

Core Competencies: Personal Awareness and Responsibility- Gr2 – Lesson - Kindness

Curriculum: Core Competencies-Personal Awareness and Responsibility

Learning Goals:

- Understand the connections between personal and social behaviour and well-being
- Identify personal strengths

Materials:

- Be Kind. By Pat Zietlow Miller and Jen Hall.
<https://www.youtube.com/watch?v=t6NUJ2Jz50>
- Art supplies (crayons, pencil, scissors)
- Craft materials (eg. tubes, boxes, paper, tape, glue ...)



Activity:

Read the book "Be Kind".

What does it say about kindness? Give some suggestions on how you would show kindness to others?

How do you think people will feel when you show kindness to others?

Give some suggestions on how you would show kindness to yourself?

How do you think you will feel when you show kindness?

Make Something:

Put your artistic and engineering skills to work. Create a kindness machine using anything you have on hand. It can be a picture or a built machine with parts.

What will it look like?

What will it do?

Make sure you take a picture of it to show to others.