



TOPIC

Caring & Compassion

LEVEL

First Grade

THEME

The Power of Caring Words

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Learn to recognize kind and caring words.
- Practice using compassionate language.
- Understand how positive words help themselves and others feel better.

MATERIALS

- Feelings Chart
- Bucket or container
- Small slips of paper
- Whiteboard or chart paper
- Markers
- Writing utensils
- Coloring supplies

ESSENTIAL QUESTIONS

- How do kind and caring words make you feel?
- What are examples of kind and caring words that we can use to show care for others?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Let's start our Aavidum lesson by checking in with how we are feeling."

- Show Feelings Chart.
- Say: "Let's pass the feelings chart around the classroom. Point to or name the face that shows how you're feeling right now."
 - Allow students to share briefly: "I feel happy because...", "I feel tired because...", etc.

Say: "Remember, it's normal to feel more than one thing at the same time. For example, I can feel happy because I'm here with you, and nervous because I have to talk in front of everyone at the same time."

Ask: "Can anyone give me an example of two feelings you've had at the same time?"

- Allow 2-3 students to share.

Say: "Today we're going to talk about how we can use words to show we care about other people, especially when they're feeling sad, left out, or hurt. Using caring words is part of Aavidum because it helps us to have people's backs."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Kind and caring words are words that help other people feel safe, loved, or better when they aren't feeling so good. Compassionate words are words we use when we notice someone is hurt, left out, or sad."

Ask:

- "What are some kind words we can say to someone to show we care?"
 - Examples: I like your drawing. You can sit with me. You did a good job.
- "Has anyone ever said something to you that made you feel really good inside?"
- "Has anyone heard words that made them feel bad or hurt?"
 - Allow for brief responses, validating feelings.

Say: "Kind, caring, and compassionate words are powerful! They can help someone feel better, and they can even change a bad day into a good one."

ACTIVITY: KIND WORDS (20 MINUTES)

- Say: "Now we are going to play a game to practice listening for kind and caring words. When I read a sentence that uses kind and caring words, stand up. If I read a sentence that is unkind, stay seated or sit down."
- Read these phrases aloud slowly:
 - "You're really good at that." (Up)
 - "I don't care what you think." (Sit down)
 - "You're too slow." (Sit down)
 - "I'm proud of you." (Up)
 - "You did your best and that matters." (Up)
 - "Why are you even here?" (Sit down)
 - "You can sit with me." (Up)
 - "I believe in you." (Up)
 - "You always mess things up." (Sit down)
 - "Thank you for being a good friend." (Up)
 - "You can't play with us." (Sit down)
 - "That's a dumb idea." (Sit down)
 - "Can I help you with something?" (Up)
 - "No one likes you." (Sit down)

Say: "Great job. We stood up for kind and caring words, and we sat down for unkind words. Look how good we are at noticing the difference. Imagine that every person has an invisible bucket they carry around with them every day. You can't see it, but it's there. This bucket holds all the good feelings we have about ourselves. When someone says something kind to you, like 'I like your drawing!' or 'You can sit with me,' it's like they are putting a scoop of happiness into your bucket. That's called filling someone's bucket. It makes you feel good inside! But if someone says something mean or unkind, it's like they're taking happiness out of your bucket and emptying it. That doesn't feel good. But here's the best part: When YOU fill someone else's bucket by saying kind words or doing something nice, you also fill YOUR OWN bucket at the same time! Being kind makes both people happy."

Say: "Now we're going to make our own kind and caring notes to fill someone's bucket! I'll write some of the words we heard on the board under a heading called 'Words that Fill Our Buckets.'"

- Put on the board:
 - You're a good friend.
 - I like playing with you.
 - Thank you for helping me.
- Ask students to come up with more phrases that would fill someone's bucket.

Then give each student a small piece of paper.

Say: "Pick one kind and caring sentence from our list. Copy it, and draw a picture or add hearts, stars, or smiley faces. When you're done, come up to the front of the room and put your caring words in the bucket."

- The teacher circulates, helping students write or draw.
- Once all students have added their papers to the bucket, walk around the room and have each student take out a paper with kind words.

Say: "Now you each received kind words today. You can keep this paper for when you're having a bad day to remind you that someone in this class cares about you."

WRAP-UP (5 MINUTES)

Say: "Today we learned that our words are powerful. Kind and caring words help fill buckets, but unkind words empty them. Here's our challenge for this week: Use kind, caring, and compassionate words with yourself when you make a mistake."

Ask:

- "What are some things we can say to ourselves when we make a mistake?"
 - Examples: 'I'll try again.' 'It's okay, I can fix it.' 'Everyone makes mistakes.'