

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 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

- 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 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

Prop



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

Do you remember KC Koala and her slogan? *Ask for a volunteer to tell you, or state the slogan and have them repeat it.*

Symbol Card



Kind and Caring is the way to be! *Discuss the meaning of the slogan as you hold KC. Have the class repeat the slogan several times. Pass around the KC Koala puppet as volunteers say the rule.*

Point to the Safety Kid on the poster as you go on.

Every child is special. This boy is special. Just by looking at him, name three things that make him different from you. (hair color, eyes, height, he is going on a hike, he is outdoors, etc.)

Even though he is not a real person, let's make up some things about him that might make him special. (He has a dog, he likes to play the piano, he lives by the ocean, etc.)

Everyone here is special in his or her own way.
(Children can be special in many ways: looks, talents, likes, dislikes, possessions, etc.)

Have the students work in pairs. Each child names three things that he or she thinks is special about the other person. Then they say three things that are special about themselves. Have them share these ideas with the whole class.

It is important to remember that we should not dislike someone just because he or she is different from us. That person is special, too, in his or her own way. (This is the time to talk about the importance of individuality and that each child has value and worth! This should be stressed.)

Discuss why it is important to be tolerant and accepting of differences.
(for harmony and peace, to learn more about other cultures and life-styles, to treat others as you would like to be treated)

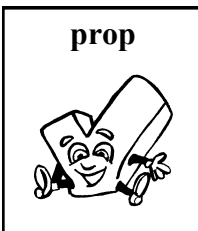
There are two steps to help you accept the differences in other people:

- 1. It is important that we recognize the differences.**
- 2. Then we need to respect them! What does *respect* mean?** *Discuss.* (to show consideration or courtesy toward someone; to treat with honor or esteem)

Why should we accept others? How can we do this?

Discuss. Open the discussion to tolerance. Model this behavior in your own life! Review with the students that they are special (each in his or her own way) and that they are loved.

Closure



prop

Briefly review Charlie Check-First as a special, safe friend that will help us learn the best ways to keep ourselves safe.

Because you know that you are special or important, you will care about what happens to you. You will want to make sure that you do not get hurt or in trouble.

The safety rules that we learn in all of these lessons will help you remember that you are important and that you need to stay safe. You are special. You can be a Safety Kid!

Remember: “Kind and Caring is the way to be!”

Use the Safety Kids Songs to reinforce concepts.

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

Be a Safety Kid! !



Kind and Caring: Self Esteem Reinforcement Activity #1

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



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*



Hot KC Koala

Children sit in a circle and pass the KC ball around as the music “If You’re Special and You Know It” plays. When the teacher stops the music, the child holding the ball says, “I am special!” 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.



All About Me magazine collage

Students write “All About Me” and their name on the top of large construction paper. They then cut and glue magazine pictures of things they like or things that make them special.

Materials needed: magazines with pictures or ads, large construction paper, glue, scissors



Big Bodies

Have each student lie down on a large piece of butcher paper. Trace around their bodies with a marker or crayon. Children color in the body to look like themselves or fill their body with pictures of things they like that are cut from magazines.

Materials needed: butcher paper, markers, crayons, scissors, old magazines, glue



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



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

Flower Pattern

