C.A.R.E.

SAMPLE LESSON ONE - GRADES K-1



An Integrated Social Studies and Health Curriculum



SELF



OTHERS



COMMUNITY



WORLD

SELF-ESTEEM

Each person is important and worthy of care and respect.

In Care Week One, students will learn that each person is important and equally deserving of care and respect. Students will demonstrate ways to care for themselves and others by showing **kindness**, **helpfulness** and **respect** through **honesty** and **good manners**.

DAY ONE: EACH PERSON IS IMPORTANT

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

WEEKLY CARE POSTER: "CARE"

CARE CONCEPTS:

Care Kindness
Good Manners Respect
Helpfulness Self-care
Honesty

INTRODUCTION:

Today you are going to hear a story about a little girl named Scarlett and her grandmother. This story teaches us how we are all special and deserve to be treated with care, kindness and respect. Let's see what happens with Scarlett at the park!

AFTER STORY ACTIVITIES: [HAVE STUDENTS VIEW AND REFER TO THE STORY AS NEEDED]

QUESTIONS:

- 1. Where did the story take place? At Scarlett's house and the park Who were the characters in the story? Scarlett, Grammy Glo and Bobby
- 2. What was the problem in the story? Bobby felt sad and unimportant
- 3. In the story, Scarlett tells Bobby that each one of us is not only very important but also unique. What do you think the word "unique" means? Special and one of a kind
- 4. In the story, how did Scarlett show kindness? Bobby was alone and unhappy so she talked with him to cheer him up

- 5. Where in the story did Scarlett and Grammy Glo show they cared? When they cleaned the community park
- 6. Why did Grammy and Scarlett wear plastic gloves to pick up trash at the park? To stay safe (Remind students to NEVER use bare hands to pick up trash they find.)
- 7. What were some of the ways that Scarlett said Bobby was important to others? He was the best kicker, the only one who could reach the teacher's pointer, Scarlett and his pet needed his help

CARE MAIN IDEA: We can see from this story that <u>everyone is important and deserves to be treated with kindness, care and respect</u>. So, be kind!

CARE ACTION: When you go home today, <u>do something kind for a family member</u> to show that they are important! Be prepared to share tomorrow! [WRITE A REMINDER ON BOARD FOR TOMORROW'S SHARE TIME.]

CARE CENTER ACTIVITY: Complete **CARE CENTER ACTIVITY 1-1** with words at the bottom, "We all need care." to read and trace. Color picture and take home for discussion.

CARE THOUGHT OF THE DAY: Can you think of something that you do well that makes you feel special, important or good about yourself? Share your thoughts quietly while working at center.

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THE PARK



It was Saturday and Scarlett was so excited! She loved spending time with her grandmother and today, like every Saturday, her grandmother, Grammy Glo, was taking Scarlett to the park. Before her grandmother arrived, Scarlett ran to the kitchen cabinet to fetch two plastic garbage bags. When she heard her grandmother at the door, Scarlett called out, "Did you remember the gloves?" and her grandmother answered, "I sure did!" Then off they went to the park!



When they arrived at the park, Scarlett and Grammy Glo put on their plastic gloves. Then they walked around together looking for trash to pick up. Scarlett's grandmother told her that the park belonged to them and everyone in the neighborhood so they should help take care of it.

Sometimes they only found a few pieces of trash. This always made Grammy Glo happy because it meant that other people were also taking care of the park by picking up their trash and not littering.



When they finished walking around the park, Grammy Glo sat down on a bench in the shade to rest while Scarlett skipped over to the swings. Scarlett loved how it made her feel to swing higher and higher. But on this day, she noticed something. She saw a friend from school sitting all alone under a nearby tree. Scarlett stopped swinging and went over to sit down next to her friend.



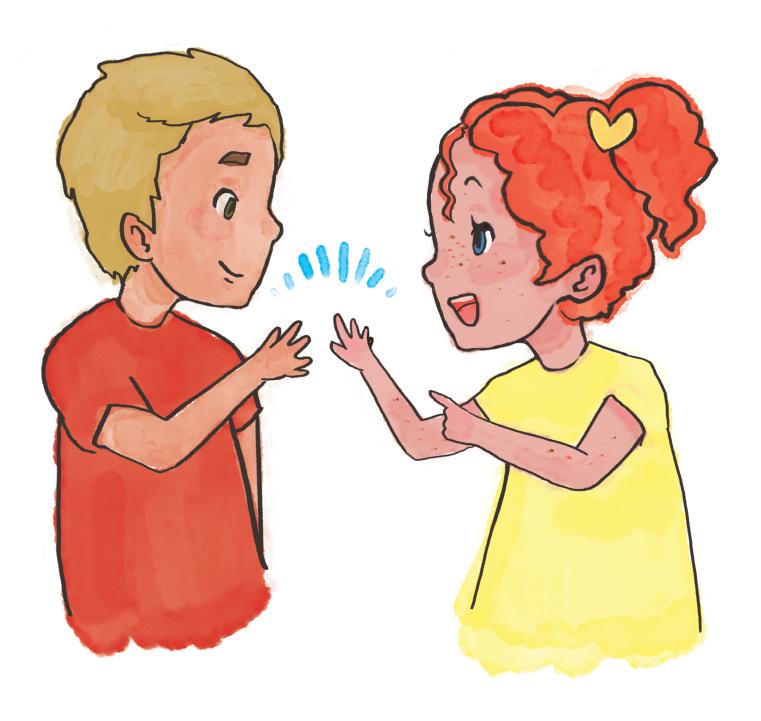
"Hi Bobby, why aren't you playing?" she said, a little out of breath. "I don't feel like it," he grumbled as he poked a stick around in the dirt. "Why not?" Scarlett asked. He looked at her with a scowl, like he was going to say something mean, then he looked back down at the dirt and said in a low voice, "Just go on ... I'm not important."

Scarlett stared at him for a moment wondering why he was feeling so bad about himself. She thought about going back to the swings, but then she remembered something that her grandmother once told her. Scarlett declared, "Bobby, everyone is important. My Grammy told me so." Still looking down at the dirt, Bobby grumbled, "Well, I'm not important."



"Do you have a pet, Bobby?" Scarlett asked. Bobby looked up at Scarlett and no longer seemed angry. "Yeah, why?" asked Bobby. "Well, to your pet you are important. It can't take care of itself and it needs you! So, see ... you are important," she said with a smile. "Okay, but just to my dog. Nobody else," he said with an angry look once again.

"Well, what about at school? You are the only one that can reach the top of the board to get the teacher's pointing stick! And *that's* very important!" said Scarlett. Scarlett felt proud that she remembered Bobby's special job at school.



"Hey, you're right. The teacher couldn't point without me!" Bobby said as they both laughed. "And what about at PE? You are the best kicker in our whole grade! You are not only important, you are unique!" Scarlett said confidently. "What does **unique** mean?" Bobby asked with a questioning look. "Grammy Glo said it means we are so special that there is no one like each of us in the whole world! She says our fingers prove it," Scarlett said as she continued to explain, "and we each have our very own fingerprints that are different from anyone else's." Bobby looked carefully at his fingers and smiled. Scarlett stood up smiling too and said, "Come on, let's go play!"



"Okay!" Bobby said excitedly as he stood up and brushed off the seat of his pants. He then said, "I'll push while you swing first. I'm pretty strong and you need someone to push you so that you can swing really high!" Scarlett looked pleased and said, "See? You are even important to *me!*" They both laughed and ran to the swings together.

In today's story, we learned that we are all important and special. In this picture we see Scarlett showing Bobby that he is important by giving him care and kindness. Color the picture. Then, read and trace the sentence.

WE ARE ALL IMPORTANT

