

## KG- Mental Wellness/ Social and Emotional Skills

### Learning Objectives

- ❖ I can describe what it means to be a friend and how to show kindness, consideration, and concern for others. (i.e., self-awareness, social awareness, and relationship skills) (SOL.K.1, O)
- ❖ I can describe personal space. (SOL K.1, P)

K.1 The student will identify and describe key health and safety concepts.

### Mental Wellness/Social and Emotional Skills

O. Describe what it means to be a friend and how to show kindness, consideration, and concern for others (i.e., self-awareness, social awareness, and relationship skills).

P. Describe personal space.

### Teacher Notes

- Visual aid poster
- Vocabulary words (kindness, personal space, consideration)

### Lesson Steps

*Step 1 (Engage learners/access prior knowledge)*

- Discussion- Does anyone know what personal space means?
- What does kindness mean to you?

*Step 2 (New information – direct instruction/teacher-facilitated learning) (adapt lesson from - Tale from a very busy teacher)*

- ❖ Introduce the lesson to students about kindness and why it is important. Kids explain kindness: <https://www.youtube.com/watch?v=cFmZV5THGYc>
- ❖ What is personal space and how can we show kindness using personal space?
- ❖ Ask students how they can make someone happy; let them raise hands and share out aloud. Let students watch YouTube video, Make Joy Happy: <https://www.youtube.com/watch?v=O3xl-o0JMA8>
- ❖ After watching the clip, ask for students' ideas on what they think the video is showing or trying to explain.
- ❖ Let students know there are multiples messages:
  1. Treat others the way you want to be treated.
  2. Understand other people's perspectives.
  3. Spread kindness and get kindness in return.



- ❖ During discussion make an anchor chart of student's ideas. Then have students share ideas with partners and provide students with sentence frames. You can write the sentence frames on the anchor chart.
  - The message is \_\_\_\_\_ because \_\_\_\_\_.
  - The meaning of \_\_\_\_\_ is \_\_\_\_\_.

### Wrinkled heart Activity



- ❖ Cut out a giant heart from construction paper for this activity. Or you can print or draw this onto pink or red paper. It has a nice rhyming phrase that can be displayed after you complete the activity.
- ❖ Show students the heart and ask students to share examples of unkind actions (school appropriate). If they feel comfortable enough, they can also share real-life experiences they may have had at school. As each unkind experience is shared, fold the heart. Keep folding the heart for each unkind gesture until the heart is completely folded. Then ask students to share positive experiences and kind gestures. For each positive experience or a kind gesture, unfold the heart. Complete the sharing until the heart is completely unfolded and open.
- ❖ The visual of the heart is an explanation that when unkind things happen it can hurt our hearts (the folds in the heart). As we experienced kindness and forgiveness, our heart opens back up, but it is still wrinkled symbolizing that even if we apologize for unkind actions, our unkind actions can still leave a negative mark on someone's heart. But we can rebound!

### Activity 2

- ❖ Students will show personal space by standing/sitting in their own bubble.
- ❖ Play the game "Simon Says"
  - Simon says: run around, jump up and down, stand in your personal space.

### *Step 3 (Application – how student will apply/practice new learning)*

- ❖ Give students a heart and have them write/draw different ways they can be kind.

### Assessments

Name one way you can be kind to someone.



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**Kg- Mental Wellness**  
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### **Extensions/Connections**

Kids President Kindness- <https://www.youtube.com/watch?v=bs7f1hTmIAQ>

### **Resources/References**

Tale from a very busy teacher- <https://www.talesfromaverybusyteacher.com/2019/03/10-kindness-lessons-and-activities-for-elementary-school.html>

Power of Kindness- <https://www.youtube.com/watch?v=hJ7bJN5k-jE>