

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 / 3 Steps poster
- KC Koala poster
- 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.

☆ *Always start with a review of the Check First concept!*

☆ *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 Refer to the KC Koala poster. 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.

Look to your left. Look to your right. No two people in here (or anywhere) are exactly alike. We have many differences. What are some ways that you are different from the person next to you? Make a list on the board or paper.

What does the word *unique* mean? (Different from all others; having no equal)

How do our differences make us unique? Does unique mean strange, odd, or wrong? Or does it just mean *special*? Discuss.

Prop		
<u>Special</u>	<u>Accomplishments</u>	<u>People</u>

Make three columns on the board, easel, or large sheet of paper. Put the following headings on the columns: special, accomplishments, people.

Think of ways that you are special. Ask for ideas and write some of these on the list in the first column. Encourage them to share ways that may not be obvious, or things about themselves that others do not know. (Examples: I like books a lot, I draw well, I am quiet, I am very tall, I run fast.)

Now let’s think of things that you can do (or accomplish) because of that special trait. In the column next to the special characteristics write a possible accomplishment for each one. (Example: I like books a lot—be an author)

Do you know of anyone who does that? Write someone’s name (famous or local) in the next column. (Example: I like books a lot—be an author—Dr. Seuss)

People are all different or special. We should accept these differences in others.

What would happen if only children with red hair were allowed to get ice cream at the ice cream store? Or what if only girls were able to ride bikes in the neighborhood? Or what if only left-handed children were given chairs and everyone else had to stand? Discuss how everyone should be treated fairly, not based on differences.

There are two steps to help us deal with people's differences.

- 1. First we need to recognize that people are different.**
- 2. Secondly, we need to respect these differences.**

Respect means to show consideration or courtesy toward someone; to treat with honor or esteem; to avoid intruding upon them or interfering with them.)

Recognition is often easy. Respect often is not easy. *Discuss these two steps thoroughly.*

Do these two steps (recognizing and respecting differences) have any relationship to safety?

Discuss how there may be safety problems if intolerance prevails.

Closure

Remember that we are all special in some way. And we are different from others in many ways.

I know that you would like other kids to accept you the way you are. So you must also accept them the way they are.

Recognize what makes you and others special. Respect this!

**Reinforcement
Activity
1**

You may wish to use this activity as a reinforcement for this lesson.

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>