

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS (TODDLERS)

Lesson 3: Growing Friendship with Kindness

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives:

1. Introduced review of what is needed to help seed grow (sun, water, soil, love, care)
2. Introduced Growing Friendship Wish (GFW) <i>May all I think, say and do not hurt anyone but help everyone.</i>
3. Introduced GFW sign accompanying the words.
4. Introduced link between GFW and how to grow friendships in the class (be kind, play fair, share)
5. Introduced Kindness Garden poster and seed stickers for acts of kindness in the classroom.
6. Introduced and read <i>Sumi</i> and identified acts of kindness in the book.
7. Introduced kindness to each other with "Follow Me."
8. Introduced feelings inside and what is happening outside when we are kind to each other.
9. Introduced concept: People need kindness to grow.
10. Introduced concept: Acts of kindness make our classroom peaceful and kind.

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

THEME 2: I FEEL EMOTIONS ON THE INSIDE

Lesson 4: Quiet Emotions on the Inside

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives

1. Introduced review of paying attention, invite bell, and raise hand when can't hear it anymore.
2. Introduced review of Growing Friendship Wish (GFW), <i>May all I think, say and do not hurt anyone and help everyone</i> . Added stickers for acts of kindness by kids.
3. Introduced kindness to ourselves via the book, <i>A Quiet Place</i> (boy's quiet place - by the bush, in the woods, by the sea, in the desert)
4. Introduced quiet place and teacher self-disclosed and asked kids to name their quiet place.
5. Introduced bucket and "belly buddies" (BB) and showed kids how to use them (lie down, put BB on teacher's belly, feel BB going up and down with each breath in and out)
6. Introduced instructions to kids to notice their BB (e.g., color, weight, shape, rough, smooth)
7. Introduced breathing with BB to kids (lie down, each kid put BB on belly, feel BB going up and down with each breath in and out)
8. Introduced noticing feelings on the inside of body with breathing (introduced B = Breathe and Body).
9. Introduced concept: Taking care of ourselves is important
10. Introduced cocept: Acts of kindness make our classroom peaceful and kind.

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

