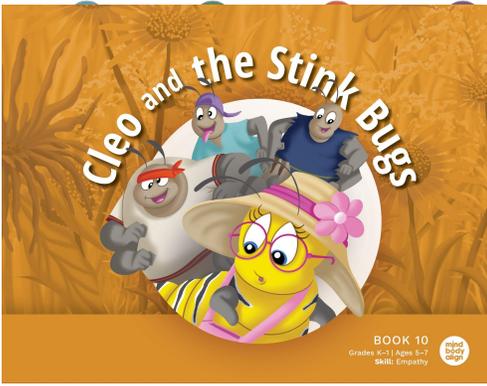


Lesson Ten



Cross-Curricular Activities and Resources:

- Math: Kindness House** - Provide each student with 8 shapes: two 3” squares, two 1” squares, two rectangles (2” long x 1”wide) and two triangles (3”x 3”x 3”) and one 8.5” x 11” piece of construction paper and glue. Divide students into pairs. Encourage pairs to create two houses from the shapes. After students have finished ask each pair what was challenging and what was easy when they were creating the houses. Encourage them to share how they were kind to each other and themselves as they made the houses.
- Science: Helping in Nature** - Students will explore how animals and plants help each other, connecting it to ways we can show kindness. Begin by showing pictures of bees on flowers or birds eating berries. Ask students, "What do you see? How do they help each other?" Explain that nature is full of kindness—bees help flowers grow by spreading pollen, and trees give birds a safe place to live. Next, let students act out a simple nature relationship. After the activity, ask, "How do we help others?"
- Language Arts: Storybook** - Provide each student with one sheet of white paper folded in half to create a four-page booklet. On each page, students will draw a picture of a time when they saw someone feeling a big emotion (sad, shy, left out, frustrated, etc.) and what they did—or could do—to help. Under each drawing, have students complete the sentence: "I saw someone feeling _____. I helped by _____."
- Art: Lifesize Kindness Model** - Create a class mural "Kindness Lifts Us Up!" Provide each student large paper butterfly wings or leaf shapes (depending on your classroom theme). On their paper, students will: Decorate with colors, patterns, or symbols that represent kindness and care. Write or dictate a kind word or phrase they could say to someone who is feeling left out, sad, or teased (e.g., "You can play with us," "I'll help you," "You're doing great!"). Once completed, assemble the wings into a large mural.
- Physical Education: Follow the Leader** - Return to the story and have students follow as Lily, Oliver, Dwight, the stink bugs, and Cleo play "Follow the Leader." As students listen to the story, encourage them to perform each pattern. Oliver: **hopping in a zig-zag pattern** through the grass Lily: **spinning in circles** and flies to a nearby flower Dwight: **leaping into a circle** Stink bugs: **marching** in exaggerated form Cleo: **weaving** through the tall hollyhocks. After they have performed each pattern, ask students to think of kind words they could say to encourage each other.