

Remember to Care!

This is the initial lesson in the Caring Unit. Although there are 4 subtopics within this unit (compassion, helpfulness, gratitude, and empathy), Kindergarten will only focus on Caring with the first 3 subtopics based on developmental appropriateness. This initial lesson covers all 4 of these topics through an interactive Memory Game using either your Smart Board or large Memory Game pieces.

Caring Sub-Concepts

Compassion, Helpfulness, Gratitude, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Interactive memory game
Powerpoint such as [this one from Tekhnologic](#).
- Physical memory game pieces (if you decide to play this game without technology)
- Teacher Script

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will be able to:

- Demonstrate how to show caring, helpfulness, gratitude, and compassion to others.
- Identify caring across multiple settings including home and school.

Teacher Connection/Self-Care

In the first unit we talked about the importance of self respect as a building block for respect within our world. This unit's focus is on Caring, which incorporates compassion, helpfulness, gratitude, and empathy. Caring is defined as feeling and showing concern for yourself and others. With this definition in mind, try to evaluate how you care for yourself.

Self-Care is a vital tool to ensure we have time to reboot. It is not selfish to provide time each day to just focus on YOU. What do you do just for you each day? If the answer is difficult to identify, brainstorm some ideas on how you can care for yourself daily. If you've already started this process, attempt to expand or deepen your self-care to include long term goals (such as working out or taking a fun class). If you don't care for yourself, how can you expect to provide solid care for others?

Tips for Diverse Learners

- Explain how to play Memory using cards first before transitioning to the Smart Board.
- Place players into pairs to accommodate limited speaking students.
- Provide sentence starter prompts during the question and answer session



Share

3-5 minutes

Have the students gather in your circle time or community area. Ask them to share one way they showed respect over the weekend.

If they get stuck, provide personal examples.



Inspire

What is Caring?

7-10 minutes

Explain that caring is feeling and showing concern for others.

This unit will focus on caring and learning how to show that in our classroom. We have already learned how respecting ourselves, others, and our classroom has helped us to feel safe and show kindness daily. Caring actually builds on this. When we are caring, our actions show kindness and others feel happy around us.

Explain that there are 3 helpers that follow Caring. Make sure to allow time for students to identify examples if desired.

- **Compassion:** *When you feel and show concern for others by caring for them, you have compassion for them as well. Compassion is the desire to want to help someone in need. Have you ever seen a friend struggling and went over and helped them? It was compassion that called you over there!*
- **Helpfulness:** *When we are caring for others, we are demonstrating helpfulness too! Giving help to others often happens after we have that feeling of compassion. Have you ever helped someone without them asking? If so, you were demonstrating helpfulness. Thanks!*
- **Gratitude:** *When others are caring for us, we experience gratitude. This is when you are thankful for someone showing compassion, helping you, and caring for you. People show gratitude with their kind words, with actions (like hugs) and with presents (like thank you cards).*



Empower

15 minutes

This lesson is designed for use on an Interactive Whiteboard, but the pictures provided at the end of the lesson can be blown up and printed on cardstock to play traditional memory on the floor.

To explore these 4 concepts, the class will play Caring Memory.

Rules for Play:

Each person (or pair if you decide to team up) will select 2 cards. If they get a match, they must explain how it shows Caring. You can then ask follow up questions to have them identify how it might also show compassion, helpfulness, and gratitude. See the script page below for ideas around each picture provided.

If the student gets stuck, allow them to “call a friend” for help.

If the friend does not know, open it up to the whole class.

If the entire class does not know, break down the picture into smaller bites and guide them towards the answer. Example: Ali is holding an apple. What time of day might it be? (lunch/snacks) Why might he be holding the apple out for you? (you forgot your snack)



Reflect

5-7 minutes

After completing the memory game, create a T-chart with the words home and school on each side.

Go through each match and ask the students at which location this type of caring might occur.

Emphasize the importance of being on the lookout for “Caring Opportunities” when we can practice this concept and all 3 of its helpers: compassion, helpfulness, and gratitude.



Extension Ideas

- Have your families brainstorm ways to show caring, compassion, helpfulness, and gratitude at home, as well. Have each child bring their list in and write all the ideas down together on a giant paper to highlight the concepts learned and encourage kindness both at home and in the classroom.
- Personalize this activity by taking class pictures of students being caring and add them to the memory game.
- Place the hard copy of this game in the math area and add simple math facts on the back of the cards. Students have to complete the math fact before they can turn over the cards.

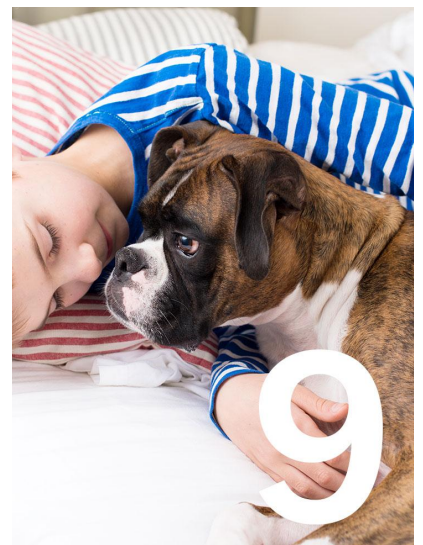


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AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>



RANDOM ACTS OF KINDNESS
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Teacher Script

Use these prompts and explanations after each match is made. Refer to the numbers on the pictures (previous page) to reference the correct explanation.

1. Dad helping son on bike

This dad is caring for his son by teaching him how to ride his bike. Have you ever learned how to ride a bike? What happened? He made sure he had his helmet on and brought him to a safe place to learn. How could he show compassion? He might want to help his son when he falls off the bike. How could he show helpfulness? He could carry his son's bike to the car to go home. How might the son show gratitude? He could say thank you to his dad for spending time with him.

2. Boy watering a plant

This boy is caring for his garden by watering his plants. Have you ever grown anything in a garden? What do plants need to grow? He gives each plant enough water to grow and bloom into a beautiful flower! How could he show helpfulness? He could pick out the weeds so the plant can grow better.

3. Mom kissing daughter on the head

This mom is caring for her daughter by giving her love. How do you show family love? She enjoys spending time with her. How could the daughter show gratitude for her mother? She could give her a big hug!

4. Boy picking up garbage

This boy is caring for our school by picking up garbage on his way into school. Have you ever helped out at school without being asked? He picked it all up and put it in a trash can nearby. How did he show helpfulness? He picked up garbage without even being asked. How might his teacher show gratitude for his helpfulness? She could let him pick from the treasure box, give him a sticker, etc.

5. Boy offering apple

This boy is caring for a friend by offering them an apple. Have you ever felt compassion for a friend when they forgot something? He had compassion when he realized his friend didn't have a lunch. How did he show helpfulness? He gave his apple away without being asked. He was kind and went out of his way to help a friend.

6. Girl helping another girl write

This girl is caring for her neighbor by helping her spell a tough word. Have you ever helped a neighbor during our lessons? She is showing her which letters to use. How might the other girl show gratitude for her friend's help? She could draw her a thank you card, use her words, etc.

7. Aunt carrying niece with umbrella

This aunt is caring for her niece by holding her under the umbrella during a thunderstorm. Have you ever helped someone get out of the rain quickly? She had compassion for her niece and helped her get inside the house. How could her niece show gratitude for her aunt's help? She could give her a big hug and kiss, etc.

8. Sister sharing ice cream

This girl is caring for her sister by sharing her ice cream after she dropped hers. Have you ever dropped your food on the floor? What special feeling led her to share the ice cream? (compassion) How was she showing helpfulness? She shared without being asked. How could her sister show gratitude for the ice cream? She could thank her and play with her afterwards, etc.

9. Boy with dog

This boy is caring for his dog. Do you take care of a pet at home or in our classroom? What type of care do they need? He just got back from a walk and they are resting. What else could this boy do to show helpfulness with his dog? He could feed him, play with him, clean his crate, etc. How might his dog show gratitude? He might snuggle with him or give him a big lick.