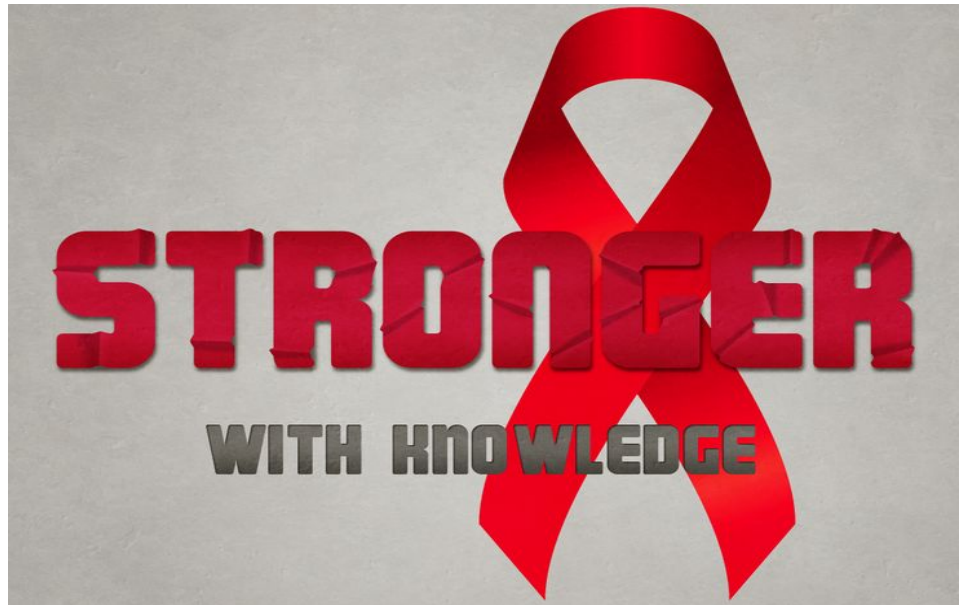


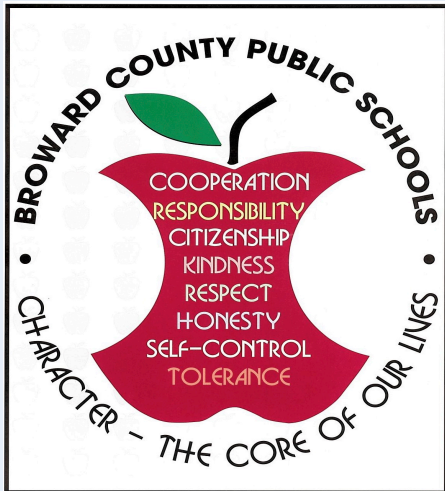
Character Education

*Suggested Activities
Elementary*



December

KINDNESS



Prevention Calendar December 2016

Monthly Observances:

- [HIV/AIDS Awareness](#)
- [National Drunk and Drugged Driving Prevention](#)

Weekly Observances:

- [Human Rights Week](#), December 10th – 16th
- [National Hand Washing Awareness Week](#), December 6th – 12th

Day Observances:

- December 1 – [World AIDS Day](#)
- December 2 – [International Day for the Abolition Slavery](#)
- December 3 – [International Day of Disabled Persons](#)
- December 5 – [International Volunteer Day](#)
- December 10 – [Human Rights Day](#)
- December 15 – [Bill of Rights Day](#)

Inside this issue you will find:

- Alignment to Prevention Calendar.
- A variety of lessons and activities for all grade levels.
- Links to multiple additional resources and helpful websites.
- Social Emotional and Learning alignment.



DEFINITIONS & QUOTATIONS

DEFINITIONS

Ideas on How to Use:

- Post character trait & definition around the school campus.
- Teachers use definitions to help students understand the meaning of the character development trait.

Kindness involves having a deep concern for the welfare of others. Empathy, compassion, gratitude and generosity are all the marks of a kind person. Demonstrating kindness includes being willing to inconvenience yourself for the benefits of others. Caring for the needs and feelings of others by giving of our energy and time is a critical ingredient in becoming a person of character.

Definitions:

- Being helpful, thoughtful, caring, compassionate and considerate
- A kind act

Related Words:

- Compassion – to have feeling for someone else’s sorrow or hardship with a desire to help
- Care – The work of caring for or attending to someone or something
- Empathy – the ability to imagine oneself in someone else’s situation and to understand that person’s feelings.
- Generosity – the act of being gentle, friendly and good to others

QUOTATIONS

Ideas on How to Use:

- Display a quote each week. Share on morning announcements.
- Teachers post quotes in classrooms.
- Have students write about what the quote means to them.
- Have primary students draw a picture to go with the quote.
- Encourage students to create their own ‘quote’ that promotes monthly trait.

Grades K – 2

“Everybody loves a compliment.”

– Abraham Lincoln

“Good words are worth more and cost little.”

– George Herbert

“When we do good things, our self- respect grows.”

– Abraham J. Heschel

“It is nice to be important but it is more important to be nice.”

- John Marks Templeton

Grades 3 – 5

“You do not have to like everything a person does to love them.”

- Mamie McClullough

“The most basic principle of human nature is the craving to feel appreciated

– William James

“Few things in the world are more powerful than a positive push. A smile. A word of optimism and hope. A ‘you can do it’ when things are tough.”

- Rickards M. DeVos

“Kind words can be short and easy to speak, but their echoes are truly endless.”

- Mother Theresa

Book List



Activities

- Read the story *Little Thumbelina* by Hans Christian Anderson to the class. Discuss the idea with the children of how important it is to be “goodhearted”. Discuss with the students how they can be goodhearted like Thumbelina.
- Read the poem *Kindness to Animals* to the class. Discuss how important it is to children to show kindness to all creatures, large and small. Have each student prepare a short poem telling of how he/she has been kind to a creature, large or small.
- Read *The 12 Days of Christmas* aloud to the class. Have the students create their own The 12 Days of Kindness using writing and illustrations.
- Read together as a class or have students read individually *Miracle on 34th Street*. After reading the book, the teacher should lead a class discussion on whether or not the students believe in miracles.
- After reading *Papa Piccolo* by Carol Tally, discuss why it is so essential that young men (and young women) see that there is no contradiction between being male and being kind, tender, and caring. Think about ways that fathers, or adult males, show these traits to their friends and family.

Ideas on How to Use:

- In media center, designate a character trait “Featured Readings” section where books promoting the month’s theme are displayed and available for checkout.
- Have students read books, and then depict how the book exemplified the character trait.

Grades K – 2

Love is a Special Way of Living by Joan Anglund

Words and illustrations describe the tender, happy feelings called love.

Madeline by Ludwig Bemelhams

The smallest girl at Miss Clavel’s school wakes up in the night with an attack of appendicitis.

The Runaway Bunny By Margaret Brown

Mother’s love and caring is unconditional, even if the child wants to run away.

The Valentine Bears by Eve Bunting

Mr. & Mrs. Bear always missed Valentine’s Day because they were hibernating, but this year they share a wonderful surprise.

Fireflies by Julie Brinckloe

A boy is proud of having caught a jar of fireflies, but soon realizes he must set them free or they will die.

Grades 3 – 5

Sour Land by William Armstrong

For Amson Stone and his three motherless children, a quiet black man who enters their lives as teacher and friend fills a void, but brings home tragic reality.

Charlie and the Chocolate Factory by Ronald Dahl

Eccentric old Mr. Wonka decides to give Charlie his chocolate factory when he proves to be a sensible, loving child.

The Scarebird by Sid Fleischman

The lonely old farmer realizes the value of friendship when a young man comes to help him and his scarecrow with their farm.

Blue Willow by Doris Gates

A little girl hopes that the valley her family has come to, which resembles the pattern on her blue plate, will be their permanent home.

The Market Square Dog by James Herriot

A stray dog finally finds a home after being arrested for begging.

It’s Our World Too by Philip Hoose

Accounts of Young people who are making a difference and how they are doing it.



Prevention Ideas

Weekly Observances:

[Human Rights Week \(December 10th – 16th\)](#)

[Human Rights Lessons K-5](#)

[United for Human Rights](#) Info kit for Educators (FREE)

[That's Not Fair!](#)

[National Hand Washing Awareness Week \(December 6th – 12th\)](#)

[Hand Washing Prevent Disease & Outbreak Intervention](#)

Day Observances:

[World Aids Day \(December 1st\)](#)

Browardprevention.org

[International Day for the Abolition Slavery \(December 2nd\)](#)

[Teaching about Slavery in the Elementary Classroom](#)

[International Day of Disabled Persons \(December 3rd\)](#)

Grades K - 2

[Getting to Know People with Physical Disabilities](#)

[International Volunteer Day \(December 5th\)](#)

[International Volunteer Day](#)

[Human Rights Day \(December 10th\)](#)

[Human Rights Day](#)

[10 More Things to Do With Your Kids on Human Rights Day!](#)

[Human Rights Education](#)

[Bill of Rights Day \(December 15th\)](#)

[We the Civics Kids Lesson 3: The Bill of Rights](#) (Grades 1 – 4)

[Bill of Rights Day is observed](#) (Grade 5)

Grades 3 - 5

[Bill of Rights](#)

[Comparing Pictures](#)

[First Amendment Poster](#)



School-wide

Ideas on how to use:

- Use suggested school-wide ideas to create a culture of character and address your schools need for a RTI Tier I – universal strategy.
- Any teacher or staff members that work with students can incorporate classroom ideas.

1 **Showing Kindness**

“Thinking Outside of the Box”

Instead of noticing primarily the misbehaviors, focus on the caring/good things that students are doing. I WAS COUGHT PERFORMING A RANDOM ACT OF KINDNESS. Student fill out their name, date and teacher. They then complete the following sentence: *This is what I did.* It is important that students do this part so that they have the opportunity to reflect on and internalize the effects for the caring actions on the school environment.

Teachers have the opportunity to pull kindness slips to reward good behavior with school incentives. They also have the opportunity to give coupons, which are redeemable for classroom or school wide incentives.

Announce “Principals Random Acts” periodically. All student are recognized for good sportsmanship, good behavior on the playground, cooperative cafeteria behavior, etc.

All staff has recognition slips. Staff is to take recognition slips with them throughout the day so that it is easy to recognize good behavior.



SUBJECT AREA LESSON PLANS

Ideas on How to Use This Page: Integrate character trait lesson plans into all subject area instruction. Lesson plans are specific to language arts, social studies, math/science, arts, health & physical education.

LANGUAGE ARTS

Grades K - 2

1. Characters who understand Kindness

Discuss how character in stories are reading or have recently read, show the importance of kindness.

Story	Character	How is he/she showing kindness?

2. Drawing Caring/Kindness

Have students draw pictures of character from a story they have read or listened to demonstrating caring/kindness for others.

Grades 3 – 5

1. How a character demonstrates kindness

Have student choose a character in a book they are reading and write their own story about how that character demonstrated caring.

2. Special Poem

Have students write a poem about someone in their life that they care about. Have student include in the poem why they care about the person they selected.

SOCIAL STUDIES

Grades K - 2

1. Kindness in Our Community

As a class, discuss reasons why students should be kind to people in their community. Example: Why we are kind to senior citizens

2. What my family thinks of Kindness

Have students write the word kindness on a piece of paper. Have family members write words that describe the meaning of kindness for them on the paper. Discuss as a class.

Grades 3 – 5

1. Character Biographies

Have students write biographies of people they are studying and how these people showed kindness for others during their lives.

2. Respect in History

Discuss a historical issue or problem students have been studying and how that issue related to the principles of kindness, compassion and generosity.



Activities

- Brainstorm and list the ways that students can show kindness at home or in school. List these to hang in the classroom as a reminder.
- Discuss ways that students could perform community service hours that show kindness.
- Discuss with the students how they feel when kindness is directed toward them. How do they react?
- Have students write a poem, song/rap, or skit about kindness and then perform it for the class, school and/or community.
- Pretend the newspaper is having a contest to select the kindest person in your school. Have students write why they should win this contest.
- For an act of kindness, have students read a book to a younger person, possibly a brother or sister or another relative.

Lesson Plans [cont'd]

MATH/SCIENCE

Grades K – 2

1. **Math Rules/Science Concepts**

Have students work in cooperative learning groups while reviewing math and science concepts

Grades 3 – 5

1. **Science Solution**

Have students list ways that mankind can demonstrate kindness to the Earth.

2. **Math Pairing**

Have students work in pairs so that you have one student assisting another who may be struggling.

ARTS

Grades K - 2

1. **Visual Arts: Kindness**

Have students draw themselves doing actions that show that they are being kind. Display drawings on a bulletin board.

2. **Visual Arts: People we Respect**

Have students draw two or three people in their lives that they care about. Put the drawings on a bulletin board titled, "People We Care About".

Grades 3 – 5

1. **Visual Arts: Respect Collage**

Have students create a class collage which shows things in their life that do well when we take care of them.

2. **Visual Arts: Showing Generosity in a Picture**

Have students draw or paint a picture of an individual showing generosity.

HEALTH

Grades K - 2

1. **Showing Kindness**

Discuss with students how they feel when people are unkind to them. Facilitate the discussion so that the feelings identified by students are understood.

2. **Showing Kindness = Health**

Discuss how showing the quality of kindness builds healthy friendships. Have students write a few sentences about how showing kindness and caring about yourself and others will help you be healthy.



Lesson Plans [cont'd]

Grades 3 – 5

1. Interview: Empathy & Health

Define and discuss the meaning of empathy. Have students interview three adults, asking them how showing empathy for others allows them to form healthy relationships. Have students write a short summary of what people they interviewed said. Have them present their findings in a small group setting. In their small groups have students look at the similarities and differences.

PHYSICAL EDUCATION

Grades K - 2

1. Rules of One Sport

Make a list on the board of the main rules of one sport that children play. Have students discuss why it is important to care about the rules.

2. Caring & Teamwork

Discuss the importance of teamwork in a sport and have students give examples of ways that they can work well together as a team and show caring for their teammates.

Grades 3 – 5

1. Winning the Game

Discuss with students the meaning of competitive behavior in sports. Upon completion of the discussion have students break into small groups and list what the rules are in sports which, show caring and kindness towards the team you play for as well as your opponents.

2. Caring in Sports

In small groups have students select a specific sport. Students will list all the rules that are related to that sport. Have students write next to each rule why it is important to care about that specific rule and the consequences of that caring about the rule they identified.



LEAPS

[Leaps Lesson on Kindness \(K - 3\)](#)

[Leaps Lesson on Kindness \(4 - 5\)](#)



School-wide [cont'd]

1 "Thinking Outside of the Box" (Cont.)

When staff members notice an act of kindness they are to give the students a slip to fill out and deposit in classroom. Classroom teachers keep containers for slips collected monthly. On the last day of the month, each classroom teacher randomly selects a slip and send to office. Remaining slips are discarded after all students that received a slip that month are congratulates. Coupons can be used for students to cash in for incentives.

2 Improved School Environment Expectations

- Decrease in referrals.
- Students excitement when they are recognized.
- Staff "notice" the good behavior of students.
- Students "notice" the good behavior of peers.
- Increase in positive attitude

3 Improved Academics

- Students are more willing to help one another in class.
- Students become more supportive of one another, which allows for more time on task.
- Improved attitudes lead to increased effort, motivation and achievement.

Service Learning



Classroom Ideas

Class Discussion Topics

- Students will choose a person to whom they would like to send a “Kindness Card”. The objective here is for the students to be kind to someone else through this card. The students will then create a “Kindness Card”. They are not to sign the card as it should be anonymous. They are to find a way to deliver the card to the person without the person knowing it is from them. If possible, the students should try to observe the person’s reaction when the card is read. The students should journal a reflection of the experience of creating a card for someone and his reaction.

Creative Expression

- Students are to create an illustration (comic strip or cartoon picture). The students are to place themselves in the illustration as the main character in an act of kindness.

Ideas on How to Use this Section:

- Promote school-wide service learning initiative/campaigns using provided ideas. (Do a ‘service day’; encourage classes to do random service acts of kindness to other classes/staff, etc.)
- Engage school clubs/student council to lead service projects.

School Service-Learning

• **Caring and Working Together**

Have each class take a survey developed by student government, which selects which school service learning project students’ care, most about. Once the results are tallied have student government announce to the entire school which project the school will do.

• **Caring About our Planet**

Discuss the importance of recycling because we care about our planet. Have student’s research items that can be recycled. Have students collect these items and determine how to appropriately recycle.

Community Service-Learning

• **Supporting Our Community**

Discuss how we can bring about positive change in our school community by tolerating our difference and caring about others. This is a discussion, which can lead towards understanding the definition of empathy and applying empathic behavior towards others.

Talk about ways that we, as a class/community can help bring about positive change towards people that are different than ourselves. This activity may lead to students planning a service project in their community, celebrating respect through understanding diversity and kindness.

Hands-on Activities/Projects

Emotional Charades

This is like the traditional game of Charades, except the players act out an emotion of their choosing.

Goal: Greater awareness of how others are feeling.

The purpose behind this game is to help children watch out for and consider the feelings and emotions of those around them. You can also practice looking out for others who look down or discouraged. If you do see someone who is anxious or sad, model kindness for your children, and say some kind words to encourage the person who is down. To follow up, you can use the questions for discussion to enhance mealtime conversation.

Questions for discussion

- Did you notice anyone feeling sad, lonely, left out, injured or upset today?
- What did you do for them?
- What could you have done?
- Did anyone else help them?

Family Newsletter

Dear Parent:

A caring person is considerate, kind, compassionate and generous. A caring person takes into account how decisions, words and actions are likely to affect other people. Remind your child that they have the power to brighten another person's day through a simple act of kindness.

Ideas to Do as a Family

- Participate in a community service project with your child, which allows the family to show kindness towards others.
- As a family, discuss what you could do to show that you care about the environment, such as cleaning up a street, picking up trash, or starting a recycling program.
- As a family identify things that you can do together to make a difference in someone else's life.
- Catch your child being kind and acknowledge how important that behavior is. This is a simple opportunity to reinforce how important being kind is in your family.
- Watch a television program together and talk about the various ways in which the characters acted uncaring or caring towards one another.
- Remember that the best teaching tool is to always model the behavior you want your child to learn. You are powerful role model for your child. If you are kind and helpful to other people that is what your child will learn from you.



Character Education: Elementary

December



Diversity, Prevention & Intervention
Lauderdale Manors Early Learning &
Resource Center
1400 NW 14th Court
Fort Lauderdale, FL 33311
(754) 321-1655
Fax: (754) 321-1691

www.browardprevention.org

Email:

Kimberly.Young@browardschools.com

Character Check

- Do your friends encourage you to do right?
- In what ways do you feel you are a good friend to others?
- What are three ways you can become a better person to the people in your life?
- Do you show compassion and concern for others?
- How do you show the qualities of a good friend to people in your life?
- Do you show kindness for people who are different from you? How?

Once a week at a family meal,
have family members tell about
one thing they enjoy about one
person in their life.



*When we do
good things,
our self-respect
grows.
~ Abraham J. Heschel*