

Kind and Caring Kids: Self-Esteem & Tolerance



KC Koala

Just a reminder: a koala is not a bear. It is a marsupial. ☺

Bold Text: suggested words to say to teach lesson
Italics: suggested actions to take
(Parenthesis): background information or suggested answers

It is recommended that the Kind and Caring: General lesson be taught before this one.

Materials Needed for Lesson

- Charlie Check-First poster
- KC Koala poster to put in prop box
- Toys poster
- A decorated box or bag to be your Safety Toy Box
- Assorted objects to put in Toy Box (some that represent the items on the poster [lesson topics] and some that do not)
- A mirror
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

Objectives for Students

- Discuss and discover two differences between children in the class.
- Identify a reason why “I like myself.”
- Name one thing that makes them special.
- Name one thing that makes someone else special.

Review of Introduction or Past Lessons

Decide which topics you plan to teach for your session and put objects representing those topics in your Safety Toy Box before you begin.

Using the Toys poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure.

Always start with a review of the Check First concept! Recite Charlie’s rule.

Show KC Koala poster. Recite and review KC’s motto.

Review concepts from any lessons previously taught. Point out the items on the poster that represent the concepts covered.

Lesson

Prop



Describe KC Koala on the poster and have a student point to her.

Ask a different student to find a matching poster in your Safety Toy Box.

This is KC Koala and she is Charlie Check-First's best friend. Do you remember her special saying?

KC always says, "Kind and Caring is the way to be!" *Have the class repeat this a few times.*

prop



We need to remember to be Kind and Caring. The girls on the poster are Kind and Caring. They are also very special. *Ask a few children to tell you something about each of the girls on the poster. It may have something to do with the way they look, or even what they think the girls might like to do.*

Did anyone ever tell you that you were special? What does special mean? Each and every one of you is special in some way.

Stand up if you have brown hair. *Let the kids do this.* **Wave your arms if you have blonde hair.** *Let the kids do this.*

Put your hand on your head if you have blue eyes. *Let the kids do this.* **Touch your nose if you have brown eyes.** *Let the kids do this.*

Does everyone with brown hair have blue eyes? Does everyone with blonde hair have brown eyes?

Have students name some of the differences in the class (size, hair, sex, clothes, skin color, age).

prop



Ask a student to come up to the prop box and find something in there that will help them know what they look like. (Mirror)
Let the children look at themselves in it.

The way you look is only a part of what makes you special. *Discuss. (Hobbies, interests, family make-up, etc. also make you special.)*

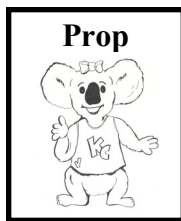
To get the children up and moving, try doing the following:

If your favorite flavor of ice cream is chocolate, stand in this corner of the room. If you like peach ice cream, stand in the other corner. (If you do not want them to move around the room, have them stamp their feet or clap, etc.)

Discuss the differences.

If you have a dog as a pet, go to one side of the room. If you do not have a dog, sit on the floor. *Try this with other questions.*

What do you like about yourself? *Get responses. They could pass KC Koala around as they share their ideas.*



The way you answer all of these questions helps others know what makes you special.

It is important to accept people the way they are. We should not dislike a person just because he or she is different from us! That is called Respect.

Closure

We need to respect each other and understand that everyone is different.

Allow time for a discussion.

☆ This is the time to stress how individuality and uniqueness are important. Every child has value and worth! We need to respect others! Stress this.

What makes KC Koala special? What makes these Safety Kids special?

Use the Safety Kids music to sing songs about being special.

Choose one or more of the activities from the following pages.

Be a Safety Kid!



Reinforcement Activities



A Special Garden Bulletin Board

Make a bulletin board using the flower shape provided. Add the title “A Special Garden.” Give one flower to each student. Each student writes his or her name in the center and decorates that part. Each flower is different; each child is different.



Materials needed: flower pattern, pens, pencils, crayons, markers



Hot KC

Children sit in a circle and pass the KC ball around as the music “If You’re Special and You Know It” plays. When the teacher stops the music, the child holding the ball says, “I am special!” and then sits out. Play continues until only one child remains.

Materials needed: open space, *Safety Kids Songs*, and approximately a 5” rubber bounce ball (draw KC on it with markers).



Big Bodies

Have each student lie down on a large piece of butcher paper. Trace around their bodies with a marker or crayon. Children color in the body to look like them or fill their body with pictures of things they like that are cut from magazines.

Materials needed: butcher paper, markers, crayons, scissors, old magazines, glue



Find-Out-About-Me Cards

Pass out the Find-Out-About-Me papers. Each space has a description, such as “I like dogs”, “I have a brother”, etc. Students walk around the room and sign a square that applies to them on other students’ papers. They sign only one square on each paper. When the paper is full or after a certain time, stop and discuss. Who is like you? Who does the same things as you? This helps them get to know their classmates better.

Materials: Find-Out-About-Me copies, pencils/pens

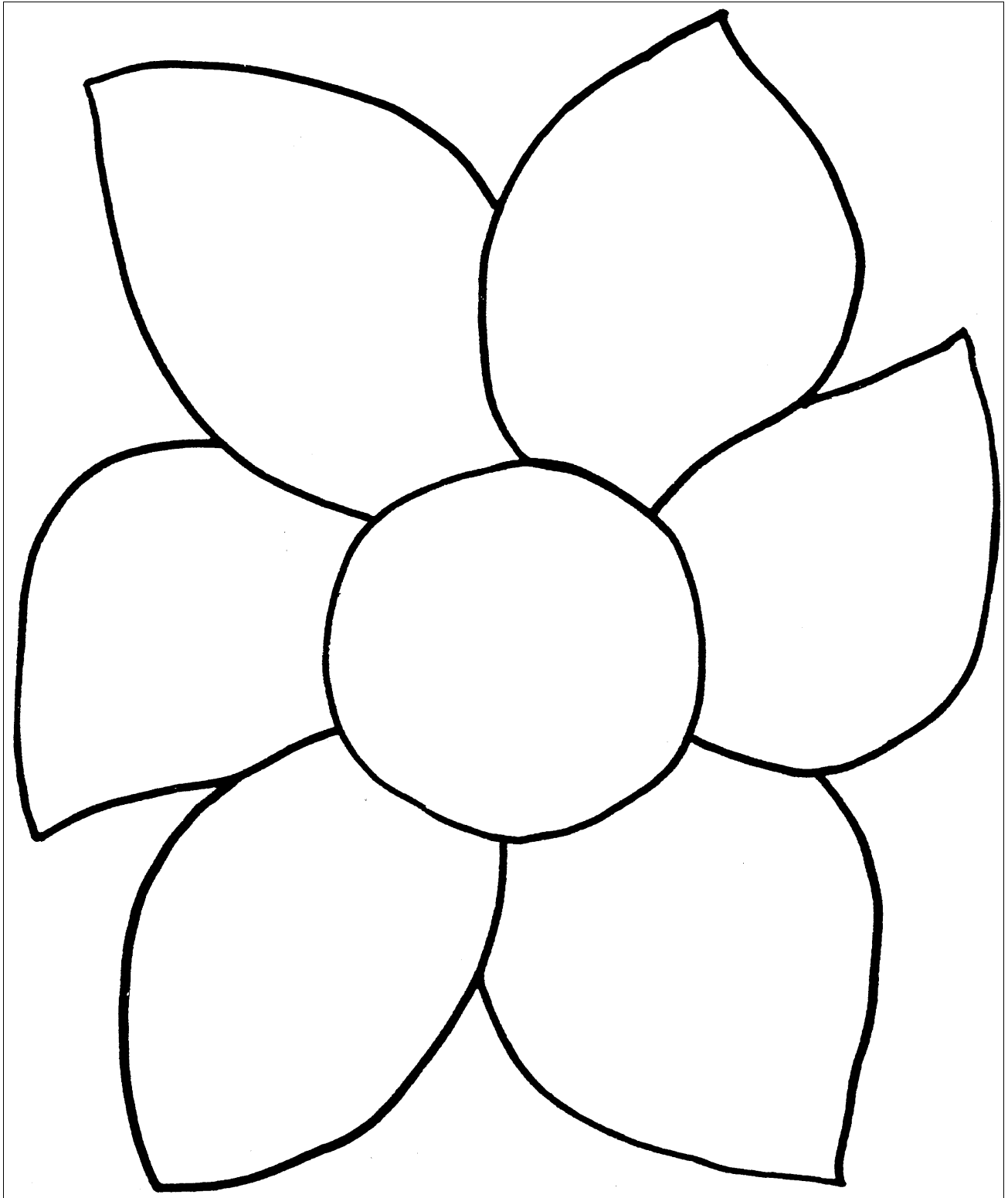


Special Simon Says

Play as Simon Says, but add special descriptions. For example, “Put your hands on your head if you are wearing a blue shirt. Simon Says put your hand on your waist if you have blond hair.”

Materials needed: none



Flower Pattern





Find Out About Me

Walk around the room and put your name or initials in a box that is true for you on each person's paper. **OR** Walk around and ask students to sign your paper. Try to fill every box, but do not use a name more than once. The teacher may have to read the boxes if the pictures do not help.

 <p>I like dogs.</p>	 <p>I like to go camping.</p>	 <p>I have a blue bike.</p>
 <p>I like to run.</p>	 <p>I like chocolate ice cream.</p>	 <p>I have a cat.</p>
 <p>I have a watch.</p>	 <p>I have a brother.</p>	 <p>I like pizza.</p>
 <p>I like to read.</p>	 <p>I like to play the piano.</p>	 <p>I have a video game.</p>