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is the nicest thing that someone else has done for you?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could completely re-decorate your room, how would it look?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What did you do last time you stayed home from school because you were sick?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could have lunch with someone famous, who would it be? What would you talk about?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite outfit?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



How do you think it would feel to be President of the United States?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is one thing your parents make you do that you really don't want to do? How do you respond when they ask you to do it?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What job would you like to try for a day?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



Would you rather live on a space station or in a submarine? Why?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could only eat one food for the rest of your life, what would you choose? Do you think you would like that? Or would it get boring?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



Would you rather eat breakfast for dinner or eat dinner for breakfast? What would you choose to eat?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is the last thing you do before you go to bed at night?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite season? What kind of activities do you like to do during that season?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



Do you have any pet peeves – things people do that really bother you? What are they? What do you do when someone is committing one of your pet peeves?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite color? What belongings do you have in this color?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could be invisible, where would you go? What would you do?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"Be the change you wish to see in the world."**  
- Gandhi

If you could change one thing about the world, what would it be and why?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What accomplishment has made you proud, and what did you do to celebrate?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"In this world it is not what we take up, but what we give up, that makes us rich."**  
- Henry Ward Beecher

What is something you could give up to make a difference in someone's life?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could snap your fingers and appear somewhere else in the world, where would you be? What would you do there?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



When was the last time you were really upset? What happened? How did you resolve the issue?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is something that you do really well? How did you learn that skill? Was it difficult to learn?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could switch places with one person for a day, who would it be? What would you do?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you were stuck in an elevator with one person, who would you want the person to be? What would you do to pass the time?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



Are you a morning person or a night person? Why do you think that is?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could change your name, would you? What name would you choose?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



Do you have any pets? What kind, and how many? If not, is there a pet you would like to have?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could witness any past, present, or future event, what would it be and why?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could choose to be any age forever, what age would you choose? Why?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



When you are feeling sad, what do you do to feel better?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What hurts your feelings? What did you do the last time your feelings were hurt?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"Don't let the fear of striking out hold you back."**  
- Babe Ruth  
Is there something you are afraid to try? Why?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could ask anyone to teach you something, who would you ask and what would you want to learn?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What do you usually like to do during recess? Is there anything new you would like to try during recess?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



Do you have any brothers or sisters? How many? If not, do you think you would like to have brothers or sisters?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What do you like to do on weekends?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



Where is the most exciting place you have been in the last year? What did you do there?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



Do you like to read? What is your favorite book? What are your favorite types of books?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite game? Who taught you how to play? Who usually plays it with you?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite movie? Why do you like it?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite TV show? Why do you like it?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"We must use time wisely and forever realize that the time is always right to do right."**

- Nelson Mandela

What do you wish you could spend more time doing?

SANFORD HARMONY Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"Lost time is never found again."**  
- Benjamin Franklin

What is something you think is a waste of your time?

## CONVERSATIONS



**"You may delay, but time will not."**  
- Benjamin Franklin

What is something you procrastinate doing? Why?

## CONVERSATIONS



**"Time is what we want most, but we use worst."**  
- William Penn

What is a strategy that can help you to use your time wisely?

## CONVERSATIONS



If you had to stay outside all day, how would you spend your time?

## CONVERSATIONS



If you had to stay inside all day, how would you spend your time?

## CONVERSATIONS



**"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."**  
- Unknown

How would someone close to you describe you?

## CONVERSATIONS



**"Friendship isn't about whom you have known the longest... It's about who came, and never left your side..."**  
- Unknown

Which qualities make a good friend?

## CONVERSATIONS



**"The beautiful thing about learning is that nobody can take it away from you."** - B.B. King

What is something new that you have learned to do recently? How did you learn it?

## CONVERSATIONS



**"Always walk through life as if you have something new to learn and you will."**  
- Vernon Howard

What would you like to learn to do and why? How could you go about learning it?

## CONVERSATIONS



What would be a great surprise to find in or on your desk?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you moved to a different city, what would you miss most about our class? What would you miss most about our school?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



**"Our greatest weakness lies in giving up. The most certain way to succeed is always to try one more time."**  
- Thomas Edison

What might make you feel like giving up? What motivates you to keep trying?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is the first thing you do when you get home from school?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you were spending a week in a secluded cabin with no electricity or Internet, what five things would you bring?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What is your favorite thing to do?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



Would you like to go on a vacation or an adventure? Where would you go, and who would you go with?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What job would you like to have when you grow up? What do you learn in school that might someday help you in your future job?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



If you could have a superpower, what would it be?

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## CONVERSATIONS



What are you looking forward to about next summer?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



If someone close to you owned a store and you could have whatever you wanted, whenever you wanted from the store, what would you want it to be?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



If you were spending the day with a child your age that spoke a different language, what would you want to do together? Do you think you could do this successfully?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



What belongings do you have now that you hope to still have when you are an adult?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



Would you rather go back in time or into the future to meet someone? Who would you like to meet?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



**"It is the things in common that make relationships enjoyable, but it is the little differences that make them interesting."**  
- Todd Ruthman

What is something you and your current buddy have in common? What is something that makes you different?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



**"One cannot think well, love well, sleep well, if one has not dined well."**  
- Virginia Woolf

What is your favorite meal? Who makes it, and who eats it with you?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



What time of day do you like to have a snack? What is your favorite snack?

SANFORD HARMONY Quick Connections UPPER GRADE

## CONVERSATIONS



Have you had any habits you have tried to break?

SANFORD HARMONY Quick Connections UPPER GRADE

## COLLABORATIONS



### ACROSTIC POETRY

Create an acrostic poem from the word \_\_\_\_\_ with your buddy. An acrostic poem is when the first letters of each line spell out a word.

**Materials:** paper and pencils

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BACK-TO-BACK BUDDY BALL

Stand back-to-back with your buddy with a ball placed between you. Walk across the room without letting the ball fall to the ground.

**Materials:** balls

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BACKWARDS SCATTERGORIES

Make a list of items with your buddy that begin with the letter \_\_\_\_\_, and fall under a certain category (e.g., animals, fruit, places).

**Materials:** paper and pencils

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### KEEP IT UP

Toss a balloon back and forth with your buddy. Keep it off the floor as long as possible.

**Materials:** balloons

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### CREATURE CREATION

Build a creature with your buddy out of recyclable objects.

**Materials:** recyclable objects (cardboard tubes, string, paper, plastic bottles, etc.), tape or glue

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### HOKEY HANDSHAKE

Make up a silly handshake with your buddy.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### LILY PAD POND

Use two pieces of large paper as "lily pads." Cross the room with your buddy, stepping only on the two lily pads, without touching the "water" (the floor).

**Materials:** paper (letter size for older kids; larger for younger kids)

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### TRUST WALK

Verbally guide your buddy across the room while he or she is blindfolded or has his or her eyes closed, then switch turns.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### POETRY PROMPT

Choose a classroom object with your buddy and write a short poem or rhyme about it.

**Materials:** classroom objects (e.g., stapler, paper, glue, et)

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### PUT OUR HANDS TOGETHER

Work with your buddy to build a paper airplane using only one hand each.

**Materials:** paper

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### SKETCH IT OUT

Describe a special place (e.g., your room, neighborhood, park, house) for your buddy to sketch based only on your verbal description. No peeking until the end!

**Materials:** paper and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BACK-TO-BACK BUDDIES

Sit back-to-back with your buddy and try to stand up together without using your hands on the floor.

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### STUCK TOGETHER

Try to cross the room with your buddy, while keeping your adjacent feet (or shoulders or elbows) in contact at all times.

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WHAT'S IN A WORD

Choose a vocabulary word with your buddy and generate as many words as you can, using only the letters in the original word.

**Materials:** vocabulary words, paper, and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### SPELLING STORIES

Work with your buddy to write a short story using all of your spelling words.

**Materials:** spelling words, paper, and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WHAT'S THE USE

Choose a classroom object with your buddy and use your imagination to generate as many traditional and non-traditional uses for that object as possible (e.g., a ruler can be used to measure, scratch your back, stir).

**Materials:** paper and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### A DAY IN THE LIFE

Choose a classroom object with your buddy and write a story together from the object's perspective (e.g., A Day in the Life of a Stapler.)

**Materials:** classroom objects, paper, and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### STORYTELLING

Choose two objects with your buddy and write a short story that incorporates both.

**Materials:** classroom objects, paper, and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BLOWING BACK

Sit across from your buddy and blow a crumpled paper back and forth to one another.

**Materials:** paper

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BACKWARDS ABCS

Write the letters of the alphabet backwards on a shared piece of paper, alternating turns with your buddy.

**Materials:** paper and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### PARTNER PORTRAITS

Sit facing your buddy and draw him or her in that moment.

**Materials:** paper and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### CROSSWORD BUDDIES

Work with your buddy to complete a crossword puzzle.

**Materials:** crossword puzzles

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### PUZZLE PARTNERS

Put a puzzle together with your buddy.

**Materials:** puzzles

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### SCOOT

Sit in a chair next to your buddy. Try to scoot your chairs to be back-to-back, using only your feet.

**Materials:** chairs

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BUDDY EDIT

Read and comment on your buddy's creative writing.

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WHO AM I?

Write the name of someone famous on a sticky note and place it on your buddy's forehead (so he or she cannot read it). The buddy with a note on his or her forehead asks yes or no questions until he or she can correctly guess the name on the paper.

**Materials:** sticky notes and pencils

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### THE SCOOBY DOO

Talk with your buddy for a minute, and put an 'R' in front of every word (e.g., "Rhi. Rhow Rare Ryou?").

SANFORD HARMONY | Quick Connections **UPPER GRADE**

## COLLABORATIONS



### TOOTHLESS TALK

Take turns telling your buddy about your day without showing any teeth.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### RAPID RUN

(hold hands or link elbows with your buddy, and run as fast as you can in place for one minute – silently (no laughing!).

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### MIRROR, MIRROR

Take turns mirroring your buddy's actions.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### CLAP CLAP

Play or make up a hand-clapping song or game with your buddy.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WALK THIS WAY

Take turns naming an animal that your buddy has to walk around pretending to be.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### MADE YOU LAUGH

Try not to laugh for as long as possible while your buddy stares or make silly faces at you. Next, switch turns.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WHAT CAN YOU MAKE?

Work with your buddy to create a picture using 15 dot stickers.

**Materials:** dot stickers, paper, markers

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BUDDY PHOTO BOOTH

Take silly pictures with your buddy.

**Materials:** camera

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WHAT'S MISSING?

Sit with your buddy and place 5 to 10 small items between you.

Remove one item from the collection while your buddy's eyes are closed. Have your buddy guess which object is missing, switch roles.

**Materials:** small classroom objects

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BUDDY COLLAGE

Cut images and/or words out of magazines to create a collage with your buddy that shows things you have in common.

**Materials:** paper, scissors, glue, magazines

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### ADD-ON-PICTURE

Create a picture with your buddy by taking turns adding to the drawing. When one person lifts his or her pencil from the paper, switch turns.

**Materials:** paper and pencils

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### IMAGINARY HIDE-AND-SEEK

Think of a place to mentally "hide." Tell your buddy your general location (e.g. I'm hiding in the classroom.) and have them guess where specifically you were hiding (e.g. under the desk, behind the board).

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### SPELLING HANGMAN

Use your spelling words to play hangman with your buddy.

**Materials:** spelling words, paper, and pencils

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### PAPER BALL SOCCER

Sit across from your buddy, and decide together where to place your "soccer goals." Next, crumble a small piece of paper and play "soccer" using your index finger to "kick" the ball.

**Materials:** paper

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### SQUIGGLES

Draw a squiggly line or shape on a piece of paper while your buddy does the same. Switch papers and turn your buddy's squiggle into a new picture by adding to the drawing. Next, incorporate both of your drawings into a story you write together.

**Materials:** paper and pencils

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BUDDY ANAGRAMS

Working with your buddy, use the letters from your first names to create two new "buddy names."

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### WHEELBARROW BUDDIES

Hold your buddy's feet as he or she walks forward on his or her hands. See how far you can go, then switch places.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COLLABORATIONS



### BOWTIE BUDDIES

Using only one hand each, tie a piece of ribbon into a bow with your buddy.

**Materials:** ribbon

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## **COLLABORATIONS**



### **WORD BUILDERS**

Start by writing down a letter.

Next, your buddy adds a letter with a particular word in mind. Continue alternating adding letters until you have spelled out a word.

**Materials:** paper and pencils

## **COLLABORATIONS**



### **TIC-TAC-TOE**

Play tic-tac-toe with your buddy.

## COMMUNITY BUILDERS

### FRUIT SALAD

Sitting in a circle, with one person in the center (without a seat), everyone is assigned one of four kinds of fruit (e.g., apple, banana, strawberry, pear). The person in the center calls out a fruit, and those people quickly get up and change seats. The last person standing calls out the next fruit. If “fruit salad” is called, everyone gets up and finds a new seat.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### DO THE WAVE

In a large circle, one person begins by lifting his or her hands up into the air and bringing them back down, and is quickly followed by the next person, followed by the next (and so on), creating a “wave” around the circle.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### ARE YOU WITH ME?

Sit in a circle with one person standing in the center. The person in the center states one thing about him or herself. Anyone who shares that commonality has to quickly get up and change seats. The last person standing is the next to share in the center of the circle.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### TELEPHONE

One person whispers a message to the person sitting to his or her left. That person then passes the message to the next person, and so on. The last person to receive the message says it out loud.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### WANDER BREAK

One person starts as the announcer and everyone else as wanderers. When the announcer says “Wander!” everyone slowly walks around the room. When the announcer calls out “break” and a number (e.g., “Break four!”) everyone gathers into groups of that number.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### ADD A BEAT

One person begins by creating a beat, using only his or her body (clapping, snapping, whistling, etc.). The next person joins in with a new sound or variation of the beat. Each person adds a new sound until everyone is participating.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### PASS IT

Sitting in a circle, the group has to quickly pass the ball around as the leader calls out different instructions (e.g., pass behind your back, pass to every other person, move closer together, move farther apart, etc.).

**Materials:** ball

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### CLAP, SLAP, SNAP

One person starts as the leader and creates a clap, slap, snap pattern for the whole group to follow. Switch leaders and repeat.

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### FOLLOW THE LEADER

Form a line with everyone’s hands on the shoulders of the person in front of him or her. Follow the leader as he or she navigates the classroom and calls out different pretend obstacles that will change the manner of movements (e.g., sticky mud, slippery ice, wind blowing from the front, lily pads across the water etc.).

SANFORD HARMONY™ | Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**BUDDY TO BUDDY**

Stand with a buddy and listen for the announcer to call out two body parts to connect (e.g., “Elbow to nose”). After all pairs connect, the announcer says “switch,” and everyone must find a new buddy. The last person to pair up becomes the new announcer.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**HOLD THAT POSE**

One student starts as “it” and calls freeze for everyone else to act like statues. The person who is “it” tries to make the statues break out of character and laugh. The first to laugh becomes “it” for the next round.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**STOLEN GOLD**

Sit in a circle with one person standing in the middle. Someone sitting has a hidden penny. At “go,” those seated begin slyly passing the coin around the circle. The coin can reverse direction at any time, and others can pretend to pass it. The person in the middle calls “stop” and guesses who has the coin.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**WHO’S THE LEADER**

One person is “it” and leaves the room (or closes his or her eyes and covers his or her ears in the corner). The rest of the group picks one person to be the leader, who will begin doing a movement (e.g., tapping feet, clapping hands) for everyone to follow. When the leader begins a new movement, everyone may switch as well. The person who is “it” rejoins the group and has to guess who the leader is.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**POPCORN**

Everyone slowly walks around the room. Once everyone has spread out, the chosen announcer calls out a number and an object (e.g., “two, rocking chair!” ). Those who are walking must form groups of that number and create that object with their bodies. Switch announcers and repeat.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**BALL TOSS**

While holding a ball, one student announces a category (e.g., sports, plants, president, celebrities). That person names something that belongs in that category, then tosses the ball to someone who then has to quickly name something else in that category, before tossing the ball to someone else. Start over with a new category if someone is stumped.

**Materials:** ball or wadded paper

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**CHARADES**

A student chooses a card from a deck of picture or word cards. He or she then acts out what is on the card, and the group guesses what it is.

**Materials:** cards with pictures or words

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**QUESTION TOSS**

Everyone writes a general question (e.g., What is your favorite movie?) on a piece of paper, signs their name, and crumples it into a ball. Then, students form a circle and toss the questions into the center. Next, everyone chooses a question, finds the person who wrote it, and answers it.

**Materials:** strips of paper

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**SAY MY NAME**

Form a circle with one person standing in the middle. The person in the middle says someone's name three times quickly. The person whose name is being called must say the middle person's name before the third time. If he or she can't, they switch places, and the new middle person chooses a name to say three times quickly.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**WHERE'S MY HERD?**

Everyone is randomly assigned an animal (assign two to six people the same animal). When the leader says "go," everyone begins making the sound of their animals, while listening to find the rest of their "herd."

**Optional:** index cards with the name of an animal.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**SILENT SQUEEZE**

Form a circle with everyone holding hands. One person starts a "silent squeeze " (e.g., short, long, gentle) that students must pass on exactly as they receive it. The person who started announces whether the squeeze made it around the circle without changing.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**WORD SCRAMBLE**

Everyone receives a card with either a scrambled or unscrambled word written on it. The challenge is to find a person with the scrambled/unscrambled version of the word and sit down together.

**Materials:** cards with spelling words-half spelled correctly, half scrambled.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**FREEZE RIPPLE**

Everyone walks quietly around the room with the person who is "it" walking amongst them. The person who is "it" secretly taps someone on the shoulders. That person freezes. When others notice that someone is frozen, they must freeze too. See how long it takes for the entire group to notice and freeze.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**GOTCHA**

Begin with everyone sitting in a circle. On the count of three everyone must look in one of three directions:  
**1)** at the person on the right,  
**2)** at the person on the left,  
 or  
**3)** at the person directly across from them.  
 If two people look at one another, they yell "Gotcha" and step out of the circle.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**SHAPE SHIFTERS**

When the announcer calls out a number and an object, everyone must quickly get into groups of that number and arrange their bodies to create the object.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**ALPHABETICAL ORDER**

Students must work together to get in alphabetical order according to their first names.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**BIRTHDAY ORDER**

Students must work together to get in order according to their birthdays, from January to December.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**CATEGORY CALL OUT**

Someone announces a category (e.g., favorite color), and everyone forms groups as fast as possible based on their answers (e.g., all of the greens in one group, all of the pinks in one group, etc.).

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### CIRCLE THE CIRCLE

Everyone stands in a circle and joins hands with a hula-hoop placed over the arm of one person. The challenge is to find a way to move the hula-hoop all the way around the circle while all hands remain joined.

**Materials:** hula-hoop

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### DON'T BREAK THE LINE

Lay a rope or line of tape on the floor with everyone standing in random order. The challenge is to line up in height order while keeping at least one foot on the line at all times.

**Materials:** rope, string, or masking tape

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### HUMAN KNOT

In small groups, standing in circles, everyone randomly grabs two other hands. Next, everyone must work together to unravel the knot without letting go of any hands.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### SHRINKING ICEBERG

Place squares together on the floor to create an "iceberg." Students must stand on it at all times without touching the ground outside the squares. Take away one square at a time until the group can no longer squeeze onto the iceberg.

**Materials:** carpet/cardboard squares

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### SILENT ORDER

Everyone is randomly assigned a number. Without talking, the group must work together to line up in order.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### WHAT GOES DOWN

Form two lines facing each other. Everyone holds out an index finger facing up so that the fingers form a line down the center. A yardstick (or other object) is placed across the outstretched fingers, and the group must lower the yardstick to the floor together, without using any other fingers or other part of their body, and without curling their finger around it.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### FORTUNATELY, UNFORTUNATELY

Gather children into a circle and announce a story prompt. Challenge the group to go around the circle, with each child adding one sentence to the story. The sentence that should alternately begin with "fortunately" or "unfortunately".

**Ex:** It was a dark and stormy night.

- 1) Fortunately, I'm not afraid of the dark.
- 2) Unfortunately, I don't like the storms.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### WHO AM I

On a strip of paper, everyone writes something about himself or herself that they would like to share, and that others may not know. After writing, crumple the strips into balls and mix them up in the center of the circle. Everyone takes turns choosing and reading and trying to identify the person described on the paper.

**Materials:** strips of paper

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### HUMAN WORD SEARCH

Give each child a paper with a letter on it. Challenge children to combine their letters to form a word.

**Materials:** strips of paper

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**KEEP IT UP**

Toss a balloon around the circle without skipping over anyone and without letting it drop. Students may only touch the balloon one time with one hand.

**Materials:** balloons

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**CATCH ON**

Choose a topic (e.g., vegetables) and toss a ball, naming something from the category with each catch. When someone repeats an item or can't think of something, start over with a new category.

**Materials:** ball or wadded up paper

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**WHY? BECAUSE**

The first person writes down a "why" question (e.g. Why is the sky blue?) on top of a piece of paper. He or she folds the paper, and passes it to the next person, who - without seeing what was written before - writes an answer beginning with "because" (e.g., Because owls are nocturnal.). Keep it going and read it all out loud for a funny story.

**Materials:** paper and pencil

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**THE HUMAN CHAIR**

Stand together in a tight circle, facing the back of the person in front, with hands on his or her shoulders. On the count of three, everyone sits on the lap of the person directly behind him or her.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**FIRST LETTER, LAST LETTER**

The first person picks a category (e.g., food) and starts by naming something in that category (e.g., fish). The next person has to name something that falls in the category and starts with the last letter of the previously named item (e.g., ham).

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**SNAKE'S TAIL**

Form one line with everyone's hands on the shoulders of the person in front of him or her when the leader says "go" the person in front of the line tries to catch the person in back of the line—without letting the line come apart.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**IN AND AROUND**

Everyone stands in a circle and hold hands. One person starts in the middle of the circle and calls in another person to join him or her. Continue adding people to the middle, one at a time—the last person in calls in the next person. See how many people can fit in the middle without breaking hands.

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**FRIENDSHIP WEB**

Sit in a circle with one person holding a ball of yarn. The person with the yarn holds the end, gives someone a compliment, and rolls the yarn to that person. The person who received the yarn thanks the person for the compliment, holds onto a section of the yarn, and continues rolling the yarn along with a compliment.

**Materials:** yarn

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

**COMMUNITY BUILDERS**

**SUPERMARKET**

One person says, "I went to the supermarket and bought an \_\_\_\_\_ (something that begins with "A"). The next person repeats the previous sentence, and adds an item that begins with "B". Continue adding to the list all the way to "Z".

SANFORD HARMONY™ Quick Connections **UPPER GRADE**

## COMMUNITY BUILDERS

### WORD ASSOCIATIONS

One person begins by stating any random word (e.g., banana). The next person repeats the first word and adds another word associated with the first word (e.g., split). The next person repeats the last word and a word associated with that one (e.g., lip), and so on.

## COMMUNITY BUILDERS

### TP TALK

As a roll of toilet paper gets passed around, everyone takes one to ten squares. After everyone has their toilet paper, reveal that the number of squares is the number of facts each person needs to reveal about him or herself. Then start sharing.

**Materials:** toilet paper

## COMMUNITY BUILDERS

### ACTION INTROS

Everyone takes turns introducing themselves with an action word placed before their first name that begins with the same letter (e.g., Leaping Larry).