



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

ABC KINDERGARTEN LESSON #8

Reach Out and Give

By Cheri J. Meiners, M.Ed.

21st Century Skills: Creativity and Critical Thinking

Common Core Standards: The following standards are taught through the reading and activities for *Reach Out and Give*. Students advancing through the grades are expected to meet each year's grade specific standards and retain or further develop skills and understandings mastered in preceding grades.

Reading Literature: 1., 3., 4., 7., 10.b. and *Speaking and Listening* 1., 2., 4., 6.

MESSAGE TO ABC READERS

Reach Out and Give talks about the importance of contributing to your community. It empowers children to understand that their special skills can make important contributions to their family, school and neighborhood. The Service to Others asset, #9, is all about giving back and helping others. Research from Search Institute shows that service is powerful in helping kids succeed in all areas of life. Asset #9 is a gateway asset. Youth participating in both direct and indirect community service build 21 out of 41 assets.

Asset Information:

- #3: Other Adult Relationships
- #6: Parent Involvement in Out-of-Home Situations
- #7: Community Values Children
- #8: Children Are Given Useful Roles
- #9: Service to Others
- #10: Safety
- #26: Family Values Caring
- #27: Family Values Equality and Social Justice
- #30: Family Values Responsibility
- #32: Planning and Decision Making
- #39: Sense of Purpose

LESSON

Conversation Starter:

Welcome students and tell them it is ABC Time. Ask the students about using magic manner words. How did they do? (Call on students with raised hands.) Do one or more of the ASL signs. Ask the class if they remember what it means. (If you did not do the sign language words, review some of the magic manner words.)

Read the book

Today our book is called *Reach Out and Give* by Cheri J. Meiners. How many of you think Meredith Johnson is the illustrator? Show me with a thumbs up. Wow lots of you said yes!

Excerpted from *Reach Out and Give* by Cheri Meiners, copyright © 2006. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN: 800-735-7323: www.freespirit.com. All rights reserved.

Why? Call on students with raised hands. Answers may include that the illustrations have similar colors, or that the people look the same.

Let's get started with the story. There is a lot to see and listen to in this book. So everyone put on your listening ears (make a motion with both hands over ears) and your special eyes (with thumb and first finger make circles and put in front of eyes). Read the book slowly and be sure to have them look at the pictures. This is a good book to ask "**What's happening in this picture?**" on each page. Also check to make sure they understand the words "generous," "grateful," "service," and "volunteer."

Discussion:

(You may want to read through the book once and then go back and ask the questions, or it may seem more natural to ask them as you go. In case they are having a hard time paying attention, the more important questions are in **bold text**.)

1. **What does it mean to be grateful? What are some things you are grateful for?** What is a way to show someone that you appreciate what the person does?
2. **What does it mean to reach out to other people?** (Talk about offering kindness or help without being asked. Tell about a time you reached out or someone reached out to you.) **What words do we use to describe people who are kind to others-*Bucket fillers!***
3. **What things do you share? When do you share your time?** What are your talents? How can you help others with your talents?
4. **What does it mean to give service? What is a service you can do with your family? What are the good things that can happen when you help someone else?**
5. How do you think being generous helps you get along with other people? What are some ways you can make a difference for somebody else? You can *fill their buckets* when they are feeling sad or lonely.

GROUP ACTIVITIES:

Choose one of the following activities for the class.



Be a Bucket Filler

Materials:

- Small pieces of paper
- Pencils
- Bucket

Directions:

Brainstorm ideas with the children on how they *fill buckets* or are kind to others. Ask them to list how they fill different people's buckets: family, friends, school, etc. During your brainstorming discussion, talk about *acts of kindness*. Point out that *acts of kindness* are done without thought of reward because a person chooses to help.

Then write the ideas on small pieces of paper, fold, and put in a special bucket or generosity container. If the students are able to, they can copy or write the ideas themselves on the individual papers. Have each child draw a piece of paper from the bucket and ask them to quietly do the activity in a day or two.

Excerpted from *Reach Out and Give* by Cheri Meiners, copyright © 2006. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN: 800-735-7323: www.freespirit.com. All rights reserved.

Here are a few ways to *fill buckets and do intentional acts of caring*:

Ask someone to play.

Share a toy with someone.

Help someone with a problem.

Help fold laundry.

Say something nice.

Make a thank you note or card.

Help pick up things.

Pick up trash.

Kinder Hands of Kindness

Materials: Construction Paper, pencils, scissors

Talk about acts of kindness. (See *Be a Bucket Filler*) Then tell the students they are going to create a special cut out of their hand. Show them how to trace their hand. Have them write: "A helpful kinder hand was here." Have them each think of what they could do for someone else. Look for the opportunity to do it without having been told. Do their act of caring secretly and leave their hand there after they have completed it. Have extra paper for students to do more than one.

Create a poster where students can write on a hand what they did and the class can see all the different ways they helped people.

Intentional Acts of Caring

This activity taps into something your school may already be doing or it is an opportunity to have kindergartners start something new for your whole school to do.

The ideas listed below are ways to do indirect projects and have been tried by previous ABC Readers:

- ProjectLinus.org-Fleece Blankets
- Gently Used Stuffed Animals-animalbeacons@yahoo.com –see below
- Pennies for Peace
- Friendship box Program –Contact Red Cross
- Earth Day Clean Up-April 22
- Noah’s Ark for Kids-Stuffed Animal project
- Beacons of Light
- Canned Food Drive for Second Harvest
- Adopt a creek-Santa Clara Water District
- Adopt a park-City Park and Rec Department

The ideas listed below are direct *acts of caring*

- Pass out lemonade to the crossing guards or safety people
- Make signs cheering on older students during testing
- Welcome 5th graders back from Science Camp
- Thank you to their buddies
- Cleaning up in their classroom
- Pick up trash
- Plant bulbs or flowers

Acts of Service Coupons

Material: Create an Acts of Service Coupon

Play the game I Spy. I spy with my eye something red. Look for something red in the room. Then let the students guess what it could be. Now tell the students you are looking for someone who is being a *bucket filler* or doing an *intentional act of kindness*. Ask if they can tell you about something they did or saw that was kind. Ask them to think of someone who might need some help. You can have them think of an individual or a group. Have them fill out the act of service coupon. Help them plan out what they would like to do.



"We're Grateful For..." Journal

Materials:

- Drawing paper or classroom paper (5-10 1/2 sheets)
- Markers
- Pencils

Preparation:

Using paper from the classroom or drawing paper, make small booklets with 1/2 a page of paper. Put about 5-10 pages in each book. You can use construction paper for the cover and back cover, or use the same paper. Staple the books in the top, middle, and bottom on the side.

Or, you can just pass out one page of paper and have each child do one page and put them together in a class book.

Directions:

Talk with the kids about what it means to be grateful. Explain that they will be making a journal or a class book about things they are grateful for. They can write and or draw a picture of something they saw, something that happened, or something they realized they are thankful for. Talk about ideas and let them do the one page or the one entry. If you are doing a class book, collect the papers and put them in a front and back cover. If they are doing individual journals, ask the teacher if it is ok for them to work on their journals until you are back in a month.

Animal Beacons of Light

The organization that accepts gently loved stuffed animals:

Ellen Henson
Founder, Animal Beacons of Light
Reiki Master, Essence Producer
650-961-8777
animalbeacons@yahoo.com





"We gather stuffed animals, freshen them, add the energies of Love, Joy and Reiki and then gift them to children of all ages around the world."

These are the stuffed animals that they will accept:

Accepting donations of new and gently used, clean, soft, stuffed animals. Here are some examples of how we define what we accept: soft, fabric, furry, critters like teddy bears, rabbits, monkeys, turtles, whales, all-fabric dolls like Raggedy Ann and Andy etc. All are generic animals which when received become cuddly, comforting hugables. We prefer stuffed animals in the 6" to 2.5' size range.

21st Century Skills:

Here is a key to the 21st Century skills used in this lesson:

21st Century Learning Skills	
	Collaboration
	Critical Thinking
	Communication
	Creativity