

Social Emotional Activities- Week of May 4-8

Activity: It is Cool to Be Kind

Materials Needed:

- An empty jar or a shoe-box-sized box
- Small slips of paper to write on
- Marker, pen, pencil or crayon
- Story: Ordinary Mary's Extraordinary Deed by Emily Pearson
- Read Aloud: <https://youtu.be/xVSrz-5ps7g>

Learning Target(s):

- I can feel happy by doing kind things for others and making them feel happy too_

Directions/Instruction:

After listening to the story, talk together about the kind thing Mary did and how he kind deed inspired others to be kind.

Think of things you as a family can do for your neighbors while still maintaining social distancing. Some ideas are : draw a picture and leave it for your neighbor to find; offer to cut a neighbor's grass; if you are on the way to the store, ask your neighbor if they need anything; gather some rocks, paint them with pretty designs and leave them around your neighborhood; if you have a neighbor who lives alone, call them to check in and see how they are.

Think of things you can do for each other at home to be kind- help set the table, help care for family pets; help sort laundry, help wash dishes etc.

Write the ideas on the slips of paper, fold them and put them in the empty jar or box. This will be your Jar (Box) of Kindness. Every day take an idea out of the jar and make kindness happen.

Visuals/Examples:



Online/Ready Rosie links:

- Read Aloud: <https://youtu.be/xVSrz-5ps7g>
- Super Kindness: <https://app.readyrosie.com/en/videos/500>