

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS

Lesson 3: Growing Friendship with Kindness

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0	----- 1 -----	2 -----	3 -----	4 -----	5 -----	6 -----	7 -----
<i>I did NOT introduce or address this objective.</i>	<i>Introduced the topic but did not explain or practice.</i>		<i>Introduced it & provided some explanation & some practice</i>			<i>Introduced it & provided detailed explanation & practice</i>	

<i>Lesson Objectives</i>								
1. Introduced review of what is needed to help seed grow (e.g., sun, water, soil, love/care) and color of soil tells us when plant needs watering	0	1	2	3	4	5	6	7
2. Introduced Growing Friendship Wish (GFW), <i>May all I think, say and do not hurt anyone and help everyone.</i>	0	1	2	3	4	5	6	7
3. Introduced GFW sign accompanying the words.	0	1	2	3	4	5	6	7
4. Introduced link between GFW and how to grow friendships in the class (e.g., be kind, play fair, share, help others, speak from our hearts, listen)	0	1	2	3	4	5	6	7
5. Introduced Kindness Garden poster and "seed stickers" for acts of kindness in the classroom	0	1	2	3	4	5	6	7
6. Introduced and read <i>Sumi</i> and identified acts of kindness in the book	0	1	2	3	4	5	6	7
7. Introduced kindness to each other with "Follow me."	0	1	2	3	4	5	6	7
8. Introduced feelings inside and what is happening outside when we are kind to each other.	0	1	2	3	4	5	6	7
9. Introduced concept: People need kindness to grow	0	1	2	3	4	5	6	7
10. Introduced concept: Acts of kindness make our classroom peaceful and kind	0	1	2	3	4	5	6	7

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?

THEME 2: I FELL EMOTIONS ON THE INSIDE

Lesson 4: Quiet emotions on the inside

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0	----- 1 -----	2 -----	3 -----	4 -----	5 -----	6 -----	7 -----
<i>I did NOT introduce or address this objective.</i>	<i>Introduced the topic but did not explain or practice.</i>		<i>Introduced it & provided some explanation & some practice</i>				<i>Introduced it & provided detailed explanation & practice</i>

<i>Lesson Objectives</i>								
1. Introduced review of paying attention, invite bell, and raise hand when can't hear it anymore.	0	1	2	3	4	5	6	7
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.	0	1	2	3	4	5	6	7
3. Introduced kindness to ourselves via the book, <i>A Quiet Place</i> (boy's quiet place - by <i>the bush, in the woods, by the sea, in the desert, by a pond, in a cave, on a hill, in the snow, in a museum, in a library, in his room or inside himself</i>)	0	1	2	3	4	5	6	7
4. Introduced quiet place and teacher self-disclosed and asked kids to name their quiet place.	0	1	2	3	4	5	6	7
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)	0	1	2	3	4	5	6	7
6. Introduced instructions to kids to notice their BB (e.g., color, weight, shape, rough, smooth)	0	1	2	3	4	5	6	7
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)	0	1	2	3	4	5	6	7
8. Introduced noticing feelings on the inside of body with breathing (introduced B = Breathe and Body).	0	1	2	3	4	5	6	7
9. Introduced concept: Taking care of ourselves is important	0	1	2	3	4	5	6	7
10. Introduced concept: Acts of kindness make our classroom peaceful and kind	0	1	2	3	4	5	6	7

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?
5. Are the activities in this week's lessons similar to activities you do as part of your other programming or Pyramid programming? That is, do you think there is major overlap?