

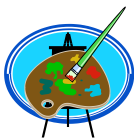





Theme
Kindness and Letter R
Activities for "Kindness Smiles"

Materials Needed: Letter R (Letter Kit), Letter cards A – R (Letter Kit), plain paper, crayons, new and unused tube of colored chap stick or lipstick, Q-tips, yarn, ball

<p>CIRCLE ACTIVITIES</p> 	<p>Come to the circle with a big smile. Point to your face and say, "What is this across my face? It is a smile. A happy, happy smile." Tell children things that make you smile such as hearing a kind word, having someone help you, receiving a hug, giving a high five, etc. Have children share what makes them smile. Chant: <i>Kindness makes me smile!</i></p>
<p>LANGUAGE-LITERACY</p> 	<p><u>The Letter R</u> Children learn the letter R. They trace the letter R (Letter Kit) and make the sound. Have them say, "R-R-R, rabbit, rain, read, ready, red, ride, rock, run." Use the letter cards A - R (Letter Kit) to make words such as: ran, red, rib, rid, rig, rim, rip, rod, rub, rug, run. Chant: <i>I ran to a red rug. A rabbit rubbed my rib on the red rug.</i></p>
<p>FUN ART</p> 	<p><u>My Kind Smile</u> Children draw a large circle on a plain piece of paper to be a face. They paste on yarn for hair. Then they color eyes, nose and ears. Lastly, have each child put on the lips of their own faces, colored chap stick or lipstick. (Use an <i>unused</i> tube of chap stick or lipstick. Give each child a Q-tip to smear the lipstick or chap stick on their lips.) Have them kiss their pictures where the lips should be. Now they have a personalized smile to give away.</p>
<p>MATH</p> 	<p><u>The Number 24</u> Pre-cut 24 pieces of yarn in different lengths. Scatter them on the floor. Children count aloud each piece with you. Sort them into a long pile and short pile. Partner children. Give each pair of children one piece of yarn. They look around the room together to find an object that is the same length (or close to) as their piece of yarn. They show it to the group. They say, "Thank you for helping me. Doing math with you makes me smile."</p>
<p>MUSIC-MOVEMENT</p> 	<p><u>Sing S-M-I-L-E</u> (tune of "Battle Hymn of Republic") <i>It isn't any trouble to give a S-M-I-L-E. (Repeat 2X.)</i> <i>You can even do it in a silly style. (Make a silly face smile.)</i> <i>So smile anytime you can – for your family and your friends. (Smile at a friend.)</i> <i>Giving a smile can be so kind. Others will smile too you will find.</i></p>
<p>SOCIAL SKILLS</p> 	<p><u>Our Circle of Kindness</u> Children sit in a circle. One child rolls a ball to another child and says, "Hi kind (Name of Child). You are a kind friend" The child receiving the ball replies, "Thank you." Now the child who received the ball rolls it to a new person. Play continues until all children have had the ball rolled to them.</p>

"If you want to be loved, love on others."



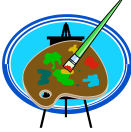



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Kindness and Letter R
Activities for "Kindness Smiles"

Materials Needed: Picture of a tree (provided), yellow paper circle, white construction paper, yellow paint, paint brushes, paste, glitter, colored construction paper, crayons

<p>CIRCLE ACTIVITIES</p> 	<p>Take the children to look outside at a tree and/or show them a picture of a tree (provided). Ask them how a tree grows? It needs sunlight and water. Then it grows taller and wider and grows leaves. Tell them that their bodies are like a tree. They grow bigger with food, water, sunshine and rest. Your heart grows and feels better too when we hear kind words and people are kind to us. Kind words and acts are like sunshine and water. Walk around with a yellow paper circle. Tell children that this is a pretend sun. Hold it over each child's head and say something kind about him/her.</p>
<p>LANGUAGE-LITERACY</p> 	<p><u>R is for Red</u> Children chant: <i>R is for red. R-E-D red.</i> Each child finds a red object in the room and brings it to the circle. They practice listening and speaking skills as they listen to each child say, "This red object is a _____."</p>
<p>FUN ART</p> 	<p><u>Special Sunshine</u> Remind children that sun and water make trees grow. A kindness tree gets sunshine by hearing kind words. They will make a special sun to remind them to shine kind words onto others. They paint a bright yellow circle with rays onto white construction paper. Let it dry. Then paint paste over the sun and sprinkle glitter to make it shine.</p>
<p>MATH</p> 	<p><u>Sorting Leaves</u> Have children tear out 24 pieces of colored paper to become pretend leaves. They sort the leaves by color. They count how many leaves of each color. They count how many leaves altogether. Save the leaves for Social Skills today.</p>
<p>MUSIC-MOVEMENT</p> 	<p><u>Chant and Act Out <i>Be Kind, Be Kind</i></u> <i>Be kind, be kind: shake, shake, shake.</i> (Shake body.) <i>Speak kind words: wiggle, wiggle, wiggle.</i> (Wiggle body.) <i>Help others: jump, jump, jump.</i> (Jump up and down.) <i>Spread sunshine: Open your arms wide.</i> (Open arms and go give a hug.)</p>
<p>SOCIAL SKILLS</p> 	<p><u>Leaves of Kindness</u> Give each child one pretend leaf from Math today. Partner children. Child A gives Child B his/her pretend leaf and tells Child B something they did today that was kind. Switch roles. You collect the leaves one at a time as you tell each child a kind act you have seen him/her do at child care. Paste all of the pretend leaves onto plain piece of paper. Then draw a tree trunk underneath the leaves. Hang in the classroom as a reminder of kind acts.</p>

"Kind kids are often the result of kind acts shown to them."



TREE FOR CIRCLE ACTIVITY



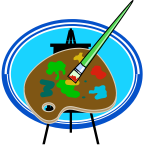



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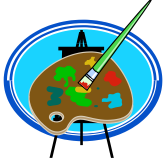



Materials Needed: 25 1" X 9" strips of colored construction paper, child-safe handheld mirror, large piece of butcher paper, crayons, fun dance music, stapler and staples

<p>CIRCLE ACTIVITIES</p> 	<p>Tell children that we have talked about how kind words can make others feel good on the inside and feel happy. Tell them that helping others is a kind act that makes others feel good too. Tell each child something they have done to help in the class. Have them share how they help at home. Then have them share how someone has helped them before at home or at school. Chant: <i>Helping, helping is so cool. We can help at home and school.</i></p>
<p>LANGUAGE-LITERACY</p> 	<p><u>How We Have Helped</u> Pre-cut 25 1" X 9" strips of colored construction paper. Children share how they help in the classroom. Write each response on a strip of the pre-cut paper. Read it back to the children, pointing to each word as you say it. (Ex: We help clean up. I help pass out cups. Jayden helps put away the crayons. Samantha helps hold the book.) Save these strips for Math today.</p>
<p>FUN ART</p> 	<p><u>Our Happy Helping Smiles</u> Tell children that giving a smile to someone can help them feel better and happy inside. Pass around a mirror and have children look at themselves and smile. Then have everyone show their happiest smile to the class one at a time. Lastly, place a large piece of butcher paper across the floor. Each child draws a circle filled with a happy, smiling face. Hang this Banner of Smiles in the room.</p>
<p>MATH</p> 	<p><u>The Number 25</u> Count out the 25 strips of construction paper from Literacy today. Make each strip into a circle. Link two together by stapling them for the children. Add a third, fourth and so on. Count how many circles make the kindness chain link. Use it to measure how many circles tall is the chair, table, cabinet, etc.</p>
<p>MUSIC-MOVEMENT</p> 	<p><u>Dancing Hugs</u> Giving hugs to friends is an act of kindness. Play fun music for the children to dance to in the room. Stop the music throughout the song. When the music stops, they stop dancing and hug a friend.</p>
<p>SOCIAL SKILLS</p> 	<p><u>Helping Friends Circle</u> Children take turns helping each other stand up. Then they hold hands and walk in a circle (for sense of community) while saying, "Friends, friends. They are super special. They play and help us too." Turn to a friend and say, "I am so happy to have you as my kind and helpful friend."</p>

"Friendships help take away troubles and increases joy."

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Kindness and Letter R
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Materials Needed: Poster board, cupcake liners, paste, colored construction paper, green paint or green pipe cleaners, bag of clean laundry from your home for Math

<p>CIRCLE ACTIVITIES</p> 	<p>Tell children that the more they help others the kinder they are. Remind children that being kind can be done with their words and their actions. Have children share things they like to do that make themselves happy. Talk about how they can do those same things for friends and it will make their friends happy too. Some things could be: singing, dancing, reading, doing puzzles, building, drawing pictures, etc. Chant: <i>I can help. Yes I can. I can be kind and help my friends.</i></p>
<p>LANGUAGE-LITERACY</p> 	<p><u>The Kindness Pledge</u> Write the following kindness pledge on poster board. Point to each word as you read it to the class. Have them repeat it back to you. Repeat several times. <i>I pledge to be kind in every way. I will practice every day. The very best that I can do is help myself and others too.</i></p>
<p>FUN ART</p> 	<p><u>Flowers for a Friend</u> Tell children that the act of giving flowers to someone is a way to be kind and often helps another person feel happy. Children color the insides of three cupcake liners and then paste them onto a piece of colored construction paper to become a flower bouquet. Next, they paint green stems coming down from the cupcake liners. Another option is to paste pipe cleaners as stems. They give away their flower bouquet to someone as an act of kindness.</p>
<p>MATH</p> 	<p><u>Sorting Laundry</u> Tell children that they can be helpful at home by helping sort the clothes to be washed. Bring a bag of your laundry to school. (Pre-select clean items of clothing from your home.) Children sort the clothes into shirt, pants, socks, etc. They count how many in each pile. Then they re-sort the clothes by color. How many of each color?</p>
<p>MUSIC-MOVEMENT</p> 	<p><u>Sing and Act Out Shake a Hand</u> <i>Shake, shake, shake a hand. Let me shake a hand with you. I ask, "How are you? You are a sweet friend too."</i> <i>Shake, shake, shake a hand. Let's give a high five too. It's a great day to have you come with me and play. Yay!</i></p>
<p>SOCIAL SKILLS</p> 	<p><u>Resting Kindness for Myself</u> Tell children that they must also remember to be kind to themselves so they feel good and happy. It is easier to be kind when you feel happy and calm. Practice becoming calm. Children lie or sit on the floor with their eyes closed. They repeat and do the following: <i>Breathe in, breathe out. Stay very quiet as I rest. Breathe in, breathe out. Think about how I can do my best.</i></p>

"Positive thoughts become positive acts."


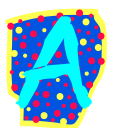
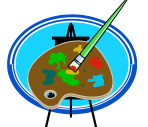



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Materials Needed: Pipe cleaners and/or yarn, balloons, tape, yarn, torn construction paper, bag of Hershey kisses

<p>CIRCLE ACTIVITIES</p> 	<p>Remind children that songs help them remember things that they have learned. Tell them that they will sing songs about kindness today. Have them put their hands over their hearts as they sing: <i>We have kindness in our hearts. We have kindness in our hearts. And we want to give it away. We are kind to our friends. We are kind to family. We are kind every day.</i></p>
<p>LANGUAGE-LITERACY</p> 	<p><u>Review the Letter R</u> Children make the letter R with pipe cleaners and/or yarn. Tell them that there are several things they can do that start with the letter R. They can read, run, ride a tricycle, roar like a lion, roll on the floor, race, reach, rock, rub, etc. Say an R action word and have the children act it out. (For example, roar like a lion.) Stress the R sound as you say each word.</p>
<p>FUN ART</p> 	<p><u>My Balloon Buddy</u> Give each child a blown up balloon. They tape yarn on the top for hair. They tape cut up pieces of construction paper on the balloon to make a face. Tell children that this is a new friend, their own balloon buddies. Save for Music and Social Skills.</p>
<p>MATH</p> 	<p><u>Longer and Shorter</u> Place a piece of yarn (about 12 inches long) on a table. Each child chooses an object from the classroom and brings it to the table. They place it beside the yarn and say, "My object is shorter than the yarn," or "My object is longer than the yarn." How many shorter objects altogether? How many longer objects altogether?</p>
<p>MUSIC-MOVEMENT</p> 	<p><u>Sing and Act Out Here's a Kiss</u> Children give away one Hershey chocolate kiss to a friend while singing: <i>Here's a kiss I have for you. It is special, just like you. This kiss is a way to say, "I think you are special in lots of ways." This kiss is from me to you. I think you are terrific too.</i></p>
<p>SOCIAL SKILLS</p> 	<p><u>Help Children Manage Emotions</u> Tell children that another great way to be calm is to stretch. Remind them that yesterday they learned to breathe deeply to calm down. Have children stretch pretending that they are a cat. Have them bend over and touch their toes and then slowly come up and reach for the sky.</p>

"Be kind to others."

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