

Kind and Caring Kids: General



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
- *Treasure Chest* poster
- Charlie Check-First symbol card
- KC Koala symbol card (and any other topics you plan to cover)
- Reinforcement Activity # 1 (optional)
- Several balls of yarn (optional)
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

Objectives for Students

- State the slogan, “Kind and Caring is the way to be!”
- Give two examples of being *kind and caring*.
- Explain the relationship between being kind and safety.
- Describe a kind and caring response to a negative situation.

Review of Introduction or Past Lessons

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

Always start with a review of the Check First concept!

Using the Treasure Chest 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 symbol card from inside the pocket.

Proceed with the lesson.

Lesson

Safety Symbol



Select a student to remove the KC Koala symbol card from the poster pocket. See Introduction for more details on how to use the poster.

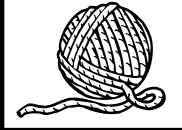
This is Charlie Check-First's friend, KC Koala. Her initials stand for Kind and Caring. What does it mean to be kind? What does it mean to be caring? Get responses. Discuss several examples of a time when they were kind or caring to someone else.

KC Koala's slogan is "Kind and Caring is the way to be!" Let the class or individuals repeat this several times as you hold up KC Koala. Pass around the KC Koala puppet as volunteers say the rule. What does that slogan mean?

We all need to learn how to live together in this world. We are connected to others in many ways: we play, work, and live beside other people. And it is a lot easier to get along well with others if we are Kind and Caring. Discuss.

We are going to do an exercise to show how being Kind and Caring helps when we are connected to others in our daily life.

prop



Students gather in a circle, working in groups of 5-10. You may have several circles, depending upon the number of children and the configuration of the room. Give one person in each group a ball of yarn or string.

The person with the yarn will start us off. He or she needs to say something kind about someone in the class, or else give an example of a Kind and Caring deed that can be done for someone in the room. Then the ball of yarn gets passed on to someone else. Explain how this is played:

- ✓ The first person says something kind and then passes or gently tosses the ball of yarn to someone else in the circle.
- ✓ That person can do one thing with the yarn. For example, he could put it through his legs, or wrap it once around his arm, or put it over his wrist, etc.
- ✓ Then he needs to say something kind about someone in the class or give an example of a kind and caring deed that can be done for someone in the room. Pass the yarn to someone else.
- ✓ Continue until everyone is connected.

prop



Prop



Discuss their behavior during the game. (Did anyone: toss the ball out of the person's reach; throw it too hard for someone else to catch; laugh if someone made a mistake? If any of this happened it would make it much harder to finish the activity and get connected.)

Working, playing, and living together is much easier if we are Kind and Caring to others. It is not only easier, it can be safer.

How can unkind or mean behavior have an affect upon your safety?

Discuss how it might cause problems. (someone might get mad, feelings might get hurt, anger can lead to violence, etc.)

KC Koala wants you to remember that you should treat others the way that you would like them to treat you. I'm sure you do not like it if someone is mean to you. (making fun of you, calling you names, excluding you, hurting you).

Sometimes it is not easy to be nice when someone is bothering you or when something is happening to make you sad or mad.

If someone is teasing you and making fun of you, how should you respond?
Get ideas from students.

Instead of being mean back to the person, KC Koala says it is better to ignore the situation, leave the area, or say something nice back to the person. It may be hard to be kind back, but this can often be really effective. (Being nice can confuse the person and may end the negative situation.)

Closure

You may want to role play a few situations to give the children an idea of how to respond in a kind and caring manner when they are in a negative situation.

Repeat KC Koala's slogan. "Kind and Caring is the way to be!"

Have a student put the KC Koala symbol card back in the poster pocket.

Use the Safety Kids Songs to reinforce safety concepts.

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

Be a Safety Kid!



Reinforcement Activities



Songs

Sing songs using the *Safety Kids*. 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: *Safety Kids Songs*, 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 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.

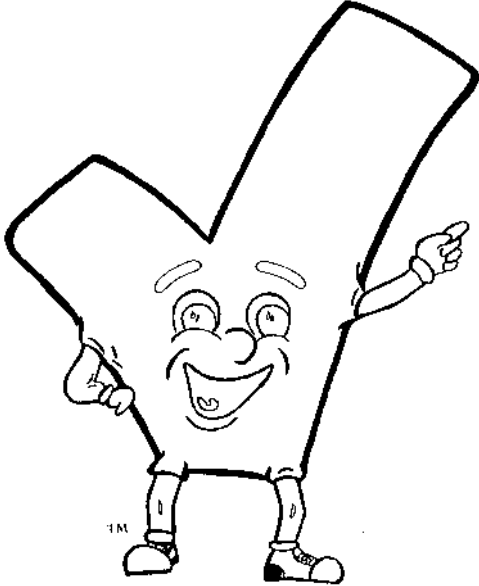


Kind and Caring King or Queen

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!”**