

# BE KIND

## Kinder Watermarks

Study of Character Education, Service Learning, Outdoor Education,  
Guidance & Health Education  
(Junior/Pre-Kindergarten and Senior Kindergarten)

### LEARNING LOG



# BEGINS WITH ME

PRINT YOUR NAME: \_\_\_\_\_

## The WATERMARKS Class (PARENTS/STAFF)

The four pillars of the Watermarks class focus on:

- developing specific understandings of character education.
- supporting students with their local and global service learning projects.
- inspiring students about outdoor education.
- ensuring a quality health education experience.

The following quotes provide some hints about why each pillar matters:

### Why Character Matters:

*“James Heckman, Nobel Prize winning economist, has just published a 435 page collection called *The Myth of Achievement Tests*. On the surface it is a well-documented critique of the GED (General Educational Development) examination. But as one leafs through the volume, it turns out to be a 400+ page hymn-of-praise to character education. Heckman and his three co-editors see the development of character as at least as important as IQ/SAT measures, if not more so.”*

~Howard Gardner, 2014

<http://www.thegoodproject.org/re-inventing-the-wheel-in-the-study-of-human-character/>

### Why Service Learning Matters:

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.”*

~Anne Frank (1929-1945)

### Why Outdoor Education Matters:

*“Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the natural environment.” ~ Maria Montessori*

### Why Health education Matters:

*“The first wealth is health.” ~ Ralph Waldo Emerson*

Copyright – Headwaters Academy –Barbara Smith

"WELCOME TO THE  
KINDER STREAM!"

MEET \_\_\_\_\_

---

(Draw Mascot)

---

NAME OUR MASCOT 😊

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# MEET THE TEACHERS

Dear Mom/Dad, (TEACHER/LEARNING BUDDY WILL HELP)

---

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LOVE, \_\_\_\_\_

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(Please respond to child's note.)

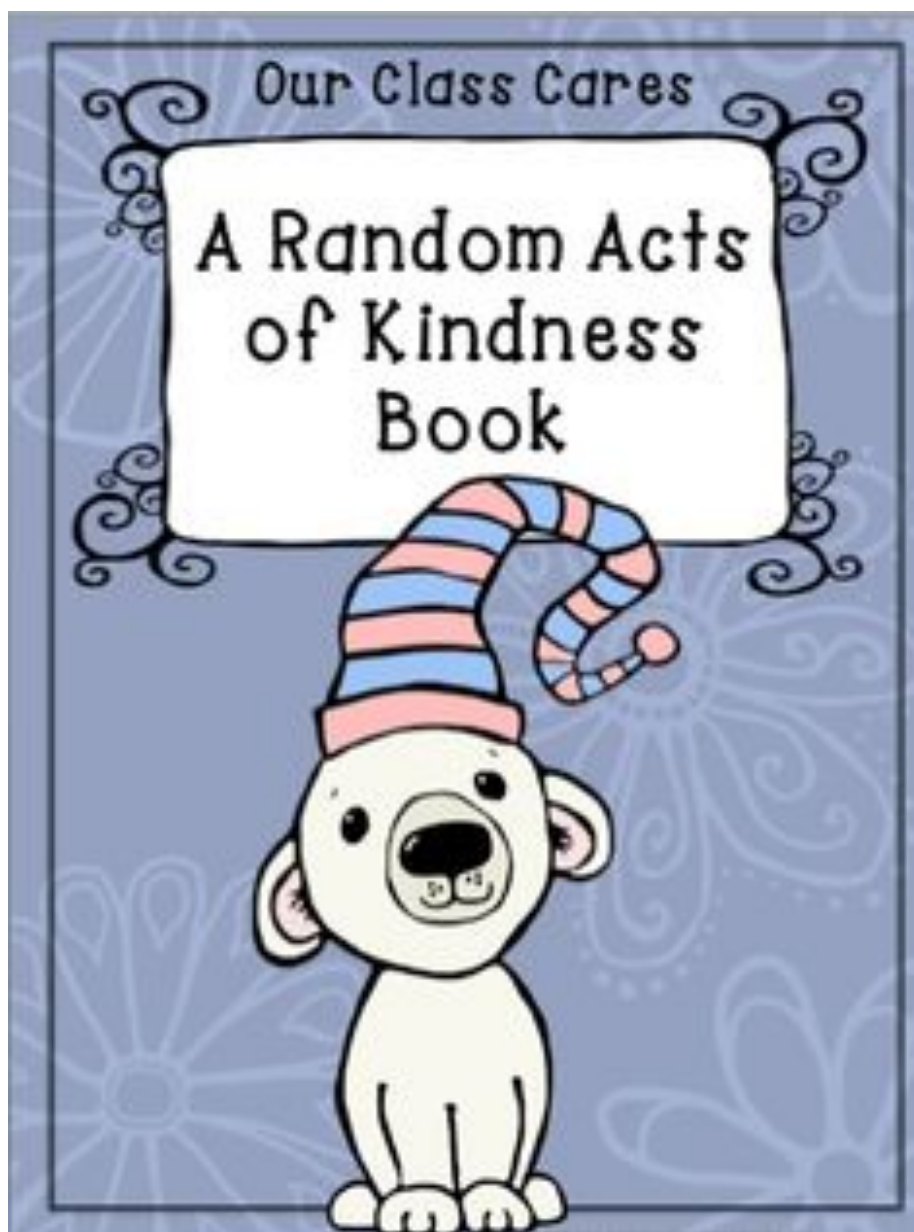
Dear \_\_\_\_\_,

---

---

LOVE, \_\_\_\_\_

# Character Creek



<https://s-media-cache-ak0.pinimg.com/236x/2f/4e/16/2f4e16b44ecce7a1de6a867b70a78e0f.jpg>

# HOW TO SPEAK KINDNESS

**KINDNESS IS A LANGUAGE WE CAN ALL  
LEARN AND PRACTICE.**



# 1. SPEAKING KINDNESS BEGINS WITH A SMILE!



<http://www.servicespace.org/inc/ckfinder/userfiles/images/dgood/random-act-of-kindness-11.jpg>

## DRAW A GIANT SMILE



## 2. IT IS KIND TO KEEP PROMISES.

WE PROMISE TO LEARN, DO AND BE MORE AT SCHOOL.

WHAT ARE SOME DO'S AND DON'TS THAT WILL HELP YOU LEARN, DO AND BE MORE? (DRAW A PICTURE AND HAVE YOUR TEACHER LABEL IT FOR YOU)

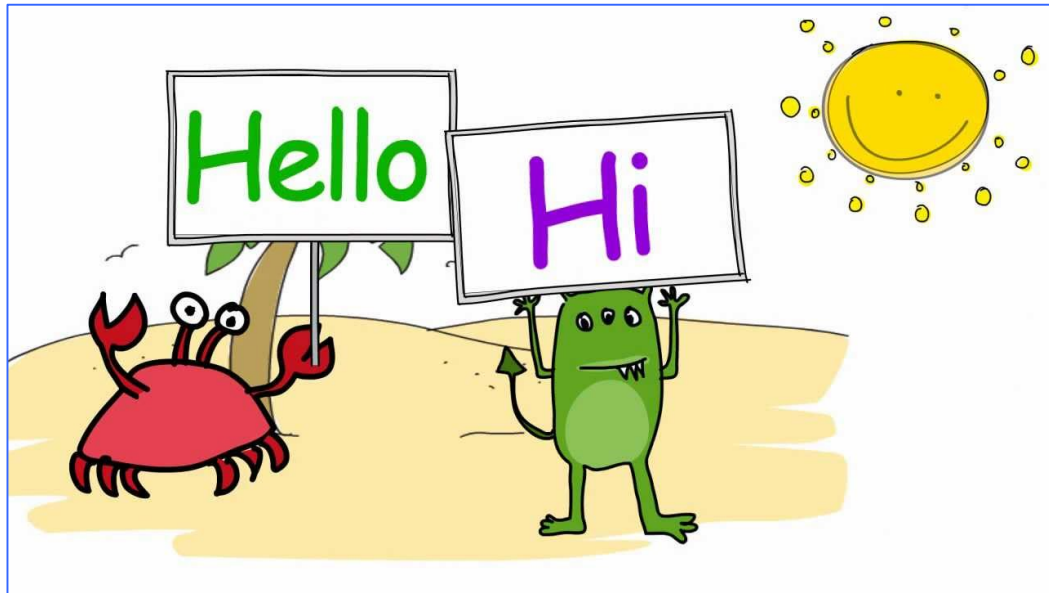
DO'S	DON'TS

3. SAY "HELLO".

SAY...

HELLO





WE CAN SAY **Hi**

OR WE CAN SAY...

**Hello**

SAY **HI**

**Say Hi**

SAY



PRINT...

HI	
----	--



PRINT:

<h1>HELLO</h1>	
----------------	--



## 4. SAY "HELLO" TO YOUR BUDDY.

### NOTE TO LEARNING BUDDY:

- Read the following note to your buddy when you first meet him or her.

DEAR BUDDY,

I AM GOING TO HELP YOU LEARN THIS YEAR AT SCHOOL. I WAS A KINDER ONCE, SO I KNOW WHAT IT'S LIKE TO GET TO KNOW HOW THINGS WORK AT SCHOOL. I MAY HELP YOU WITH READING, WRITING, MATH AND OUR PROJECTS. I HOPE WE WILL HAVE FUN TOGETHER.

YOUR FRIEND AND LEARNING BUDDY,

---

- Find a book your buddy would like you to read out loud.
- Take a picture of you and your buddy reading this book.
- Make two bookmarks out of plain paper or recycled newspaper.
- Later, your teacher will print off the pictures and place them on your bookmarks for each of you.
- Ask your buddy to decorate both bookmarks to add a personal touch!



<http://www.mybirthdaysupplies.in/blog/wp-content/uploads/2016/06/tie.jpg>

DRAW A PICTURE OF YOU AND YOUR BUDDY. ASK YOUR TEACHER TO LABEL HOW YOUR BUDDY IS KIND TO YOU.

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## **STEP OUTSIDE:**

### **HOW CAN I GET TO KNOW MY BUDDY?**

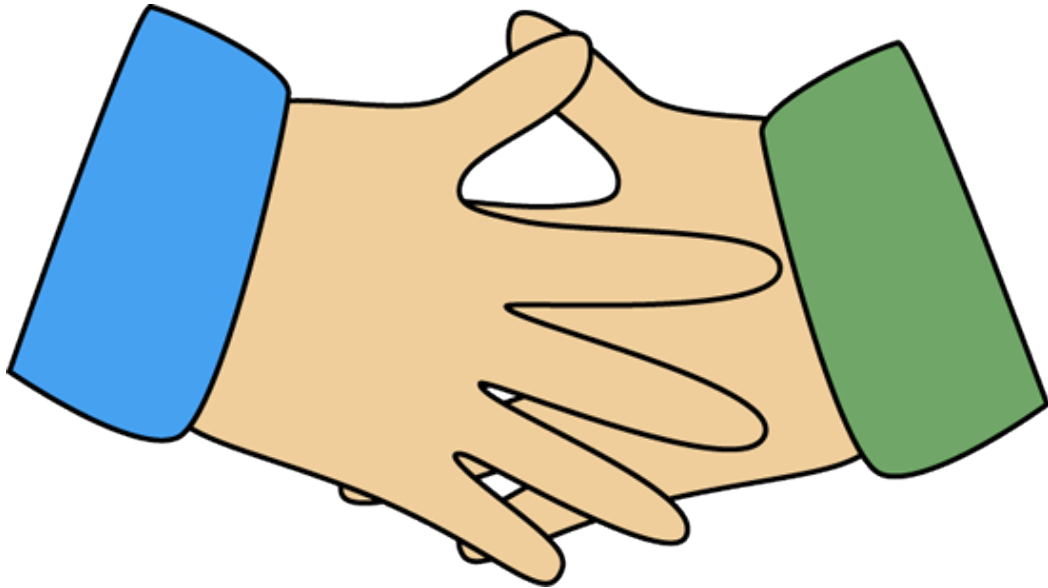
Note to Buddy: Please read the questions aloud and fill in your answers so your buddy can get to know you better!

#### **LEARNING BUDDY SURVEY (Learning Buddies, fill in please)**

MY BUDDY: \_\_\_\_\_ (NAME)

1. HOW OLD ARE YOU?
  
2. HOW DO YOU GET TO SCHOOL?
  
3. HAVE YOU EVER BEEN ON A TRAIN OR AIRPLANE?
  
5. WHERE IS YOUR FAVOURITE PLACE IN THE WORLD?
  
6. DO YOU HAVE A PET?
  
7. WHAT IS YOUR FAVOURITE BOOK?

5. SHAKING HANDS IS A KIND THING TO DO!



...WHEN YOU MEET SOMEONE!



SAY **HI** WHEN YOU SHAKE HANDS!

Your teacher or your Learning Buddy will read through the following poem and you will draw a picture and fill in the word “\_\_\_\_ELLO” below:

**HELLO! HELLO!**

BY LOUISA MAY ALCOTT

HELLO, HELLO!

COME DOWN BELOW, -  
IT'S LOVELY AND COOL  
OUT HERE IN THE POOL;  
ON A LIL-PAD FLOAT  
FOR A NICE GREEN BOAT.  
HERE WE SIT AND SING  
IN A PLEASANT RING;  
OR LEAP FROG PLAY,  
IN THE JOLLIEST WAY  
OUR GAMES HAVE BEGUN  
COME JOIN IN THE FUN.

\_\_\_\_\_ E L L O

## 6. SAY "HELLO" TO SENIORS

DO YOU KNOW ABOUT GRANDPARENT'S DAY?



<http://www.imgnaly.com/wp-content/uploads/2015/05/National-GrandParents-Day.jpg>

SEPTEMBER \_\_\_\_\_.

National Grandparents' Day was officially recognized in Canada in 1995...The government designated the second Sunday in September to be Grandparents' Day. This day recognizes the importance of grandparents to the structure of every family...

WE SHOULD BE KIND TO ALL SENIORS. LET'S TALK ABOUT WAYS TO CELEBRATE NATIONAL SENIOR'S DAY.



<http://www.seniors.gc.ca/theme-sc-ac/images/msd-jna-eng.jpg>

DO YOU SAY "HELLO" TO SENIORS?

YES      NO      SOMETIMES      (CIRCLE ONE)

## 7. SAY PEOPLE'S NAME WHEN YOU SAY HELLO

PRINT THE FIRST NAME OF EACH CLASSMATE.  
WHERE CAN YOU FIND THE LETTERS IN EACH NAME?  
(BACK OF CHAIR, ON LEARNING LOGS, ON BULLETIN  
BOARDS....)


- GO TO EACH PERSON, SHAKE HANDS AND SAY:

HELLO, \_\_\_\_\_.

## 8. IT IS KIND TO SAY "PLEASE" AND "THANK YOU".

(LEARNING BUDDIES CAN HELP WRITE OR SPELL THE WORDS.)

- PRACTISE SAYING "PLEASE" BY COMPLETING THESE SENTENCES.

PLEASE MAY I...\_\_\_\_\_

PLEASE MAY I...\_\_\_\_\_

PLEASE MAY I...\_\_\_\_\_

- FINISH THE FOLLOWING SENTENCE.

THANKSGIVING IS GREAT FOR...

---

---

- REPEAT AFTER YOUR BUDDY THE FOLLOWING POEM CALLED KINDNESS COUNTS!



<https://s-media-cache-ak0.pinimg.com/564x/d1/47/38/d14738271238b3eade1056620e3ec234.jpg>



## 9. BE KIND WHEN YOU TALK

(Peer Teacher/buddies can ask questions and help your buddy circle their response.)

DO I SPEAK SO EVERYONE CAN HEAR?	YES	NO	MAYBE
DO I TALK TOO FAST?	YES	NO	MAYBE
DO I SAY TOO MUCH?	YES	NO	MAYBE
DOES MY VOICE SOUND EXCITED?	YES	NO	MAYBE
DO I SMILE WHEN I SPEAK TO OTHERS?	YES	NO	MAYBE
DO I HAVE GOOD EYE CONTACT WHEN I SPEAK TO OTHERS?	YES	NO	MAYBE
DO I FIDDLE/WIGGLE WHEN I TALK?	YES	NO	MAYBE



<https://s-media-cache-ak0.pinimg.com/236x/67/72/9c/67729cb6cf86a58d5685859a95e04ec1.jpg>

## 10. BEING KIND TO PETS

### **STEP OUTSIDE:**

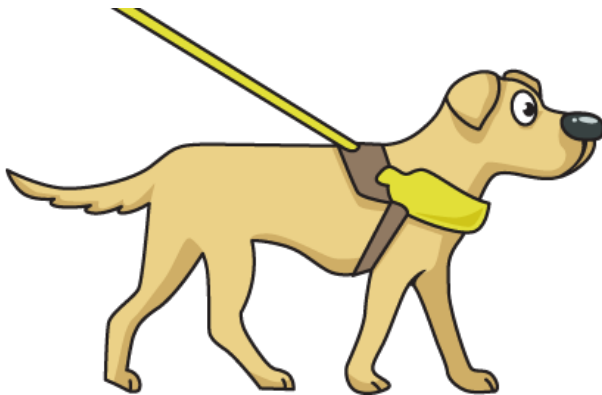
- LISTEN TO THE FOLLOWING INFORMATION ABOUT GUIDE DOGS. (TEACHER OR LEARNING BUDDY WILL READ ALOUD)

### **Guide Dogs**

Some dogs are pets; others have jobs. A guide dog is a special kind of pet that works. Its job is to help people who are not able to see very well or who cannot see at all. The guide dog acts as their eyes. Guide dogs are allowed to go inside places where other animals are not allowed. They guide their owners in post offices and in many restaurants.

With training, it is truly amazing what a guide dog can do. One place these helpful animals are trained is named The Training Center for Guide Dogs. There they are given lots of love, just like other dogs, but they are taught to be very helpful. Not only can the dog guide a person across a street, it can also help put laundry into the washer and dryer. It can turn lights on and off. It can open and close doors. Some guide dogs can even pick up a phone when someone is trying to reach the owner. Others might bark or pull their owner's hand toward the telephone.

A guide dog usually wears a harness. The harness fits around the dog, and it has a long handle. The dog's owner uses the handle to be guided by the dog. The owner may call to the dog to go to the left or the right. The guide dog understands what these commands mean. Information about these wonderful dogs can be found in books about guide dogs.



Adapted from <https://www.guidedogs.org.uk/media/3305917/dog-training.png>

- **DRAW A PICTURE OF HOW YOU CAN BE KIND TO A PET.**

## 11. BEING KIND TO NATURE



[https://lnt.org/sites/default/files/LNT\\_CitizenScienceLogo.jpg](https://lnt.org/sites/default/files/LNT_CitizenScienceLogo.jpg)

WHEN YOU GO CAMPING OR HIKING BE SURE YOU CAN SAY "YES" TO THESE QUESTIONS:

- DID WE PLAN AHEAD OF THE TRIP?
- DID WE TRAVEL AND CAMP ON SOLID GROUND?
- DID WE GET RID OF WASTE PROPERLY?
- DID WE USE ONLY WHAT WE NEEDED FOR OUR CAMPFIRE?

*THE SCOUT'S SAY "LEAVE YOUR CAMPSITE BETTER THAN YOU FOUND IT".*



Created by Point X

<http://1stmiltonscouts.ca/wp-content/uploads/2016/04/Screen-Shot-2016-04-08-at-11.26.42-AM.png>

**SCOUTING IS A GREAT PLACE TO LEARN ABOUT CHARACTER AND THE OUTDOORS.**

**BEAVER SCOUTS PLANT TREES EVERY YEAR!**



<http://24th.ca/wp-content/uploads/2009/07/b17.gif>



- EACH SPOT ON THE MAP IS WHERE BEAVER SCOUTS LEARN DIFFERENT THINGS. <Learning Buddy or Teacher will read aloud>

Malak's Maple (Leadership)

Ringtail's Hollow (Environment and Outdoors)

Rusty's Meadow (Health and Fitness)

Rainbow's Reflections (Beliefs and Values)

Big Brown Beaver's Lodge (Citizenship)

Rascal's River (Creativity and Personal Expression)

Echo's Mountains (Adventure Skills)

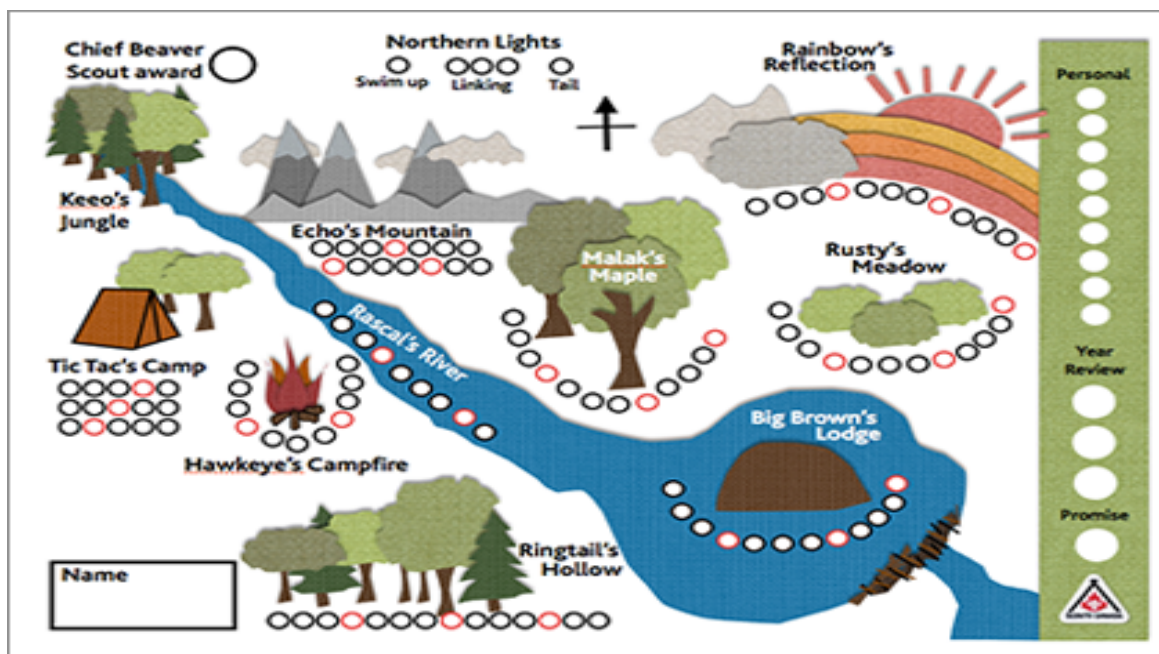
Hawkeye's Campfire (Ceremonies and Reflection)

Tic Tac's Camp (Sleepovers)

Aurora's Northern Lights (AWARD CEREMOINIES...)

Akela's Jungle (Linking with and preparing for a new adventure in Cub Scouts)

- See more at: <http://www.scouts.ca/canadianpath/cp1/pond.html#sthash.xojVmYhM.dpuf>



**STEP OUTSIDE:**

- LET'S MAKE A MAP OF OUR SCHOOL AND LIST THE DIFFERENT WAYS WE CAN BE KIND AT EACH SITE.



## 12. IT IS KIND TO COMPOST

DO YOU KNOW WHAT A COMPOST IS?



[http://sr.photos1.fotosearch.com/bthumb/ARP/ARP124/hg\\_composter\\_c.jpg](http://sr.photos1.fotosearch.com/bthumb/ARP/ARP124/hg_composter_c.jpg)



<http://worldartsme.com/images/compost-clipart-1.jpg>

WHY DO SOME THINGS GO IN A COMPOST AND OTHER THINGS DO NOT?



<https://countryandvictorianimes.files.wordpress.com/2011/11/compost.jpg>

- TAKE A LOOK AT THIS SELF-MADE COMPOSTER:



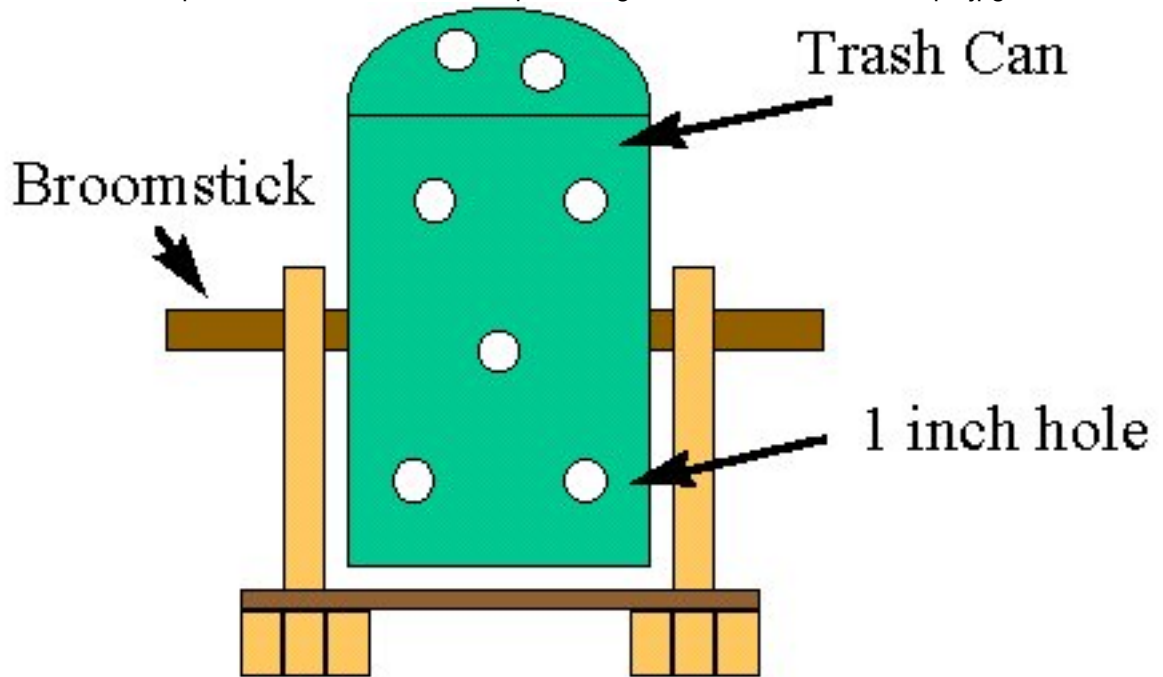
<http://sarasota.ifas.ufl.edu/compost/images/bins/self-contained.jpg>

PERHAPS WE CAN MAKE ONE FOR OUR SCHOOL.

- DRAW A COMPOSTER BELOW:

DIRECTIONS FOR MAKING YOUR OWN COMPOSTER  
CAN BE FOUND ON THIS WEBSITE:

<http://sarasota.ifas.ufl.edu/compost/images/bins/self-contained-step5.jpg>

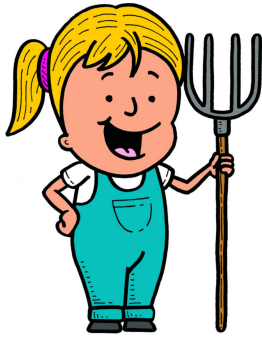


Front View

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# 13. BE KIND TO OUR COMMUNITY HELPERS

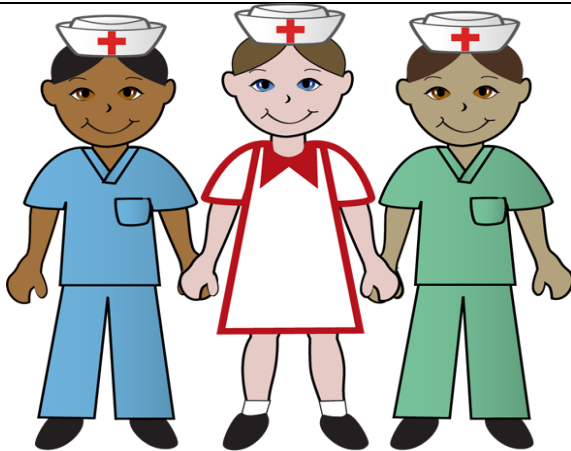
- PUT THE **FIRST LETTER** FOR EACH OF THE FOLLOWING COMMUNITY HELPERS IN THE SPACE BELOW THE PICTURE.



<http://www.clipartkid.com/images/240/clip-art-www-wmu-com-wMUrkw-clipart.jpg>



<http://www.clipartkid.com/images/187/images-police-officer-stock-photos-clipart-police-officer-pictures-OF14oR-clipart.jpg>



**National Student Nurses Day**

<http://images.clipartpanda.com/nurse-clip-art-Bdi69x6c9.png>



<http://pbs.twimg.com/media/CUw9dgRWEAAKyUL.jpg>



[http://images.clipartpanda.com/baker-clipart-baker\\_4.gif](http://images.clipartpanda.com/baker-clipart-baker_4.gif)

DRAW A MINER IN THE BOX ABOVE.



<http://4.bp.blogspot.com/-CTIKOI6mTrw/T3ogvzC2Pil/AAAAAAAAABhE/s9Gyu7Intc/s1600/grocery+store.jpg>

DRAW AN ENGINEER IN THE BOX ABOVE.

DRAW A PICTURE STORY OF A COMMUNITY MEMBER HELPING OUT. USE THE FIRST LETTERS OF EACH WORD TO WRITE YOUR BEGINNING, MIDDLE AND END OF THE STORY.

BEGINNING

MIDDLE

ENDING

TELL YOUR STORY TO YOUR TEACHER OR LEARNING BUDDY WHO WILL PRINT OUT THE WORDS FOR YOU.

INTERVIEW A COMMUNITY MEMBER TO FIND OUT MORE ABOUT WHAT HE OR SHE DOES EACH DAY.

ASK THEM:

- WHERE DO YOU WORK?
- HOW LONG DO YOU WORK EACH DAY?
- DO YOU WORK ALONE?
- WHAT DO YOU LIKE ABOUT YOUR JOB?
- WHY DO YOU THINK IT'S IMPORTANT TO BE KIND?

CREATE YOUR OWN QUESTION!

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- DRAW A PICTURE OF THE COMMUNITY MEMBER YOU INTERVIEWED. ADD IN THE PLACE WHERE HE OR SHE WORKS. ASK YOUR TEACHER OR LEARNING BUDDY TO HELP LABEL IT!



**EXTEND IT: FOR FUN DRESS UP IN YOUR FAVOURITE JOB OUTFIT.**

- IF YOU ARE IN TROUBLE WHO DO YOU TRUST TO ASK FOR HELP?
- PRINT "YES" OR "NO" BESIDE EACH:

○ PARENT(S) \_\_\_\_\_

○ POLICE OFFICER \_\_\_\_\_

○ TEACHER \_\_\_\_\_

○ FIREFIGHTER \_\_\_\_\_

## 14. HELPING OUT AT HOME AND AT SCHOOL

- WHY DO YOU HAVE TO HELP OUT?
- COLOUR IN THE WORD "HELP" AND DRAW A PICTURE OF YOU HELPING OUT AT HOME OR AT SCHOOL!

HELP

ME HELPING OUT

I do this	I HELP OUT BY....	I can do this
	DOING WHAT I AM ASKED TO DO	
	TAKING CARE OF MY THINGS	
	PUTTING LIBRARY BOOKS BACK NEATLY	
	CLEANING UP MY TABLES AND WORK	
	MAKING MY BED	
	HELPING WITH WASHING DISHES	
	HELPING OUT WITHOUT BEING ASKED	

WHAT OTHER WAYS DO YOU - OR CAN YOU HELP OUT?

## 15. WAITING OUR TURN

NO ONE LIKES TO WAIT FOR A TURN, BUT WHEN WE WORK AND PLAY WITH OTHERS WE NEED TO.

- WHY DO WE NEED TO TAKE TURNS WHEN WE:

TELL STORIES?

SHARE THINGS?

FEED THE TURTLES?

PLAY BOARD GAMES?

WANT TO READ THE SAME BOOK? PLAY SOCCER?

GO TO THE BATHROOM?



<http://www.clipartkid.com/images/148/theme-ideas-for-building-community-gZUUwy-clipart.JPG>

IT IS KIND TO LET SOMEONE HAVE HIS OR HER TURN.  
IT'S NOT NICE TO BUTT INTO A LINE.

YOU ARE WAITING IN LINE TO GET INTO A MOVIE.  
DRAW YOUR FACE WHEN SOMEONE CUTS INTO LINE  
WITHOUT JOINING THE BACK OF THE LINE.



shutterstock

IMAGE ID: 208554754

www.shutterstock.com

<http://image.shutterstock.com/z/stock-vector-people-waiting-in-line-to-buy-tickets-208554754.jpg>

## 16. IT IS KIND TO RETURN BORROWED THINGS.

WE SHARE ALL SORTS OF THINGS AT OUR SCHOOL.

- DRAW 2 PICTURES OF THINGS WE SHARE INSIDE AND OUTSIDE:

INSIDE	OUTSIDE

AFTER YOU FINISH SOMETHING YOU SHOULD ALWAYS PUT IT ...

\_\_\_\_\_

WE TOOK PHOTOS OF WHERE THINGS BELONG, LIKE A MAP, TO KNOW WHERE TO PUT THINGS...

\_\_\_\_\_

WE HAVE A STEM LIBRARY and a FICTION FACTORY LIBRARY. WHEN WE BORROW BOOKS IT IS KIND TO RETURN THEM.

HOW MANY DAYS CAN WE BORROW A BOOK FOR?

\_\_\_\_\_ DAYS

## 17. BEING KIND FEELS GOOD!

IT IS EASY TO BE KIND WHEN YOU FEEL HAPPY ABOUT YOURSELF.

WHAT MAKES YOU HAPPY?  
DRAW A PICTURE.

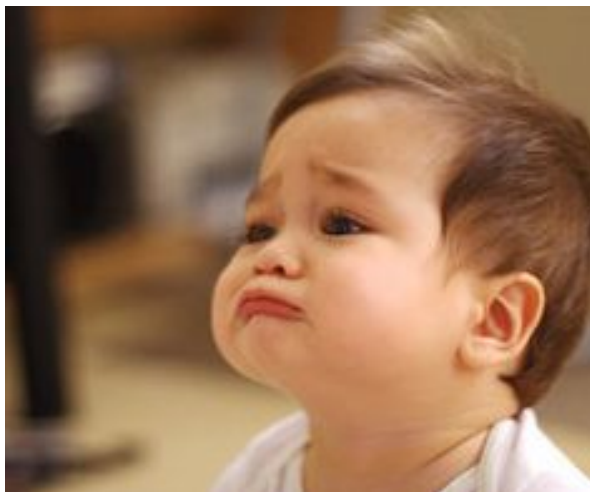


- HOW DO PEOPLE SHOW THEY ARE HAPPY?  
THEY:  
SMILE, LAUGH, JUMP FOR JOY, CLAP, DANCE



<http://alphamom.com/wp-content/uploads/2014/10/happiness-single-parenting-e1414680174631.jpg>

- HOW DO PEOPLE SHOW THEY ARE SAD?  
THEY:  
CRY, POUT, STOMP, FOLD ARMS, LEAVE



<https://s-media-cache-ak0.pinimg.com/236x/f3/2a/97/f32a97dce80d2d4e4da6293070c48ae3.jpg>

- READ THE KINDNESS PLEDGE FROM:

<https://s-media-cache-ak0.pinimg.com/236x/d8/9f/74/d89f742a3d71a908114dfda36351d77d.jpg> **AND**  
**CIRCLE THE WORDS YOU CAN READ ON YOUR OWN!**

I PLEDGE TO MYSELF

ON THIS DAY

TO TRY TO BE KIND

IN EVERY WAY

TO EVERY PERSON

BIG AND SMALL

I WILL HELP THEM

WHEN THEY FALL

WHEN I LOVE MYSELF

AND OTHERS, TOO.

THAT'S THE BEST

THAT I CAN DO!

WHAT DO YOU DO TO CALM DOWN IF YOU ARE MAD OR UPSET ABOUT SOMETHING?

## Ways I can calm down:



Take deep breaths



Count to 10



Ask for a break



Go for a walk



Listen to music



Squeeze a ball



Talk to someone

**ABC**

Sing the ABC's



Draw or color a picture

<https://s-media-cache-ak0.pinimg.com/736x/10/85/fe/1085fe6e5108f221577bd6ab15f6e803.jpg>

## 18. LEARNING WITH OTHERS

- HOW CAN WE WORK KINDLY TOGETHER?
- PRINT "WE CAN" THREE TIMES AND COMPLETE THE SENTENCE WITH A PICTURE.


YOU ARE PART OF THE KINDER TEAM.  
IT IS A GROUP OF OUR YOUNGEST LEARNERS.

- HOW DO WE MAKE EVERYONE FEEL LIKE THEY BELONG IN THIS GROUP?



<http://www.bricks4kidz.com/canada-newbrunswick-moncton/files/2010/07/group-of-kids-and-lego.jpg>

- CREATE A SKIT SHOWING HOW YOU WOULD WELCOME A NEW KINDER STUDENT TO JOIN YOU AT THE PLAY CENTER.

## 19. DISAGREEING NICELY

WHEN WE WORK WITH A CLASSMATE OR IN GROUPS, WE CAN SOMETIMES AGREE AND SOMETIMES DISAGREE.

KIND PEOPLE KNOW HOW TO DISAGREE NICELY.

FRIENDS DO NOT HAVE TO AGREE ON EVERYTHING!

WHEN YOU DISAGREE:

1. STAY CALM.
2. TAKE TIME TO THINK ABOUT THE OTHER IDEA.
3. YOU SAY,

"I DO NOT AGREE"

"BUT WE CAN STILL BE FRIENDS."

## PRACTICE SAYING:



<https://s-media-cache-ak0.pinimg.com/564x/a5/a2/04/a5a204e58e2b9880b36d81140fca7637.jpg>

- CIRCLE IF YOU AGREE OR DISAGREE WITH EACH SENTENCE.

1. BLUE TRUCKS ARE BETTER THAN RED TRUCKS.

AGREE

DISAGREE

2. THE DON RIVER IS THE BEST RIVER.

AGREE

DISAGREE

3. DOGS ARE THE BEST PETS.

AGREE

DISAGREE

PRACTISE DISAGREEING NICELY WHEN YOU SEE SOMEONE WHO CIRCLED A DIFFERENT WORD THAN YOU.



## 20. IT IS KIND TO FORGIVE.

IN ORDER TO FORGIVE WE NEED TO BE OKAY WITH MAKING MISTAKES.

HAVE YOU EVER MADE A MISTAKE?

- TELL THE STORY OF YOUR MISTAKE USING LETTERS
- TO PRINT THE BEGINNING, MIDDLE AND END OF YOUR STORY

---

BEGINNING

---

---

MIDDLE

---

---

END

---

IF YOU HAD A CHANCE TO CHANGE THE STORY, WHAT WOULD YOU DO DIFFERENTLY?

I WOULD...\_\_\_\_\_

---

DO YOU FORGIVE PEOPLE WHO MAKE MISTAKES?

WHO HAVE YOU FORGIVEN LATELY?

DID IT FEEL GOOD?

**YES**

**NO**

**SORT OF**

## 21. KIND STORY CHARACTERS

WHO DO YOU THINK IS KINDER IN A STORY? (CIRCLE 1)

THE VILLAN OR

THE HERO

FIND THE GOOD DEED A CHARACTER DID TO SHOW HIS OR HER KIND SIDE.

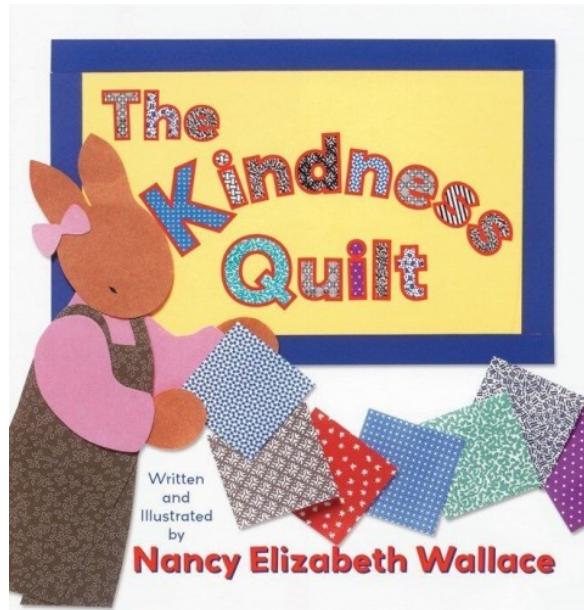
THE GOOD DEED WAS:

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WHAT WOULD YOU PRINT AND DRAW ON THE FRONT AND BACK COVER AND THE SPINE OF A BOOK ABOUT KINDNESS? (PRINT AND DRAW IT)

SPINE	FRONT COVER	BACK COVER

## 22. CELEBRATING LOVE AND KINDNESS

- MAKE A PLAN FOR LOVING NATURE ON VALENTINES DAY.
- MAKE A 'KINDO' CARD TO SHOW ALL THE KIND THINGS YOU CAN DO TO HELP NATURE.

K	I	N	D	O
		WE LOVE NATURE		

- USE BODY LANGUAGE TO ACT OUT EACH IDEA TO SEE IF YOUR CLASSMATES CAN GUESS THE KIND ACT!
- Peer teachers may make Bingo cards of the ideas and play Bingo 😊.

## 23. KIND NEWS

- GLUE IN A PICTURE OF SOMEONE BEING KIND FROM A NEWSPAPER OR MAGAZINE.
- 

- LOOK AT YOUR CLASSMATES PICTURES AND SAY "THAT'S A GOOD KIND PICTURE!"

## 24. ACTS OF KINDNESS

- REPEAT AFTER YOUR TEACHER:

There's a little act of kindness  
we can do, we can do  
There's a little act of kindness  
we can do each day

~by Angela Whitely

- THERE ARE MANY SONGS ABOUT KINDNESS IN VIDEOS. LISTEN TO A FEW AND SHARE YOUR FAVOURITE.

### VIDEOS OF MORE KINDESS SONGS

- <http://theeducatorsspinonit.com/2015/02/7-songs-for-teaching-kindness.html>
- <https://www.youtube.com/watch?v=Y5rxgNiJIOM>
- <http://achhagyan.com/the-earth-is-my-home-i-promise-song/>



<https://s-media-cache-ak0.pinimg.com/236x/85/c8/e5/85c8e5b2ff7238f75c551bee9f4736ff.jpg>

- WHEN IS EARTH DAY?
- 
- CHECK IT OUT ON THIS YEARS CALENDAR!



- MAKE A "RANDOM ACT OF KINDNESS" CHAIN WITH AT LEAST 5 LINKS. RECORD WHAT YOU DO THAT IS KIND IN ONE WEEK.
- HANG THEM FROM THE CEILING WHEN THEY ARE COMPLETE.



sassydealz.com

<https://s-media-cache-ak0.pinimg.com/564x/bd/ba/77/bdba77c37daf0c4a6f90829e9eedbbdf.jpg>

- CREATE A **RANDOM ACT OF KINDNESS WEEK** AND HAVE PEOPLE NOMINATE PEOPLE WHO DO NICE THINGS EACH DAY.
- THEY CAN SIGN THEIR NAME ON THE KINDNESS LOG.



[http://main.dailyotter.org/wp-content/uploads/2012/09/tumblr\\_m7o2ldJjWq1qzs75go1\\_1280.jpg](http://main.dailyotter.org/wp-content/uploads/2012/09/tumblr_m7o2ldJjWq1qzs75go1_1280.jpg)

WHAT ACT OF KINDNESS DID YOU DO THIS WEEK?

I

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**KIND PEOPLE DO KIND THINGS AT HOME, TOO!**

**DRAW A PICTURE AND LABEL IT WITH 3 KIND THINGS  
YOU DO AT HOME!**

- THE CLASS CAN DRAW A GIANT KINDNESS TREE AND THEN PLACE GOOD DEEDS ON EACH LEAF. LET'S AIM TO MAKE IT FULL BY THE END OF THE WEEK!

How well did you display kindness?	Trailblazer (Expert)	Pathfinder (Apprentice)	Rookie (Not Yet)

## TECH TIME:

- [www.goodcharacter.com](http://www.goodcharacter.com)
- [www.lessonplanspage.com](http://www.lessonplanspage.com)
- [www.smartrisk.ca](http://www.smartrisk.ca)
- <http://www.giraffe.org/gate.html>
- <http://www.livingvalues.net/posters/Posters2.htm>
- <http://teachers.net/gazette/FEB03/lessons.html>
- [http://www.giraffe.org/heroes\\_2.html](http://www.giraffe.org/heroes_2.html)
- <http://www.ncsu.edu/midlink/mail.inst.htm>
- <http://learnweb.harvard.edu/alps/>
- <http://www.responsiveclassroom.org/>
- <http://www.randomactsofkindness.org/additional-classroom-materials/403-the-abc-s-of-kindness>
- <http://aggie-horticulture.tamu.edu/kindergarden/child/school/step.htm>
- [www.atozteacherstuff.com/pages/250.shtml](http://www.atozteacherstuff.com/pages/250.shtml) (Dr. Seuss)
- [www.eric-carle.com/bb-bb.html](http://www.eric-carle.com/bb-bb.html) (Brown Bear)
- [www.bullying.org/public/frameset.cfm](http://www.bullying.org/public/frameset.cfm)
- [www.funbrain.com](http://www.funbrain.com)
- [www.actsofkindness.org](http://www.actsofkindness.org)
- [www.afn.org/~afn15301/seussfiles/seusspics.html](http://www.afn.org/~afn15301/seussfiles/seusspics.html)
- [www.billybear4kids.com/holidays/halloween/tt.htm](http://www.billybear4kids.com/holidays/halloween/tt.htm)
- [www.billybear4kids.com/Learn2Draw/Learn2Draw.html](http://www.billybear4kids.com/Learn2Draw/Learn2Draw.html)
- [www.owlkids.com/owl](http://www.owlkids.com/owl)
- [www.teachers.net/THEMEs/posts/2361.html](http://www.teachers.net/THEMEs/posts/2361.html)
- [www.songsforteaching.com/GeofSeatbelt.html](http://www.songsforteaching.com/GeofSeatbelt.html)
- [www.sosnet.com/safety/halloween,tio.html](http://www.sosnet.com/safety/halloween,tio.html)

**TEACHER TELEGRAM TIME**

Dear \_\_\_\_\_,

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# KINDNESS CHECK-UP

DO I LEARN NEW THINGS?	
DO I HELP OTHERS?	
DO I PLAY NICELY?	
DO I PUT THINGS AWAY?	
DO I WAIT TO TAKE MY TURN?	



[https://pbs.twimg.com/media/B-ni4YKWsAA-oc\\_.jpg](https://pbs.twimg.com/media/B-ni4YKWsAA-oc_.jpg)

# SERVICE LEARNING

OUR SCHOOL

KINDER GARDEN KINDNESS PROJECT



[http://greatergood.berkeley.edu/images/uploads/Kindness\\_garden\\_large.png](http://greatergood.berkeley.edu/images/uploads/Kindness_garden_large.png)



Students in the Kinder Stream can take part in an exciting service learning project. At the school level we will plant a Kindness Garden with plants and painted rocks full of kindness words printed on them. They can plan a ceremony in the Fall after planting and take pictures of the plants blooming in the spring.



<http://www.cfodesign.com/wp-content/uploads/2016/01/web-Kindness-Rocks-garden-wash.jpg>

## STEP OUTSIDE:

- BRAINSTORM WHAT WE CAN GROW IN OUR GARDEN.

JUST LIKE WE GO SLEEP IN A BED, SEEDS GO TO SLEEP  
IN A GARDEN BED. THEY JUST HAVE A...

\_\_\_\_\_ ONGER  
\_\_\_\_\_ LEEP.

HOW BIG IS OUR GARDEN BED SPACE?

\_\_\_\_\_ OF MY HANDS LONG  
AND

\_\_\_\_\_ OF MY HANDS WIDE



HOW MUCH ROOM DOES EACH SEED NEED TO GROW?

- DRAW A PICTURE OF A SEED AND THEN PUT YOUR HAND AROUND IT TO DRAW THE ROOM IT NEEDS (A CIRCLE AROUND THE SEED)

DO ALL SEEDS NEED THE SAME AMOUNT OF ROOM IN A GARDEN?

WHAT ARE BIGGER PLANTS THAT WOULD NEED A FIELD TO GROW - THAT WOULD NEED MORE ROOM?

LET'S MAKE A MAP OF WHERE OUR SEEDS CAN BE PLANTED IN THE GARDEN.

- PUT THE FIRST LETTER OF EACH SEED IN EACH PLACE.


WHAT DO PLANTS NEED TO GROW?

\_\_\_\_\_ A T E \_\_\_\_\_

\_\_\_\_\_ U \_\_\_\_\_ LIGHT

PREDICT WHAT YOUR GARDEN WILL LOOK LIKE.  
DRAW AND LABEL HOW YOU THINK THE GARDEN WILL  
LOOK.

How well did you build a kindness garden?	Trailblazer (Expert)	Pathfinder (Apprentice)	Rookie (Not Yet)

# HEALTH



<http://www.clipartkid.com/images/745/sleep-clipart-nixbkbxxt-5f2qmH-clipart.png>

## 25. See, Hear, Smell, Taste and Feel

- Print each sense without using capital letters.

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## **Eyes, Ear, Mouth and Nose**

- Sing the song, "Head and Shoulders":

Head and shoulders,  
Knees and toes,  
Knees and toes,  
Knees and toes.  
Head and shoulders  
Knees and toes,  
Eyes, ears, mouth and nose.

- Now sing it with action pointing to each body part.

### **STEP OUTSIDE:**

- Now sing it outside!



- Look around the classroom and find and draw things that have different:

**Colours:**


**Heights**

**SHORTER**

**TALLER**

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## Shapes

Straight Lines

Curvy Lines

- What parts of your body helped you the most?

My

E Y E \_\_\_\_\_

Some people wear

\_\_\_\_\_ l a s s e s

to help them



better.

Draw a picture of an eye.

Some people cannot see. They can be called Seeing Impaired or

\_\_\_\_\_ **L I N** \_\_\_\_\_.

Many people who need help seeing use a

\_\_\_\_\_ **A** \_\_\_\_\_ **E**

or a \_\_\_\_\_ **I N G**

**EY E** \_\_\_\_\_ **O** \_\_\_\_\_.



<http://classroomclipart.com/images/gallery/Clipart/Health/blind-man-using-cane-with-his-dog.jpg>

- Sing "What's in the Magic Bag?"

What's in the magic bag,  
magic bag,  
magic bag?  
What's in the magic bag?  
We want to hear you guess!

(Everyone takes a turn sitting in a chair, reaching into a bag and guessing what is in the bag).

- Describe each item using feeling words like:

hard,  
soft,  
smooth,  
rough...  
long  
short

## The Hearing Game

- Close your eyes and try and name different sounds:
  1. closing a door
  2. zipping a zipper
  3. crumpling paper
  4. clapping

## Quiet as a Mouse Game

- One at a time, stand with your back to the class.
- The teacher will choose one person to take the number of steps held up by the teacher's fingers.
- The student tries to guess how many steps and who was doing the stepping.


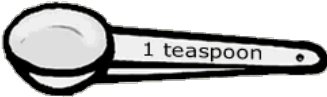

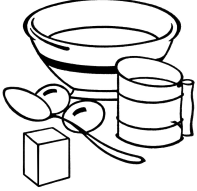


<http://bsccongress.com/wp-content/uploads/2016/06/large-ear-mouse-clip-art.png>

## Smell and Taste

- Take home the following recipe for Kindness Cookies and see if you can make them for your family.

### RECIPE FOR KINDNESS COOKIES

1. Mix  $\frac{1}{3}$  cup  of honey.
2. With 1 teaspoon  of oil.
3. And 2 eggs 
4. In a bowl 
5. Add 1 teaspoon of grated orange rind.
6. Add  $\frac{1}{2}$  teaspoon of salt.
7. Add 1 and a  $\frac{1}{2}$  cups of oatmeal.
8. Drop mixing spoonfuls into oiled cookie sheet.



9. Bake at 400 degrees for 8-10 minutes.

- What part of our body helps us smell when food is cooking?

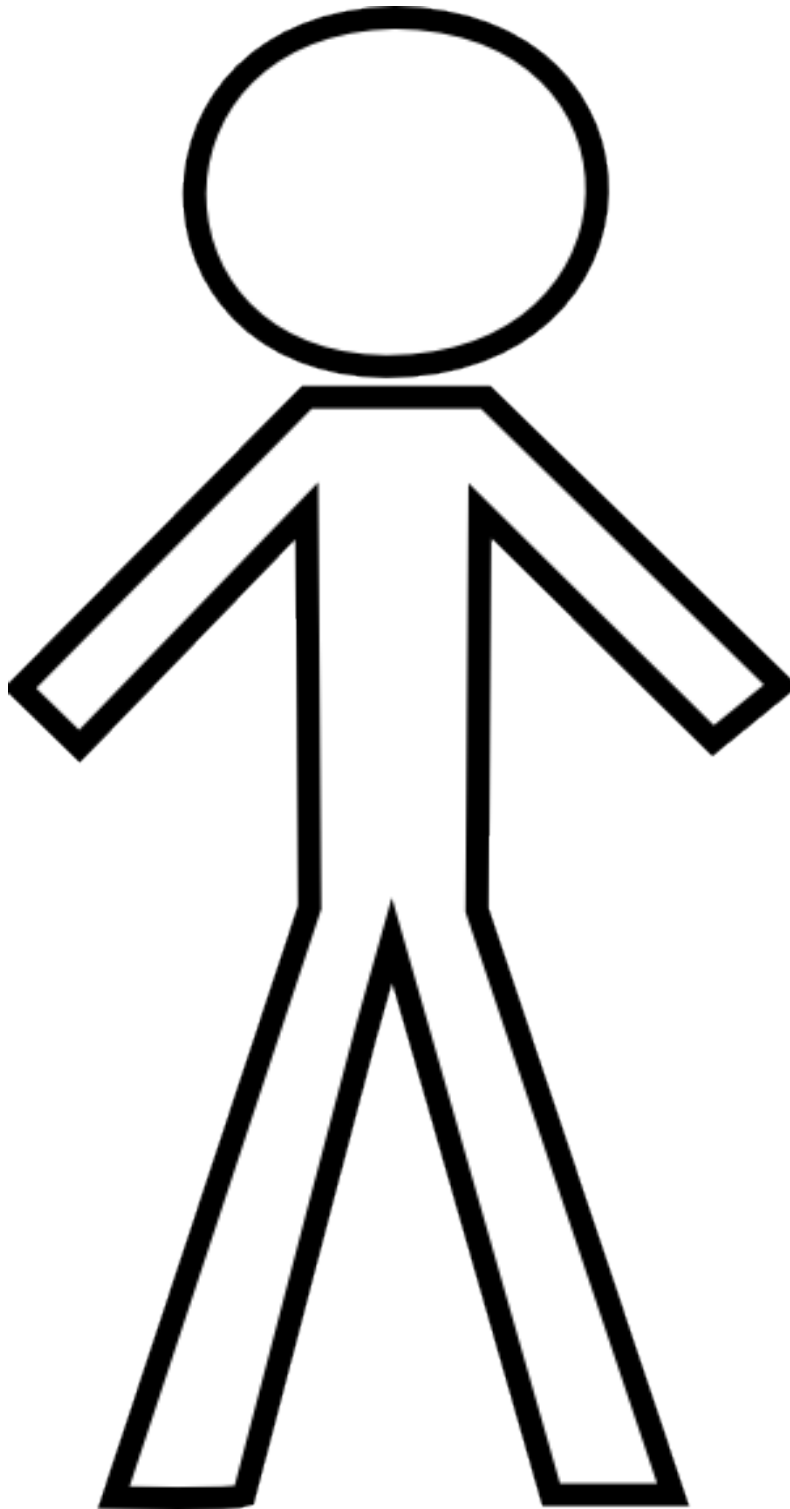
Our

\_\_\_\_\_ o \_\_\_\_\_ e

### **My Body - Inside and Out**

- On the next page, draw a picture of yourself and label your body parts on the outside and inside of your body.
- Use the class WORD WALL to find body parts and colours.





<http://www.clipartkid.com/images/79/white-stick-figure-clip-art-at-clker-com-vector-clip-art-online-mjdV4b-clipart.png>

## **USE YOUR EARS TO HEAR:**

<Your teacher will read to you the following about the importance of sleep.>

### **A Good Night's Sleep**

Have you ever stayed up late one night? Did you feel tired the next day? Did you feel grouchy? It is because your body missed its sleep! So why does a good night's sleep make you feel better?

Scientists have studied sleep to find the answer to this question. They have found some different reasons. First, sleep helps your body stay healthy. Even though you are sleeping, your body is still active. Sleep gives your body a chance to repair itself. New cells grow while you sleep. Your muscles and bones grow too!

Sleep also helps your body to rest. How? Your body does not need as much energy when it slows down. The beat of your heart and your breathing rate become slower, which lowers your body's energy level. Your body needs rest after a busy day.

Sleep is important for your brain too. During the day your brain gathers information. Whether you read a book, taste an orange, or hear a song, your brain stores this information. At night while sleeping, your brain reviews everything that you did during the day. It saves some of your experiences so you can remember them. Some scientists think all this reviewing causes you to dream.

What happens if you do not have enough sleep? People who miss too much sleep have trouble paying attention. They make more mistakes in their work. Scientists believe that people who miss more than three days of sleep may become sick and even start seeing something that is not really there.

**Most students need between ten and eleven hours of sleep each night.**

**What can you do to help give your body a good night's sleep?**

Follow these steps and you will begin to feel rested and happy. Nothing else will help your body like a good night's sleep!

### WAYS TO HELP YOU SLEEP

1. Run and play outside during the day.
2. Drink a glass of milk before going to bed.
3. Go to bed on time.
4. Read a book in bed.
5. Sleep in a dark, quiet room.

What might help a person sleep?

- (a) staying up late each night
- (b) listening to a favourite song
- (c) listing experiences of the day
- (d) drinking a glass of milk

Which word means the opposite of grouchy?

- (a) angry
- (b) greedy
- (c) happy
- (d) lively

What time do you go to sleep?

\_\_\_\_\_ PM

What time do you wake up?

\_\_\_\_\_ AM

Can you be grumpy when you do not get enough sleep?

\_\_\_\_\_

## Safety Matters

- How can we be safe in the classroom and in our playground area?

Draw and label pictures of being safe below:

Classroom	Playground

- How can we stay away from danger at home?

We can

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- What number do you call in an emergency?

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- Who can you ask for help if you do not feel safe with people?

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## Obey Traffic Lights

- Print these words in lower case:

GO	
STOP	
WAIT	

- What does each color on a traffic light mean?

GREEN - means \_\_\_\_\_

YELLOW - means \_\_\_\_\_

RED - means \_\_\_\_\_

## Road Safety

Look both ways before you  
cross the \_\_\_\_\_ TREE \_\_\_\_\_

- What is JAY WALKING?

Not crossing a road at a light or crosswalk.

Jay walking is...

- (a) Breaking the law
- (b) NOT Breaking the law.



[https://upload.wikimedia.org/wikipedia/commons/thumb/8/8e/Singapore\\_Road\\_Signs\\_-\\_Restrictive\\_Sign\\_-\\_No\\_jaywalking.svg/2000px-Singapore\\_Road\\_Signs\\_-\\_Restrictive\\_Sign\\_-\\_No\\_jaywalking.svg.png](https://upload.wikimedia.org/wikipedia/commons/thumb/8/8e/Singapore_Road_Signs_-_Restrictive_Sign_-_No_jaywalking.svg/2000px-Singapore_Road_Signs_-_Restrictive_Sign_-_No_jaywalking.svg.png)



## **SEATBELTS - A MUST!**

Everyone must wear a seat belt when in a moving car or truck!

It is against the law to not wear a seatbelt in a moving car or truck.

(a) TRUE

(b) FALSE

- Make a picture of yourself in a car with your seat belt on!

Why do some people need to sit in booster seats?

- so little people can see better
- so the seatbelt can fit better

How well did you make safe choices?	Trailblazer (Expert)	Pathfinder (Apprentice)	Rookie (Not Yet)

**Appendix A: Kinder Stream Letter and WORD WALL**

<b>JK LETTER WALL</b>				
A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y
Z				
<b>JK WORD WALL</b>				
A	I	ME	WE	GO
AT	IN	UP	ALL	HE
IT	IS	SEE	AM	BE
NO	AN	SO	ON	AS
OR	US	IF		

## SK Letter Wall

Aa	Bb	Cc	Dd	Ee
Ff	Gg	Hh	Ii	Jj
Kk	Ll	Mm	Nn	Oo
Pp	Qq	Rr	Ss	Tt
Uu	Vv	Ww	Xx	Yy
Zz				

## SK Word Wall

did, lid, his	big, dig, pig	can, fan, man, pan, ran	For	not, dot, got, hot, lot, pot
Yes	by, my	get, bet, let, met, net, set, wet	ball, call, fall, hall, mall, tall, wall	Red, bed, fed, led
run, bun, fun, sun	but, cut, hut, nut, put	Ask	Has	had, bad, dad, mad, sad
will, fill, hill, pill	was	well, bell, fell, sell, tell	Her	sit, bit, fit, hit, lit, pit
and, land, sand, hand	him	His	Its	do, to
Are	far, car, war	dog, log	cat, bat, hat, mat, rat, pat, sat	cow, how, now, wow
Won	six, fix, mix	ten, men, pen	box, fox	top, hop, mop, top

## **Appendix B: Ontario ELA Expectations**

### **KINDER ELA**

KELAA1.2 listen and respond to others for a variety of purposes (and in a variety of contexts)

KELAA1.3 begin to use and interpret gestures, tone of voice, and other non-verbal means to communicate and respond

KELAA1.8 ask questions for a variety of purposes and in different contexts

KELAB2.1 demonstrate an interest in reading(

KELAB2.4 respond to a variety of materials read aloud to them

KELAB2.5 make predictions regarding an unfamiliar text that is read..., using prior experience, knowledge of familiar texts, and general knowledge of the world around them

KELAB2.7 use illustrations to support comprehension of texts that are read by and with the EL–K team

KELAB2.10 retell information from non-fiction materials...in a variety of contexts, using pictures and/or props

KELAB3.1 begin to use reading strategies to make sense of unfamiliar texts in print

KELAC4.1 demonstrate an interest in writing and choose to write in a variety of contexts

KELAC4.2 demonstrate an awareness that writing can convey ideas or messages

KELAC4.3 write simple messages...using a combination of pictures, symbols, knowledge of the correspondence between letters and sounds (phonics), and familiar words

## **Appendix C: Ontario Social Science Integration**

### **KINDER SOCIAL SCIENCE (integrated within WATERMARKS and ELA)**

**KSSA1.3** demonstrate an awareness of ways of making and keeping friends

**KSSA1.1** act and talk with peers and adults by expressing and accepting positive messages

**KSSA1.2** demonstrate the ability to take turns in activities and discussions

**KSSA.2.1** use a variety of simple strategies to solve social problems

**KSSA3.1** develop empathy for others, and acknowledge and respond to each other's feelings (e.g., tell an adult when another child is hurt/sick/upset, role-play emotions with dolls and puppets)

**KSSA3.2** demonstrate respect and consideration for individual differences and alternative points of view

**KSSA3.3** talk about events or retell stories that reflect their own heritage and cultural background and the heritage and cultural backgrounds of others

**KSSB.1.1** recognize personal interests, strengths, and accomplishments

**KSSB1.2** identify and talk about their own interests and preferences

**KSSB1.3** express their thoughts and share experiences

**KSSB2.1** demonstrate self-reliance and a sense of responsibility

**KSSB2.2** demonstrate self-motivation, initiative, and confidence in their approach to learning by selecting and completing learning tasks

**KSSB2.2** demonstrate a willingness to try new activities and to adapt to new situations

**KSSB2.4** begin to demonstrate self-control and adapt behaviour to different contexts within the school environment

**KSSB2.5** interact cooperatively with others in classroom events and activities

**KSSB3.1** recognize people in their community and talk about what they do

KSSB3.2 recognize places and buildings within their community, both natural and human-made, and talk about their functions

KSSB3.1 develop an awareness of ways in which people adapt to the places in which they live...

## SCHOOL MISSION:

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(Teacher/Peer Teacher will complete)

### Our School Promise

Students, staff and families meet our mission by working hard each day to respect and support ourselves and others as we achieve our promises:

⇒ 1. We promise to \_\_\_\_\_

⇒ 2. We promise to \_\_\_\_\_

⇒ 3. We promise to \_\_\_\_\_

(Promises to link up with school mission)

\_\_\_\_\_ (student) \_\_\_\_\_ (date)

\_\_\_\_\_ (Principal)