

The Silence Game

Purpose: To give children a sense of joy, achievement and social spirit as the group works together for a common goal. It also helps children develop a higher level of self-discipline, makes them aware of others and acclimatizes children to the sounds and world around them.

Preparation: The Silence game is best suited for children 2.5 and up. Once the children are able to control their movement, sit quietly, listen for a period of time, concentrate and work independently and cooperate with each other the silence game can be played. It is done during subtle moments when the children are gathered generally together. It can unfold spontaneously or during a planned activity such as prior to a story to help set the tone.

Indirect preparation: All the practical life exercises are indirect preparation for the Silence Game. Children learn to control and perfect their movements such as pushing a chair quietly and carefully walking around a work rug on the floor, to pouring rice without the sound of even one grain spilling on the table. These activities develop concentration, social awareness as they wait for their turn without disturbing others who are working. The children learn to use a quiet voice and to stop moving.

Direct preparation: To help children perfect the ability to listen and to still the body, activities such as passing a bell around the circle, encouraging the children to not let it ring or inviting children to listen to the sounds of birds, the rain, sounds in the environment then discussing the sounds they have heard all prepare them directly for playing the game successfully.



To play

Some variations on how to implement this game are to turn off the lights or write and hold a card that reads “silence”, then wait as one-by-one, the children stop working and become still and silent.

Choose a time when the children are calm. Begin by telling the children that together you are going to play a game that is called: “The Silence Game”. During this game they need to keep their bodies still and quiet and not to talk. Ask them to sit on the floor comfortably with their eyes closed and listen very carefully for their names to be called. When they hear their name whispered, they are to come over quietly and sit down. Quietly, the teacher walks to the other side of the room and allows for a minute or so of silence. Then gently, quietly the teacher’s whispers a child’s name. When the child hears his or her name, the child gets up from where they are sitting and quietly walks over to the teacher and takes a seat. After the last child has joined the whole group everyone can enjoy a final moment of silence together before moving on to other activities such as a story, and or getting ready to go in hallway.