

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 you teach this lesson first in the Kind and Caring section.

Materials Needed for Lesson

- Charlie Check-First poster
- KC Koala puppet, mini-doll, or poster
- *Pizza* poster
- Charlie Check-First symbol card
- KC Koala symbol card (and any other topics you plan to cover)
- Reinforcement Activity # 1 (optional)
- Letter to the Parents/Guardian

Objectives for Students

- Name a way to be Kind and Caring.
- Recognize differences and similarities in the class.
- Explain why they need to accept others who are different from them.
- List the two steps to help them accept differences in others.
- Explain the relationship between being kind and caring and their safety.

Review of Introduction

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 Pizza 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 |
|---------------|

| | |
|-------------|--|
| Prop | <i>Hold up KC Koala puppet, mini-doll, or poster. This is KC Koala and I need a volunteer to find her safety symbol in the treasure chest poster pocket. Have someone do this. See the Introduction for more details on how to use the poster.</i> |
|-------------|--|



Her initials stand for Kind and Caring and she has a special slogan that she would like you to remember: "Kind and Caring is the way to be!"

| | |
|--------------------|---|
| Symbol Card | <i>Have the whole class or one or two students repeat the slogan. You may want to let them hug KC Koala if they say the slogan.</i> |
|--------------------|---|



Ask the class to name ways that they have been Kind or Caring toward someone. Discuss. (How did it make them feel? How did the other person feel?)

Has anyone ever said anything to you or done anything for you that made you feel good, or happy, or special? Get some responses.

Everyone in here is special. You have qualities and characteristics that are different from other kids.

Call on two volunteers to stand up. What are some ways that these two kids are different? Discuss. (Make sure to include differences that are not just based on physical looks; i.e. abilities, likes, dislikes)

Just because they are different in several ways does not mean that they should dislike each other.

Look really hard at other kids (especially the ones who are not your friends) and try to find something special or positive about that person. (something they excel in, something they do that is funny, something that is special, etc.)

Sometimes you may not like a person because he or she is different. Maybe you really do not know a lot about him or her. If you try to get to know the person you just might find something that is similar to you.

Why should you accept others who are different from you? Discuss.

(This may be a lengthy discussion. Be sure to include how tolerance of others promotes peace and good relationships, it helps you learn more about other cultures and life-styles, you end up treating others as you would like to be treated.)

There are two steps to follow to help you accept the differences in others:

1. It is important that we recognize the differences.
2. Then you need to respect them! **Respect is so very important! What does that word mean?** *Discuss.* (Respect means to show consideration or courtesy toward someone; to treat with honor or esteem; to avoid intruding upon them or interfering with them.)

How can we show respect and accept others? *Discuss. Make sure to model this behavior in your own life!*

We're going to try an activity to see how well you really know the other kids in this room.

**Reinforcement
Activity
1**

Pass out copies of the worksheet to everyone. Students are to walk around, find someone who fits a category, and put that person's name in the box. (You may want to set a time limit, or just judge how much time is needed as they work.)

Discuss their results with questions such as:

- ✓ Did you find someone for every box?
- ✓ Did you learn anything new about anyone?
- ✓ Did you find that some kids are like you in ways you did not think about before?

Each one of you is special. You are a unique human being and you need to recognize that everyone else is special, also.

Respect others and be Kind and Caring Kids!

Closure

☆ **How does being Kind and Caring relate to your safety?** *Discuss.*
(It can help you avoid or resolve conflict and/or violence. If you need help in some way another Kind and Caring kid may be there for you. Etc.)

Be sure to make good decisions; it is a smart decision to be Kind and Caring to others!

Symbol Card



As a review, hold up the KC Koala symbol and ask someone to explain one thing learned from the lesson today. Put it back in the treasure chest pocket. Do the same for any other symbols you have discussed.

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

Be a Safety Kid.



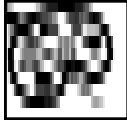
Kind and Caring: Self Esteem Reinforcement Activity #1

Find-Out-About-Me There are 2 ways to use this activity: 1. Students leave papers on their desk, walk around to other desks, and sign their name in a box that is true for them. They can only sign their name one time on each paper. OR 2. Students walk around the room with the paper and find someone who fits a category. They write his or her name in the box. Try to fill every box, but do not use a name more than once. There should only be one name in each box. **Each person is unique and special!**

| | | |
|-------------------------|--|----------------------|
| I have brown eyes. | I have a dog. | I have a sister. |
| I like math. | I like chocolate ice cream. | I have freckles. |
| I have dark hair. | I do not have any brothers or sisters. | I do not like pizza. |
| I like to ride my bike. | I like to read. | I like to play ball. |



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. Assign six names to each student and have them write one name on each petal. The student must then write one kind sentence about the person named on each petal.

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



Find-Out-About-Me Cards

Pass out the Find-Out-About-Me Cards to the students. Each space has a description, such as “I have a dog”, “I do not like pizza”, etc. Students walk around the room and get others to sign a space that applies to them. Try to fill the card, and have students sign a card only once. This helps them get to know their classmates better.

Materials: Find-Out-About-Me copies (p.6), pencils or 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



Personal Accomplishments

Each student writes two or three accomplishments on an index card about himself or herself that their classmates may not know. Fold the cards up and put them in a container. Each child gets a turn picking a card, reading the items, and guessing which student wrote the card.

Materials needed: index cards or pieces of paper



I Am Special Journal

For one week or longer, have students keep a journal about why they felt special each day. Students may illustrate their entries. Students may share their thoughts or keep them private. Writing these ideas will help boost their self-image!

Materials needed: homemade journals (writing paper with a construction paper cover) or student notebooks



I Am Special chains

Create a class chain or have students make individual chains. Teacher may want to cut construction paper links ahead of time. Instruct students to draw and write (or dictate to the teacher) something that makes them special. Each student completes one link for the class chain. For the individual chains, each student completes four or five links. Add student photographs if possible. Display from desks, ceiling, or lights.

Materials needed: construction paper strips for chains, markers, crayons, glue or tape, student photographs (if possible)



All About Me Books

Help children trace their hands or make handprints with paint for the first page of their book. Students look through old magazines to find pictures that illustrate the remaining pages of their books. Topics for pages could include:

Things I Like To Eat

Things I Like To Do

My Favorite Animals

My Favorite Toys

Books can be assembled by punching holes along the left side of the page. String yarn through the holes and tie.

Materials needed: construction paper, old magazines, glue, scissors, yarn, hole punch or stapler



Silhouettes with Acrostics

Teacher or students may trace students' silhouettes using flashlight or overhead projector light. Trace on black paper with chalk or pencil. After they are cut out, mount the silhouette on white paper. Leave room for students to write their name as an acrostic.

Example - K ind
I ntelligent
M agnificent

Materials needed: flashlight or overhead projector, large black construction paper, white construction paper, glue, markers

Flower Pattern

