

Kind and Caring Kids



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

After “Check First”, the remaining lessons may be completed in any order.

Materials Needed for Lesson

- Charlie Check-First poster
- KC Koala poster
- *Bubbles* poster
- Charlie Check-First safety bubble card
- KC Koala safety bubble card (and any other topics you plan to cover)
- *Safety Kids Music* (optional)
- Letter to Parents/Guardian (Appendix)

Objectives for Students

- State the slogan, “Kind and Caring is the way to be!”
- Explain the meaning of *kind* and *caring*.
- Explain why they should be kind and caring towards others.
- Give two examples of something to say that is kind and caring.
- Give two examples of something to do that is kind and caring.

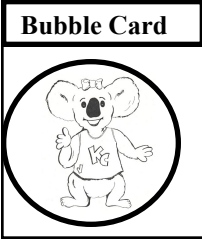
Review of Introduction or Past Lessons

Decide which topics you plan to teach for your session and put those corresponding safety bubble cards inside the poster pocket before you begin.

Always start with a review of the Check First concept!

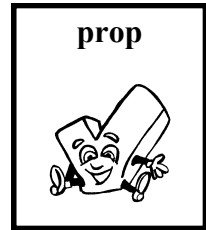
Using the Bubbles poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure. As you introduce a topic, a student (or teacher) removes and displays the safety bubble card from inside the pocket.

Lesson

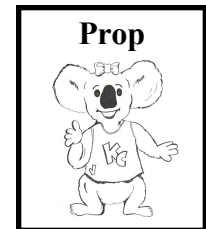


Have a student come up and remove the KC Koala safety bubble card from the poster pocket. See the Introduction for more details on how to use the poster. Review or introduce KC Koala.

I'd like you to meet a friend of mine: KC Koala. Some of you might remember KC from last year. She is friends with Charlie Check-First. They both have important things for you to remember. Charlie wants you to remember how to be safe and KC wants to talk to you about how to be a good friend.



Does anyone remember KC's favorite thing to say? Use the poster and help children state the slogan, "Kind and Caring is the way to be!"



Students repeat KC's slogan several times in different ways (clapping, snapping, whispering, shouting).

What makes someone a good friend? Get many responses. Good friends are Kind and Caring. What do you think that means? Have students explain the words kind and caring.

Students sit in a circle.

KC would like us all to practice being Kind and Caring today. I know we can do it! We are all going to say something Kind and Caring about the person sitting next to us, and then we are going to shake hands with that person and keep going around the circle until we all get a turn. I'll start.

Turn to the child next to you and say something kind. (You have very pretty hair.) Then say "Kind and Caring is the way to be!" Shake hands with her. She then says something Kind and Caring about the person next to her, repeats KC's slogan, and shakes the hand of the next person. Continue this activity, until all children have participated.

(Option: Children continue to hold hands after they shake. Alternate hands: the first child shakes with his right hand, the next with his left, etc. Everyone will eventually be connected. If the class is too large, you may want to break this into smaller groups.)

When it gets back to you say, "I knew we could all be Kind and Caring! Doesn't it feel good to be Kind and Caring? Let's say KC's slogan one more time and all shake hands together. Say it so that everyone can hear it!"

Kind and Caring is the way to be!

Repeat this circle activity. This time, the children are to state something Kind and Caring that they can do.

Allow time for discussion on giving and receiving compliments. Being Kind and Caring includes this aspect.

Do you think we were all Kind and Caring ? (yes) I think you were. KC does, too!

It is very easy to move right into the other Kind and Caring lessons (self-esteem and tolerance, conflict, bullying) at this point

Closure

Review the lesson by removing one bubble at a time and discussing the safety tips for that topic.

Use the Safety Kids Songs to reinforce concepts.

Choose one or more of the Reinforcement Activities on the following pages.

Be a Safety Kid!



Reinforcement Activities



Songs

Sing songs using the *Safety Kids Music*. Words are included in the appendix. Children love the repetition of the words, and the songs help them remember the rules.

Materials needed: *Safety Kids Songs*



KC Puppet Show

Students color stick puppets of KC Koala and children, cut them out, and attach them to craft sticks. Students can work in pairs or small groups to do a KC Koala puppet show based on what was discussed in the lesson.

Materials: KC Koala and children coloring page, crayons, markers, colored pencils, craft sticks



Friendship Musical Art

Play music as children draw a picture of friends sharing something. When the music stops, children walk around the room. When the music starts again, they must find a different picture to go to and add something to the drawing. Continue until the children have gone to several drawings. Children return to their picture to finish it, if necessary.

Materials: CD player, *Safety Kids Songs* CD, paper, pencils, crayons, markers



Tissue Paper KC

Each child receives a picture of KC Koala on cardstock or other sturdy paper. Review KC's slogan (Kind and Caring is the way to be!) with children. Give students some tissue paper squares and a small amount of glue. Students crumble the paper into a loose ball. Dip the ball in the glue and attach to the KC Koala picture. Continue until KC is filled completely by tissue paper.

Materials: KC pictures copied onto cardstock, 1-1/2" multicolor tissue paper squares, glue



Secret Pals

Each student is given the name of a Secret Pal. The teacher may choose to specifically assign certain students or names may be drawn out of a bag. Students are to do secret acts of kindness and caring throughout the day or week for their Secret Pal. This may include sending notes, cleaning up his or her desk when the Pal is not there, etc. Be creative! Be Kind! Be Caring! At the end of the designated time see if the students can guess their Secret Pal.

Materials: None



Kind and Caring Journal

Students create a journal with notebook paper and construction paper for cover. Each day write about or draw a picture of a time when they shared or took turns.

Materials: two sheets of construction paper per student, five or more sheets of writing paper per student, pen/pencils, and crayons/markers



Kind and Caring Mobiles

Students make mobiles out of construction paper. Each part of the mobile is a different word in the slogan, "Kind and Caring is the way to be!" Extra strings may be attached to hang drawings or pictures of kind and caring actions.

Materials: construction paper, scissors, pens/pencils, markers/crayons, string, tape, craft sticks or wire hangers



Friends Interview

Students work in pairs to interview each other about likes, dislikes, etc. Then they write a story about each other and read it to class. Use this as a tool to stress how each person is special.

Materials: pencils, paper



Slogan Review

Children stand in a circle. One child states the first word of the Kind and Caring motto and then bounces the ball to another student. That student then says the next word of the slogan and bounces the ball to someone else. This continues as the entire sentence is said. This may be repeated so everyone has a chance to participate. Use the slogan: **Kind and Caring is the way to be!**

Materials: large rubber ball, open space



Game: “Move If You ...”

There should be one less chair than the number of students. Arrange chairs in circle or rows, if possible. One student is the leader. He or she says, “move if you ...” The leader finishes the sentence with something that kids may do. (for example: move if you can swim, move if you have a dog, move if you like the color red, etc.) Children who can move must take a new seat. Those who cannot move stay seated. One child will be left without a seat. This student is the new leader.

This is a chance for students to learn more about each other and see how what is special to them may also be special to someone else.

Materials: None



Handful of Kindness

Students trace their hands on paper. On each finger, the student is to write one way that he or she has been kind or caring. If they cannot think of anything that they have already done, they can write down possible ways to be kind and caring in the future.

Decorate the hands and display.

Materials: paper, crayons or markers



Hot KC

Children sit in a circle and pass the KC Koala ball around as the music plays. When the teacher stops the music, the child holding the ball says, “I am kind and caring!” and then sits out. Play continues until only one child remains.



Materials needed: open space, *Safety Kids Songs*, approximately a 5” ball with KC drawn on it.



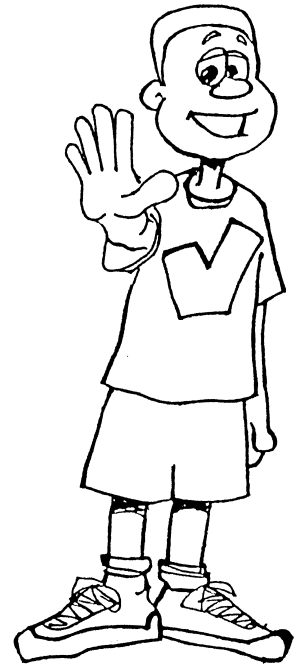
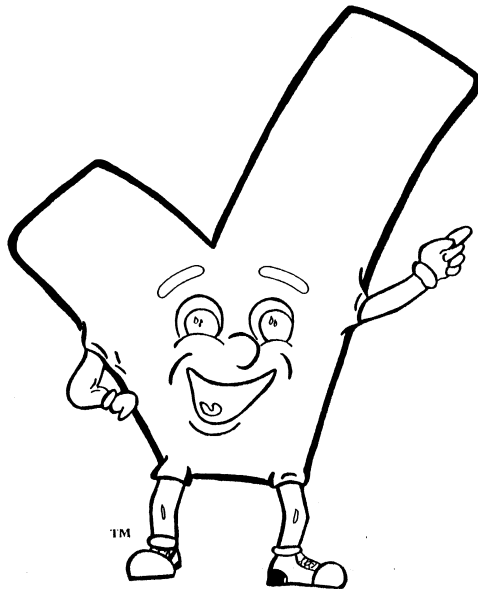
Kind and Caring King or Queen

Students select someone they think is especially kind and caring. This may be another student, a sibling, a friend, a neighbor, or anyone. They decorate a badge and give it to this person.

Materials needed: badge master (see the Buddy System section for master), art supplies to decorate

Stick Puppet Patterns

(4 Safety Kids, Charlie, and KC)



KC Koala says:



**“Kind and Caring
is the way to be!”**