



PUNCHES AND KICKS



Comune
di Modena

San Pancrazio Preschool
5 years old class

Teachers
Emma Galli
Francesca Scaglioni



LA BREXIT OGGI E'...

OTTOBRE

Since last year we have noticed in children a strong interest for fighting, during the moments of free play both in class and in the school garden.

In some moments we had to help handling certain conflicts, because they were transforming in violent behaviors.

So we had a conversation with all the children of the class in order to listen to their ideas and try to find a way to keep this game of fighting that they liked a lot, but in an acceptable way.

At first, we created some moments for conversation, and we stimulated children to reflect on how they could play fighting without hurting themselves or other children.

STARTING QUESTIONS

Our starting questions for the conversation were:

- **What is fighting?**
- **How do I feel when I fight?**
- **Where can we do it?**
- **What are the rules?**



WHAT IS FIGHTING?

Teacher: What is fighting for you?

Andrea: For me to fight is to hit

Simone S.: When two children give punches and kicks to each other, and other bad things

Arabella: Giving punches and kicks, fighting with swords, with shields and horses

Simone P.: It's when somebody makes a battle with all the moves

Teacher: What do you use when you fight?

Valentina: Kicks, punches and slaps

Endriu: You use your hands

Gabri: Giving punches, slaps and spankings, I use my foot

Simone S.: You use hands and feet

Andrea: I use hands and feet, I do it strong

WHAT DO I FEEL WHEN I FIGHT

Teacher: Why do you do it strong?

Andrea: Because I have anger

Teacher: And where does anger go?

Victory: It goes out of your body

Gurprit: I use my arms, with the skeleton that makes me move. You go fast...

Teacher: Do you feel strong when you fight?

Andrea: Yes because you take the energy and you give a kick

WHERE COULD WE FIGHT?

Teacher: *If we allowed you to fight, which rules could we give to each other in order not to get hurt or hurt our mates?*

Gaia: We could give kicks to the air so that we don't get hurt

Gurprit: Or we could give them to a punching bag

Logan: For example with pillows!

Simone P.: A pillow battle!





After this conversation, we decided to start some fighting with a punching bag and with soft objects we find in the class.

LENVA

PUGNO

PUNCH



CALCIO

KICK



After a few days...

During these first tries of free fighting **a child got hurt** because he fell on the ground with a strong movement.

So we decided to interrupt the game in order to help the child, to talk about the use of strength and to find a way to continue to play fighting without getting hurt or become violent.

Valentina: Andrea got hurt because Logan pushed too much

Gurprit: Because this floor is made of cement

Teacher: This floor is hard, let's try to think about something soft...

Children: A carpet, a pillow, a teddy bear, a bed, a belly, inflatables...

Teacher: Where could we fight? Let's find a place where we can do it without getting hurt

Gurprit: On a carpet

Gaia: On the grass, the soil is soft too





OUR RULES FOR FIGHTING

Teacher: Do you think teachers should be there when you play fighting, or could you do it also on your own? And why?

Gaia: With the teachers, otherwise if we get hurt they can't even hear us crying

Teacher: Ok so what are the rules we need?

Logan: Yesterday I pushed too strong, we have to push gently

Simone S.: No punches in the eyes! Otherwise the eye comes out

Gaia: No punches in the belly!

Andrea: No in the ears, otherwise the eardrum comes out

Teacher: Ok, so these are the things we should not do. What are the things that we can do?

Francesca: We can play a game with the carpet



Gaia: Give punches to the air

Gurprit: We could have a teddy bear and give punches to it.



FINAL REFLECTIONS

Playing fighting is a game that children still do and they are now able to handle the various situations on their own, respecting the rules that they shared during the conversations:

- **Push gently**
- **Don't punch the eyes, ears and belly**
- **Fight with teddy bears**
- **Give punches to the air**



THE PROJECT MUST GO ON...

We are just at the beginning of the project but, since we noticed children involvement and interest, we are planning to continue the project by proposing fighting games in the school garden, in order to offer children freedom for movement together with the **chance to let liberating and outbursting shouting out**, without disturbing the other classes and in a safer environment (soft ground and larger space).

We observed that children *need* to play fighting because through it they can express emotions that they usually hold back, like anger. Through these games, children learn to **fight in an acceptable way**, in pre-set environments where competition and strength are **regulated** by the child himself.

These aspects are part of child's identity at this age, so school needs to take care of them, in order to support children in coping with it, and in learning to respect themselves, the others and the objects.

