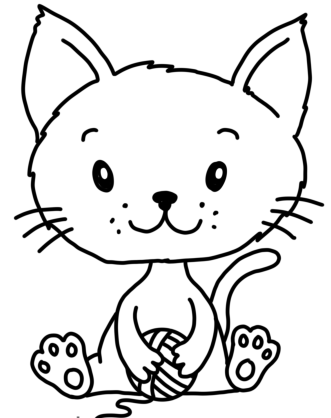


Caring

Our Young Kindness in the Classroom lessons teach kindness skills through a combination of literacy, math and science, citizenship, and music/movement activities that allow our youngest students a chance to explore difficult abstract concepts through a variety of concrete opportunities.



This unit is the second of our six-unit series, which lasts six months. If your school operates year-round, this cycle can be used during the second half of the year for your younger 3-5 year old class. In addition, this cycle can be used at the beginning of the year for your older 4-6 year old group. The focus at this age is exposure to five basic components of caring (self-care, germs, helpfulness, compassion, and kindness) and ample time to practice skills related to this concept.

Overview of Caring Unit

This packet contains everything you will need to complete this four-week unit. This is broken down into three core components:

- **Unit Overview** - This includes a snapshot of everything covered in the following 4 learning domains:
 - **Literacy** There are four read-alouds PLUS activities and printables
 - **Math/Science** Counting, patterns, experiments, etc.
 - **Citizenship/Social Studies** Our themed RAK character will take students through community-based CARING activities
 - **Music & Movement** Rhymes, fingerplays, chants, etc. to reinforce CARING
 - ONE **PROJECT** IS ALSO INCLUDED EACH WEEK!

- **Weekly Plans** - Each week includes all four domains and covers the following themes:
 - Week 1: **Self-Care, Nutrition**
 - Week 2: **Self-Care, Germs**
 - Week 3: **Helpfulness, Compassion**
 - Week 4: **Caring, Helpfulness, Compassion**

- **Printables** - Each learning domain includes at least one printable to help reinforce the concept and practice basic fine and gross motor skills. The CARING unit includes the following:
 - C is for CARING coloring sheet (**Literacy**)
 - Kindness quilts (**Math**)
 - Friends song sheet (**Music & Movement**)
 - **And more..!**

Caring

RAK Concept: CARING	Read Aloud/ Literacy	Math/Science	Social Studies/ Citizenship RAK ANIMAL- Chloe the Cat	Music & Movement
Week 1 <i>Themes:</i> Self-Care, Nutrition PROJECT: Taste Testing	<i>Eating the Alphabet</i> by Lois Ehlert https://youtu.be/IJnnOxS-DdM	How Many Seeds?	Chloe plays I spy with the fruits and vegetables on her plate.	The Alphabet Song
Week 2 <i>Themes:</i> Self-Care, Germs PROJECT: Clean Hands Sensory Bag	<i>Germs are Not for Sharing</i> by Elizabeth Verdick https://youtu.be/4swRSIqPZnY	Scatter Germs	Chloe practices personal hygiene when getting ready for bed.	Twinkle, Twinkle, Wash Your Hands
Week 3 <i>Themes:</i> Helpfulness, Compassion PROJECT: High Five Collage	<i>A Little Spot of Giving</i> by Diane Alber https://youtu.be/mh07XgpkvUQ	Handprint Counting	Chloe shows compassion when her friend loses her dog.	My Friends and I Like to Share
Week 4 <i>Themes:</i> Caring, Helpfulness, Compassion PROJECT: Random Acts of Kindness	<i>The Kindness Quilt</i> by Nancy Elizabeth Wallace https://youtu.be/gjIVLunRG7o	Kindness Quilt	Chloe shares her toys with the new student at school.	I Will Be Kind

Caring Week 1

Theme: Self-Care, Nutrition

Book of the Week: *Eating the Alphabet* by Lois Ehlert

Materials: Book of the week, basic art supplies, construction paper, lima beans (or other big beans), glue, food to sample (refer back to the book of the week for ideas)

Literacy



Share

Read *Eating the Alphabet* by Lois Ehlert

Read Aloud Link: <https://youtu.be/IJnnOxS-DdM>

Together, discuss the importance of healthy eating. Go back through the book and talk about any unfamiliar foods listed. Count the items, identifying the colors as well.

Math & Science



Inspire

COUNTING BEANS- Using construction paper, write the numbers 0-5 (or 10, depending on the level of your class) across the bottom. Have students glue the corresponding number of beans above each number. If students need help, place a dot for each bean.

Citizenship & Social Studies



Empower

Introduce CHLOE the CARING Cat. Chloe always chooses to care for herself, for others, and for her things. Chloe will follow us this entire month.

Whenever we see CHLOE (choose a CAT that will become Caring Chloe), we think CARING. Chloe cares. How can you? **Read WEEK 1 of the CARING CHLOE script located at the end of this unit.**

Music & Movement



Reflect

Using the singalong sheet at the end of the unit, sing the following:

The Alphabet Song
to the tune "Twinkle, Twinkle Little Star"

**ABCD,
EFG,
HIJK,
LMNOP,
QRS,
TUV,
WX...YZ.**

**Now I know my ABCs,
Next time won't you sing with me!**

OPTIONAL PROJECT



Project

Bring in a few of the more unusual foods mentioned in the book.

- As a group, talk about each food. Where is it from? What type of meal is it usually found in?
- Make predictions about how it will taste
- Vote on whether each person liked it or not. Track likes and dislikes on a graph if desired.

Caring Week 2

Theme: Self-Care, Germs

Book of the Week: *Germs are Not for Sharing* by Elizabeth Verdick

Materials: Book of The Week, basic art supplies, clear bowl, pepper, liquid soap, small cups, resealable bag, sharpie, pompoms, bottle scrubber, masking tape

Literacy



Share

Read *Germs are Not for Sharing* by Elizabeth Verdick

Read Aloud Link: <https://youtu.be/4swRSIIPZnY>

Together, talk about how germs make us sick. Explain common ways that germs spread (coughing, not washing hands, etc.).

Math & Science



Inspire

SCATTER GERMS Fill a large bowl with water. Have students shake pepper into the bowl, explaining that it represents germs. Allow students to place a finger in the bowl. As the pepper collects on their fingers, explain that this is what happens with germs. Next, have the students place their finger in soap and then in the bowl again. The pepper scatters from the soap, just like germs! Repeat by adding more pepper so that every student can try it out.

Citizenship & Social Studies



Empower

CARING CHLOE is back! Chloe always chooses to care for herself, for others, and for her things. Whenever we see CHLOE (choose a CAT that will become Caring Chloe), we think CARING. Chloe practices personal hygiene this week. How do you take care of yourself? **Read WEEK 2 of the CARING CHLOE script located at the end of this unit.**

Music & Movement



Reflect

Using the fingerplay sheet at the end of the unit, chant the following:

Twinkle, Twinkle, Wash Your Hands

by Anonymous

Twinkle, twinkle little star

(pretend to look up at the sky)

Look how clean my two hands are,

(show the palms of your hands)

Soap and water, wash and scrub

(pretend to wash hands)

Get those germs off, rub-a-dub

(scrub the tops of your hands)

Twinkle, twinkle little star

(pretend to look at the sky)

Look how clean my two hands are.

(show the palms of your hands)

OPTIONAL PROJECT



Project

Make a **CLEAN HANDS** Sensory bag! Using a sharpie, trace two hands on the outside of a resealable bag. Fill the back with clear gel and pompoms, taping it shut. Use a bottle scrubber on the outside of the bag to scrub the hands clean!

Caring Week 3

Theme: Helpfulness, Compassion

Book of the Week: *A Little Spot of Giving* by Diane Alber

Materials: Book of The week, construction paper, stickers, butcher paper, tempera paint, sharpie, tape

Literacy



Share

Read *A Little Spot of Giving* by Diane Alber

Read Aloud Link: <https://youtu.be/mhO7XgpkvUQ>

As a class, talk about ways to give in the classroom. Giving and compassion go hand in hand. How can we show compassion to others each day?

Math & Science



Inspire

Trace each student's hand on a piece of construction paper. Have them write numbers 1-5 on each finger. Next, have them use stickers to show the corresponding numbers on the matching finger (number 1, 1 sticker, etc.). Talk about different ways to give to others using the numbers (I can give 1 hug, 2 kisses, 3 flowers, etc.)

Citizenship & Social Studies



Empower

CARING CHLOE is showing compassion to her friend! Chloe always chooses to care for herself, for others, and for her things. Whenever we see CHLOE (show cat), we think CARING. Let's find out how Chloe is CARING for others this week! **Read WEEK 3 of the CARING CHLOE script located at the end of this unit.**

Music & Movement



Reflect

Using the fingerplay sheet at the end of the unit, chant the following:

My Friends and I Like to Share

by Jean Warren

My friends and I like to share

(hold hands with your neighbor)

It's what we all like to do

(spread hands out to each other)

My friends and I like to share

(pass a toy back and forth)

We hope that you do too!

(point to each other)

OPTIONAL PROJECT



Project

Pour paint into a shallow plate. Tape a large piece of butcher paper to the table. Have each student press their hand into the paint and then onto the paper repeatedly. Repeat until all students have stamped their hand on the paper. After it dries, write "Give a High Five!" at the top. Emphasize the importance of giving high fives to each other to show kindness and compassion.

Caring Week 4

Theme: Caring, Helpfulness, Compassion

Book of the Week: *The Kindness Quilt* by Nancy Elizabeth Wallace

Materials: Book of the week, kindness quilt squares, tape, basic art supplies, index cards

Literacy



Share

Read *The Kindness Quilt* by Nancy Elizabeth Wallace

Read Aloud Link: <https://youtu.be/gjIVLunRG7o>

Together, review what kindness looks like. This can be a tough concept, so pull examples from the book to help them get started.

Math & Science



Inspire

KINDNESS QUILT Give each student a quilt square (see below for a sample). Have them color the border of the square in a pattern of their choosing. In the middle of the square, have them draw an example of kindness. After all the squares are done, count them and then tape them together to make a quilt! If you are off a few squares, add some as teachers too!

Citizenship & Social Studies



Empower

Talk with CHLOE the CARING Cat about how much your class has learned about caring. Chloe always cares. Whenever we see CHLOE we think CARING. Even though this is our last week on Caring, Chloe will stay with us this year to remind us to always CARE for ourselves, others, and our things.

Read Part 4 of the CARING CHLOE script located at the end of this unit.

Music & Movement



Reflect

Using the singalong sheet at the end of the unit, chant the following:

I Will Be Kind

By Jean Warren

**I will be kind to my friends every day,
I will be kind in my own special way.
I will take turns, and share my things too.
I will be kind 'cause that's what friends do!**

OPTIONAL PROJECT

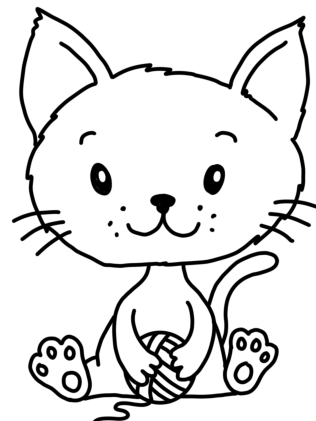


Project

Introduce your class to Random Acts of Kindness. Choose an adult in the school that helps your class. This could be the lunch person, bus driver, front desk person, etc. Give each student an index card and have them write "Thank You!" on the card and add a drawing. When the adult is not around (on a break, outside, etc.), deliver the cards. After they discover it, thank them again as a class!

Caring Chloe Script WEEK 1

Meet Chloe, she is a 3-year-old cat that is part of our RAK family! Some of you may remember Chloe! Chloe always cares. Chloe will follow us this entire month. Whenever we see CHLOE (show cat), we think about CARING. Chloe cares. Caring Chloe loves to find ways to care for herself, others, and her things. Chloe works hard to CARE for herself each and every day! Chloe knows that one way to make sure she cares for herself is to eat healthy foods. Fruits and vegetables are a part of every meal and today is no different. She looks on her plate for breakfast. "What yummy foods did mommy include this time?" she wonders. She sees her favorite fruit on top of her oatmeal! "I spy with my little eye...something red!" she says! Can you guess what fruit was there? Yes, strawberries! Next, for lunch, her teacher brings out something that looks like trees. "I spy with my little eye...something green!" she says! Can you guess which vegetable looks like a green tree? Yes, broccoli! Later that night, she sits down to dinner at her grandma's house. This time, she sees a vegetable cut open with butter inside it. "I spy with my little eyes...something orange!" she exclaims! Can you guess what orange vegetable she is eating for dinner? Yes, sweet potato! Now it's your turn. Take time today to "spy" the colorful fruits and veggies on your plate during each meal! Which ones are your favorite?



Caring Chloe Script WEEK 2

Chloe is back! Who remembers CARING CHLOE? Chloe cares. Caring Chloe loves to find ways to care for herself, others, and her things. Chloe works hard to care for herself throughout the day. She has been caring for herself in the morning for quite some time by getting dressed and brushing her teeth. Now that she is getting bigger, she CARES for herself at night as well! She clears the table after dinner, takes a bath while her mommy talks to her, and gets into her pajamas. She wants to do even more though. She starts to think about all the ways she can CARE for herself and starts a list. What else can CARING CHLOE do to care for herself? Can you help her make a list of things she can do at night before bed to CARE for herself?

Caring Chloe Script- WEEK 3

Chloe is at her friend's today! Let's see what CARING CHLOE is doing this time. Oh no! Chloe's friend Jamal is crying at the park! Jamal is so upset and doesn't know what to do. "Why are you crying, Jamal?" Chloe asks. He tells her that he just lost his new puppy. Chloe feels terrible. "I remember when my cat ran away last week. I'm so sorry Jamal, you must be so worried!" Chloe says. Chloe CARES for Jamal by showing COMPASSION for his problem. She understands how he feels because something similar happened to her. But Chloe doesn't stop there! She CARES for Jamal by helping him as well! "I can help you find your puppy. Let's make a lost puppy sign! You can draw a picture of him and my older sister can write the words. That's what we did for my cat and my neighbor brought him back!" Chloe explains to Jamal. He agrees and they work together on the poster. Jamal's puppy is found the next day by the local farmer, who brings him back home. Chloe really does CARE for her friends by showing COMPASSION and HELPFULNESS. How can you CARE for your friends?

Caring Chloe Script- WEEK 4

Chloe is finishing her adventures at school! She CARES greatly for her classroom and all her new friends. She CARES for her toys by playing gently with them and cleaning up when she is done. She CARES for the water table by playing kindly and avoiding dumping water all over the floor. She also loves to CARE for new students by sharing with them. She enjoys showing them around all the centers and explaining how each area works. "Over here is our reading nook. We have a cozy bean bag you can sit in, but only two people are allowed at a time," Chloe explains. "Do you want to read a book with me? This month is all about fish and I love this book about Rainbow Fish!" she says. She shares her book as they sit down together in the beanbag. She CARES for them by sharing. How else can Caring Chloe share in the classroom? How can she CARE for her things at school? How can she CARE for her friends at school?



The Alphabet Song
to the tune “Twinkle, Twinkle Little Star”

ABCD,

EFG,

HIJK,

LMNOP.

QRS,

TUV,

WX

YZ.

**Now I know my ABCs,
Next time won't you sing with me!**



Twinkle, Twinkle, Wash Your Hands
by Anonymous

Twinkle, twinkle little star
(pretend to look up at the sky)
Look how clean my two hands are,
(show the palms of your hands)

Soap and water, wash and scrub
(pretend to wash hands)
Get those germs off, rub-a-dub
(scrub the tops of your hands)

Twinkle, twinkle little star
(pretend to look at the sky)
Look how clean my two hands are,
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My Friends and I Like to Share
by Jean Warren

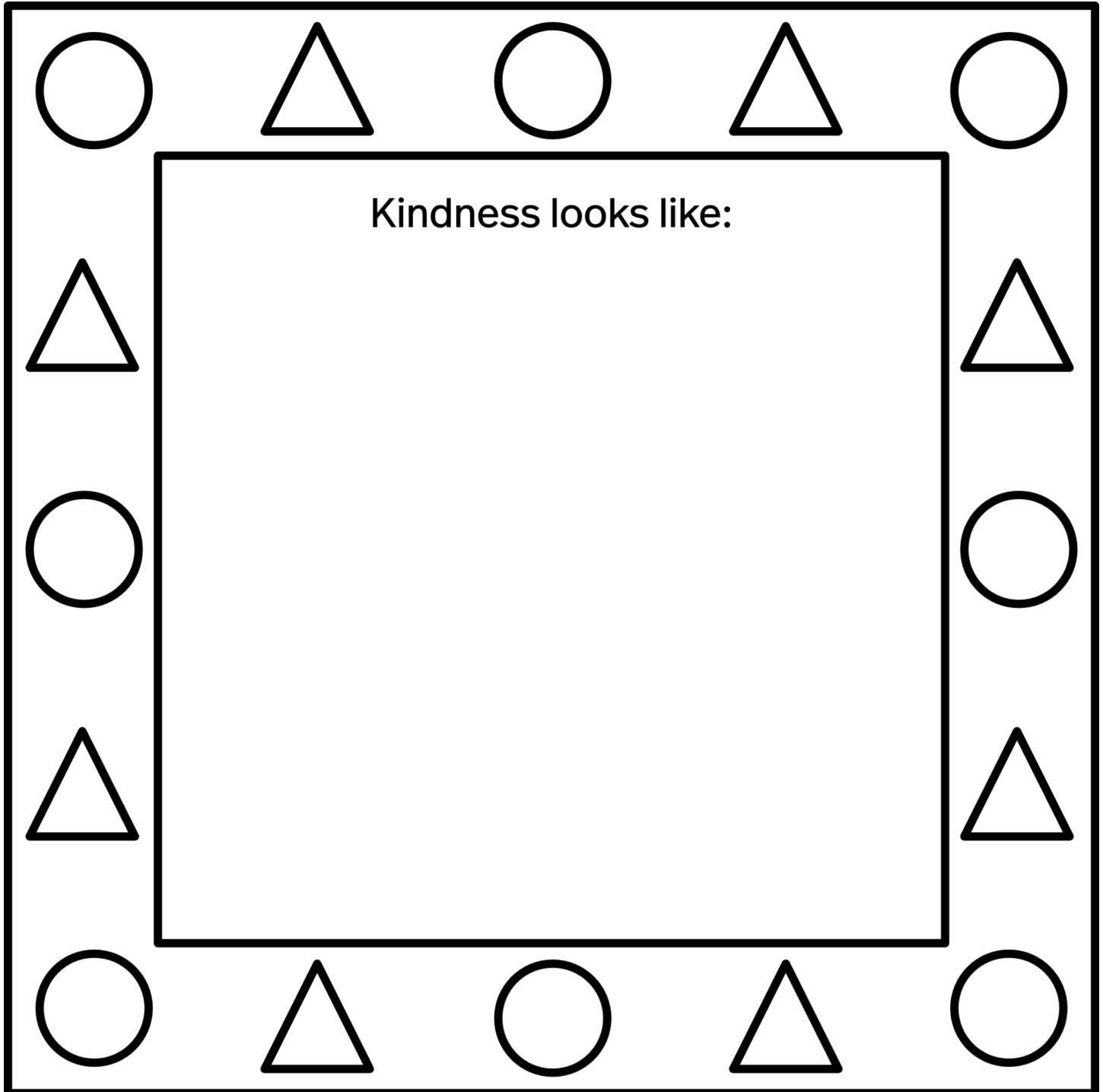
My friends and I like to share
(hold hands with your neighbor)

It's what we all like to do.
(spread hands out to each other)

My friends and I like to share
(pass a toy back and forth)

We hope that you do, too!

Directions: Have each student color the border and draw an act of kindness in the center of the quilt square. Discuss the shape pattern around the border if it coincides with your current math focus. Cut out the squares and tape them together to make a Kindness quilt!





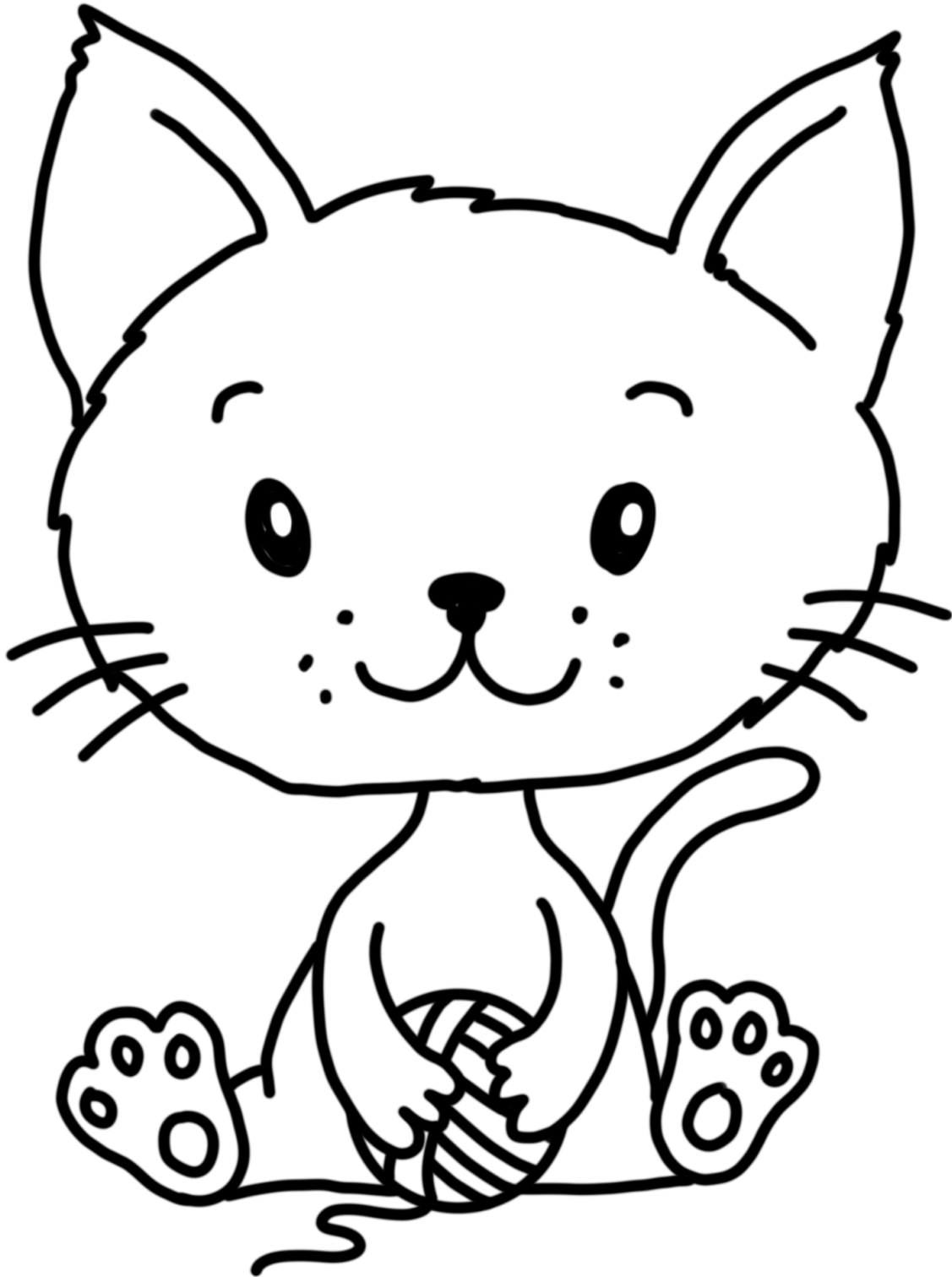
I Will Be Kind
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I will be kind to my friends every day,

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C is for Caring