

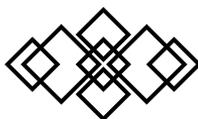
Children's Mental Health Week: Social Skills Paired Activities

This free printable resource includes five short, engaging pair-based activities designed for early work sessions or after lunch or playtime breaks.

They were designed for use during Children's Mental Health Week in UK primary mainstream or alternative provision settings, but could be used at any time by children.

Each activity supports the development of vital social and emotional skills such as listening, empathy, teamwork, and communication.

Suitable for KS1 and KS2.



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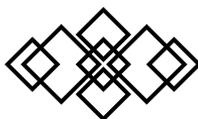
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Mirror Me

Suitable for ages 5–11

Social Skills Focus: Non-verbal communication, cooperation, focus

Resources & Preparation Needed:

None – just space to stand or sit facing each other

Activity: In pairs, one child slowly moves their arms, face, or body while the other mirrors their actions exactly. Swap roles after 1–2 minutes.

To simplify: Use simple, slow movements and limit time to 30 seconds.

To extend: Add music or use feelings (e.g. “mirror me feeling happy” movements).

Compliment Swap

Suitable for ages 6–11

Social Skills Focus:

Empathy, self-esteem, positive communication

Resources & Preparation Needed:

Optional compliment prompt card sheet per pair (e.g. “You are great at...”), or use verbal prompts

Activity: Children take turns giving their partner a kind compliment. Encourage eye contact and saying the person’s name. After swapping, children can share how it made them feel.

To simplify: Provide sentence starters or visual aids with compliment ideas..

To extend: Encourage writing compliments on paper hearts or stars to give away.

Rapport Rocks

Suitable for ages 7–11

Social Skills Focus:

Building rapport, asking questions, active listening

Resources & Preparation Needed:

Set of 6–10 fun question cards per pair
(e.g. “What’s your dream pet?” “Favourite meal?”)

Activity: One child draws a card and asks the question.
Their partner answers, then they swap roles.
Encourage follow-up questions to deepen the conversation.

To simplify: Use fewer questions with picture prompts or
read them aloud together.

To extend: Challenge children to remember three things about their partner
afterwards and share with the class..

Listening Detective

Suitable for ages 6–11

Social Skills Focus:

Active listening, taking turns, clear communication

Resources & Preparation Needed:

Set of object cards or printed images (e.g. apple, toothbrush, football)
One person in the pair has set 1, the other set 2.

Activity: One child describes the object on their card
without saying the name.
Their partner listens carefully and guesses.
Swap roles after each round.

To simplify: Use more obvious images or allow some yes/no questions.

To extend: Set a time limit, or ask children to describe two objects in one go.

Build-a-Story

Suitable for ages 7–11

Social Skills Focus:

Collaboration, creative thinking, building on others' ideas

Resources & Preparation Needed:

Optional story starter cards (e.g. "One rainy day, a dragon appeared...")

One story starter sheet per pair.

Activity: One child begins a story with a sentence.

The partner continues with "and then..." or "so..." to build the story together, one sentence at a time.

To simplify: Offer story prompts and guide sentence starters.

To extend: Set a theme (e.g. friendship, kindness), or retell the story to another pair.

Compliment Swap cards

1. You're really good at...
2. I like how you always...
3. You're kind because...
4. You're fun to be around because...
5. You made me smile when...
6. You're a great friend because...
7. You're really helpful when...
8. You're brave when...
9. I like your ideas about...
10. You're really creative with...
11. You make others feel happy when...
12. I admire how you...

Rapport Rocks Prompts

1. If you could have any superpower, what would it be?
2. What's your favourite thing to do at playtime?
3. What's your dream pet?
4. If you could travel anywhere, where would you go?
5. What's your favourite game to play?
6. What makes you laugh the most?
7. What's your favourite book or film?
8. If you had a secret talent, what would it be?
9. What's your favourite meal?
10. If you had a robot helper, what would it do?
11. What do you like doing on weekends?
12. What's something kind someone has done for you?

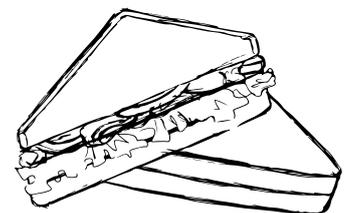
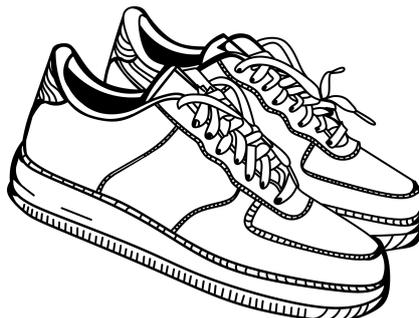
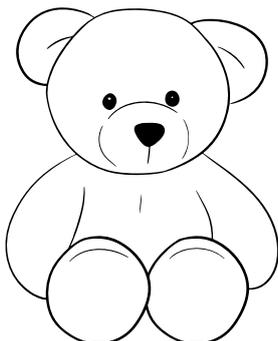
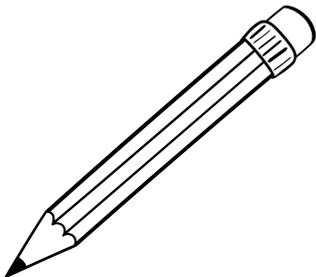
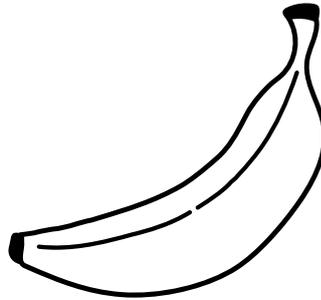
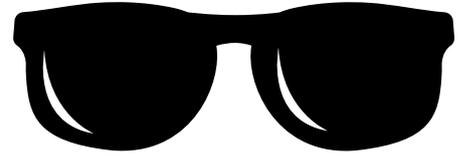
Listening Detective prompt set 1

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|-----------------|----------------|
| 1. Toothbrush | 7. Pencil |
| 2. Football | 8. Clock |
| 3. Sunglasses | 9. Umbrella |
| 4. Water bottle | 10. Teddy bear |
| 5. Banana | 11. Trainers |
| 6. Rucksack | 12. Sandwich |

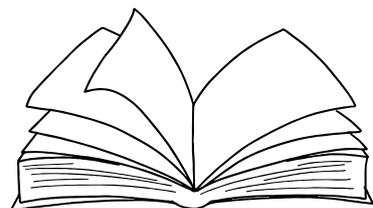
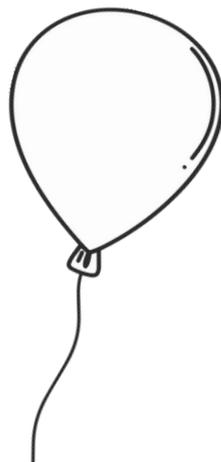
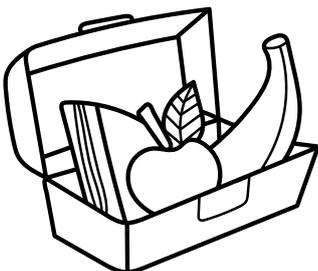
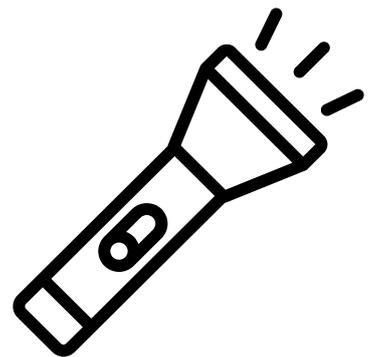
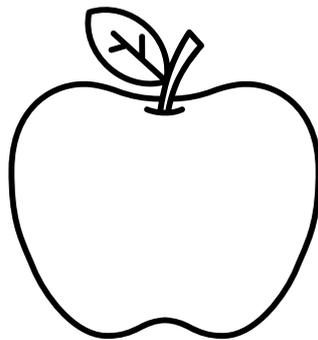
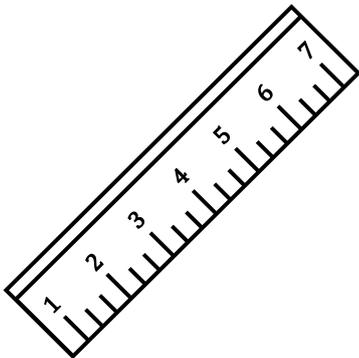
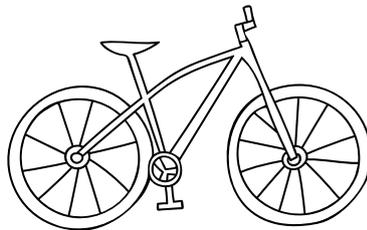
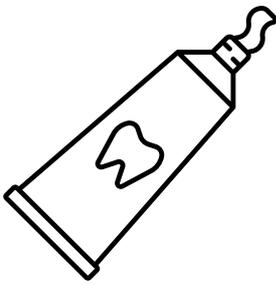
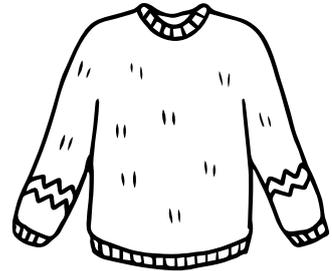
Listening Detective prompt set 2

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|---------------|---------------|
| 1. Scissors | 7. Ruler |
| 2. Paintbrush | 8. Apple |
| 3. Jumper | 9. Torch |
| 4. Toothpaste | 10. Lunch box |
| 5. Bicycle | 11. Balloon |
| 6. Headphones | 12. Book |

Listening Detective prompt set 1



Listening Detective prompt set 2



Build a Story Starters

1. One rainy day, a dragon appeared at the school gates...
2. At the bottom of the garden, something magical was glowing...
3. A mysterious message arrived with no name on it...
4. A talking squirrel asked me to help find treasure...
5. The school bus turned into a rocket ship...
6. A new pupil arrived – and they were invisible!
7. The class hamster escaped and caused chaos...
8. I found a map hidden inside my lunchbox...
9. My shoes suddenly started dancing on their own...
10. A friendly robot asked me to join a mission...
11. I shrank down to the size of a bug...
12. I opened the door and saw a jungle instead of my classroom...

About Little Spark Learning Ltd



Little Spark Games was founded by Nicci Rossini, a former primary teacher and learning designer with a passion for children’s social and emotional development.

Inspired by her own family’s experiences—particularly supporting one of her sons with global developmental delay—she understands the power of play and games to build connection, empathy, and confidence in children.

With a background in teaching, coaching, NLP, and mental health advocacy in schools, she creates flexible, engaging games designed to help children develop essential social skills.

Her resources support both everyday classroom learning and small group interventions, helping children connect, grow, and thrive.

Stay Connected

Follow Nicci on LinkedIn for free resources, practical ideas, and updates on new game releases.

You can also visit the website www.littlesparklearning.org

New games and tools to support children’s social learning are in development—keep an eye out for what’s coming next on the Little Spark Learning LinkedIn business page

