

Lesson Plan

All About Caring

Show children that even little hands can make a big difference!

Materials:

Books that introduce the concepts of kindness and giving, including *Clifford's Good Deeds*, by Norman Bridwell (Scholastic Inc., 1985) and *A Chair for My Mother* by Vera B. Williams (William Morrow & Co., 1984)

Developing Skills:

- social awareness
- language
- creative thinking

ACTIVITY

Read *Clifford's Good Deeds* and *A Chair for My Mother* to the class to introduce the concepts of kindness and giving. Discuss different elements of the stories, including main ideas, main characters, and the feelings of those characters. Ask children if the story reminds them of experiences they have had. Then, ask why it is important to be kind. How do children feel when someone is kind to them?

Explain that during the school holidays it is nice to receive gifts but it is also nice to give to others. You can tell children that a gift does not always have to be a toy or clothes. It can be a card, a song, or a kind deed they do for people in their families or communities.

Discuss how children will work together to do something nice for the people in their community. You can engage families to help plan the activity, or choose from the suggestions below:

***Get Well Cards.* Arrange with a local hospital to have children make 'get well' cards for the pediatric unit.** Set up a card-making area in the classroom.

Plan an Intergenerational Program with a Local Senior Centre. Contact a local senior centre or nursing home to plan intergenerational activities such as collaborative art projects, group singing, or cooking.

Remember: Children at this age have not yet developed the ability to be empathetic, so it is important to reinforce the concepts of kindness by praising kind behaviour in the classroom.

Take-Home Activity:

Home Helpers. Have children make a list of ways they can be helpful at home. Give them a pre-cut hand shape. Ask them to choose a kind act they can do to help their families. Send home their 'helping hands' along with a note explaining the purpose of the activity.

Curriculum Connection: MATHS

100 Helping Hands. Cut out 100 'hands'. Explain to children that every time they do a kind deed you will record it onto a 'hand'. Find an area in the classroom to display the hands. Challenge children to achieve 100 helping hands. Count the new hands at the end of each week and place the new total on the display.