

# C.A.R.E.

SAMPLE LESSONS - WEEK ONE - GRADES 2-5



An Integrated Social Studies and Health Curriculum



SELF



OTHERS



COMMUNITY



WORLD

CARE FOR OTHERS

# I AM WORTHY AND SO ARE YOU!

## WEEK 1: EACH PERSON IS IMPORTANT

In Unit One, students learn that each person is valuable and worthy of respect and human dignity. They learn the importance of self-care and care of others, and how community helps care for them and their basic human needs. Students develop skills in the areas of social studies, health, and language arts, while developing the personal character traits of **kindness, helpfulness, respect, responsibility, self-care, and gratitude.**

**WEEKLY CARE OBJECTIVE:** To learn that each person is important and deserving of care and respect.

**WEEKLY CARE POSTER:** "CARE FOR OTHERS"



### **CARE CONCEPTS:**

**Care** - to show kindness and concern for others; to look out for others who cannot care for themselves

**Human Dignity** - the belief that every person has value and deserves care and respect

**CARE INTRODUCTION:** (Read on Day One before the Care Activity.) *This week, students, we will begin the **Care Program!** The **Care Program** is fun and teaches us how to be healthy and make our school a place where everyone feels accepted, respected, and cared for by others. We will do many fun school projects that will teach us how to care for ourselves and others. Now, let's get started!*

## CARE ACTIVITIES

**DAY ONE:** (Teacher writes the Care Concept terms on board for discussion.) Discuss the Care Concepts (listed above) and their meaning.

**DAY TWO:** (Teacher writes definitions of Care Concepts on board.) Students write the weekly Care Concept definitions (listed above) in their Care Journals.

**DAY THREE:** Students write an entry in their Care Journals using the prompt - ***"Why do you think it is important to treat each person with care and respect?"***

**DAY FOUR:** Share and discuss the journal writing from DAY THREE.

**DAY FIVE:** Students write an entry in their Care Journals using the prompt - ***"How does it make me feel when I am kind to others?"***

**CARE ACTION:** Do something at school each day that shows kindness and concern for others.

(Teacher creates a Care Box for students to submit their kind deeds. Students write their kind deeds on slips of paper and drop them in the Care Box during the week.)

### **CARE REINFORCEMENT:**

1. Select slips of paper from the Care Box and read aloud. Have students applaud the acts of kindness done by their classmates.
2. Provide a treat, privilege, or sticker to students who complete the kind deeds and weekly assignments.

**CARE READING:** Teacher reads a book from the **Care Recommended Reading List** under the section **CARE** and asks questions.