

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

- Backpack poster
- KC Koala symbol card (and any other topics you plan to cover)
- Board, easel, or large sheet of paper; marker or chalk
- Letter to the Parents/Guardian

Objectives for Students

- Explain how differences make a child unique.
- Express four ways that they are special.
- Name a way that a classmate is special.
- Compare personality traits with accomplishments.
- Describe two steps to follow to accept differences in others.

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 Back Pack poster, introduce the lesson as described in the Introduction under Safety Poster. As you introduce a topic, a student (or teacher) removes and displays the symbol card from inside the pocket.

Proceed with the lesson.

☆ *It is important to establish a Kind and Caring atmosphere in your classroom!*

☆ *Praise and/or reward acts of kindness that students display.*

☆ *Encourage tolerance and acceptance of others*

☆ *Model this behavior yourself.*

Lesson

Prop



Remove the KC Koala symbol card from the poster pocket. This KC Koala. 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!”

What does it mean to be kind? To be caring? *Discuss.*

Why do you think that KC Koala’s slogan is “Kind and Caring is the way to be”? *Discuss.*

Ask students to name ways that they have been Kind or Caring to others. Then discuss ways that others have been Kind and Caring to them.

It is easy to be Kind and Caring to someone you like or who is just like you in some way. But sometimes that is hard to do with someone who is different from you.

What can you tell me about the way snowflakes look? (No two snowflakes are alike.) **People are just the same. Each person in here is special and different.**

You are unique. What does that mean? (different from all others; having no equal)

Should you dislike someone just because that person is different from you? Are you better than another person just because that person is different from you? *Discuss this thoroughly.*

Why is it important to accept others who are different than you in some way? How does this have an affect upon our whole society?

Discuss. (This may be a lengthy discussion. Be sure to include: how tolerance of others promotes peace and good relationships; that you need to know how to work with and get along with others; it helps you learn more about other cultures and life-styles; you end up treating others as you would like to be treated.)

What are some ways that you and a classmate might be different? Similar? How are you unique?

Reinforcement Activity # 1

Let’s try an activity to help you recognize how others are special.

Use this worksheet and discuss the results. (Students may be surprised to see the ways in which they are similar to others; perhaps they are very similar to someone they do not especially like!)

We talked about how it is important to accept others. How can you do this? What if you really dislike the person? What if you have no solid reason why you do not like or accept someone?

First you need to **Recognize** that there are differences. After that, the key is **Respect**. You do not have to agree with the person or like the way he or she is, but you need to respect the way that person is. (Respect means to show consideration or courtesy toward someone; to treat with honor or esteem; to avoid intruding upon them or interfering with them.)

That person is unique and important in his or her own way. Respect this fact and tolerate their differences. *Discuss tolerance.*

Closure

Is there any relationship between being Kind and Caring and being safe?

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.)

Is there any relationship between being tolerant of others and being safe?

Discuss.

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

Be a Safety Kid!



Kind and Caring: Self-Esteem / Tolerance Reinforcement Activity

Students are to answer the questions in each box. When instructed, students walk around the room and find someone who has the same answer for a question and write that person's name on the line. Can they find someone for each question?

Discuss how they may have a similarity with someone in an area they never thought of before. They may be surprised to see who is just like them in some way!



<p>I like to play...</p> <p>(matching person) _____</p>	<p>My favorite food is ...</p> <p>(matching person) _____</p>
<p>I would like to go to ...</p> <p>(matching person) _____</p>	<p>My favorite thing to do is...</p> <p>(matching person) _____</p>
<p>My favorite color is...</p> <p>(matching person) _____</p>	<p>My favorite type of pet is...</p> <p>(matching person) _____</p>