



# Topics to teach: How Others Feel, Be Kind Online, Be Kind Every Day K-2

Lesson: Activity Book, Pages 21, 22, & 23

Length of lesson: 30 min

**Goal:** Teach students to understand how others feel, how to be kind online, and ways to be kind daily.

## Objectives:

- Use facial and body cues to interpret how others feel.
- Understand what it means to be kind and safe online.
- Name ways to be kind daily

## Vocabulary:

*Discuss these terms prior to the lesson:*

Recognize                      feelings  
Share                              kind

## Materials:

1. "I Can" statement printed and cut out
2. Finding Feelings Activity book - Pages 21,22, & 23
3. Pencils and crayons
4. (Optional) Projection of lesson

## "I Can" statement:

*Display and read the "I Can" statements before and after lesson delivery.*

I can recognize how others feel!  
I can be kind online!  
I can find ways be kind every day!

## Attention Grabber

Tell the students to listen very carefully to the story about Rocket.

It was buddy reading time during library. This is the time you could choose to read with a buddy or a stuffed animal. Rocket was looking around the room when he noticed a girl from his class sitting in a corner with a rabbit stuffed animal. She was reading and looked calm, but also very sad. Her shoulders were dropped down and her mouth and eyebrows were turned down. Rocket knelt down by her. "Are you reading a sad book?" Asked Rocket. "Oh, no this is a happy book." Said the girl. "I just always read alone with my bunny. Maybe I should try to read with a friend to cheer up, but I get nervous asking someone to read with me." "Well what's the book about?" Asked Rocket. "Space travel!" Smiled the girl. "Oh! Well I like space! Could I read with you today?" Asked Rocket. "Of course!" Exclaimed the girl.

*What did Rocket notice as clues to how the girl was feeling? (Shoulders dropped down, mouth and eyebrows turned down)*

-2nd grade: Why do you think Rocket asked what the book was about first? How might questions and conversation help others feel more comfortable? (To show the girl he was genuinely interested in reading the book, to help her open up about what was important to her or what she liked to read and talk about)



# Topics to teach: How Others Feel, Be Kind Online, Be Kind Every Day K-2

Lesson: Activity Book, Pages 21, 22, & 23

## Lesson

Today we're going to talk about How YOU CAN TELL how other people are feeling. We will also talk about being kind on line, and ways we can be kind every day! Every day, we feel emotions. This means others feel emotions every day too. When you notice other kids experiencing difficult feelings, being kind to them can make a difference. You can help them feel better with your kind words.

So how do we know how someone is feeling? If you look at someone's face and body, it might give you a clue about how THEY are feeling. (Ask for a volunteer to come to the front of the room. Whisper to the volunteer to make themselves look sad... assist as needed.)

How do you think she's feeling? (Respond and discuss) You may not know why she is sad, but your KIND WORDS can help her feel a little Better! (Complete page 21 in the Finding Feelings Activity book and the Finding Feelings worksheet for the appropriate grade level.)

When you see someone who is mad, sad, or worried, it's important to understand their feelings and see if you can help them feel better. You do this with your KIND WORDS and ACTIONS. This shows that you CARE about other people! There are many things you can say or do when you see someone who is SAD or MAD, you can say : CAN I HELP YOU? ARE YOU OK? WHAT'S WRONG?

There are also a lot of Nice and kind things that you can DO, like: Helping to clean up at school or home, Inviting someone to play with you, holding the door open for someone, or even just sharing your toys, books or crayons. (Complete page 23 in the Finding Feelings Activity Book)

We can also find ways to be kind and safe on our computers and cell phones. There is a right way to text, use fun apps, and use computers that is friendly, fun, and keeps you safe. SOMETIMES People can be mean or trick you on phones and computers. If someone is mean to you for a long time when you ask them to stop, this is called Cyberbullying. Being kind online is saying things like: good luck on your test today, or great seeing you at school. If you receive a text or message from someone you don't know, or that makes you feel embarrassed or uncomfortable, don't answer it, tell an adult you trust. If someone makes you feel unsafe or asks you to keep secrets, tell an adult you trust immediately. We all have feelings, even if you can't see your friends' faces behind a screen.

(Complete page 22 in the Finding Feelings Activity Book)

Now let's do the Rocket's Promise TO BE KIND: Raise your hand.

I Promise

To always say kind things.

Always do kind things.

to help others

And Do my best every day!

## Extended Thinking

-What are some kind things we can say to other students today?

-What are some kind things we can do for other students today?

-What should you do if someone sends you a message and asks you to keep secrets? (Tell an adult you trust right away)

2nd grade: What are some kind things you can say and do for adults at your school? Adults at home?

## Standards

CASEL Competency: Social Awareness

W.K.1 Use a combination of drawing, dictating, and writing to compose informative / explanatory texts in which they name what they are writing about and supply some information about the topic.

W.1.2 Write informative/ explanatory texts in which they name a topic, supply some facts about the topic, and provide some sense of closure.

W.2.2 Write informative / explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.



# Finding Feelings

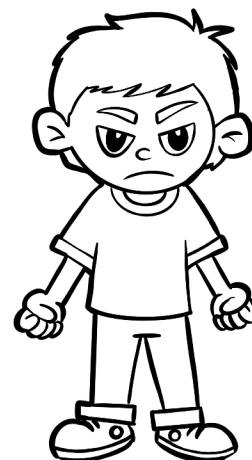
Look at the pictures. Use the word bank to fill in how each child feels. Then answer the questions.

The girl feels \_\_\_\_\_.



Draw an arrow to a clue you see that shows she feels this way.

The boy feels \_\_\_\_\_.



Draw an arrow to a clue you see that shows he feels this way.

Word Bank  
Happy Sad  
Worried  
Mad

Rocket feels \_\_\_\_\_.



Draw an arrow to show what may make him feel this way.

The boy feels \_\_\_\_\_.



Draw an arrow to show what may make him feel this way.



# Finding Feelings

Look at the pictures. Use the word bank to fill in how each child feels. Then answer the questions.

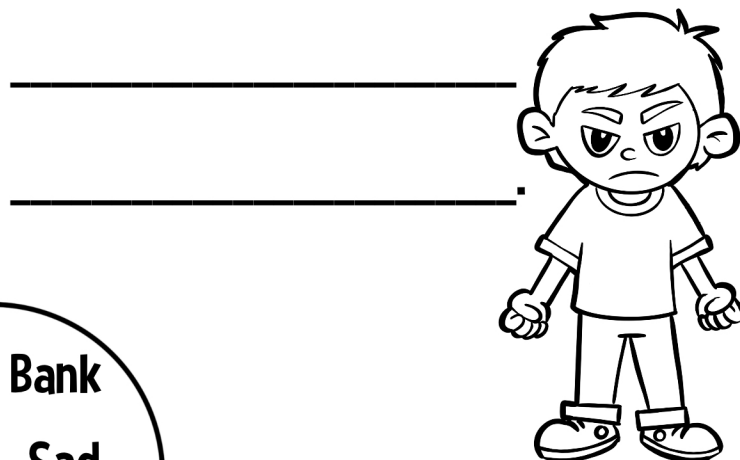
The girl feels \_\_\_\_\_ . I know

this because \_\_\_\_\_



The boy feels \_\_\_\_\_ . I know

this because \_\_\_\_\_



Word Bank  
Happy Sad  
Worried  
Mad

Rocket feels \_\_\_\_\_ . I know

this because \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

The boy feels \_\_\_\_\_ .

I know this because \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_







# Finding Feelings

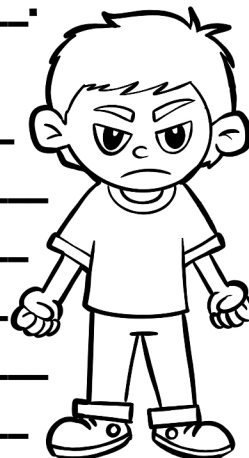
Look at the pictures. Use the word bank to fill in how each child feels. Then complete the paragraphs.

The girl feels \_\_\_\_\_. I know this because \_\_\_\_\_



She might feel this way because \_\_\_\_\_

The boy feels \_\_\_\_\_. I know this because \_\_\_\_\_



He might feel this way because \_\_\_\_\_

**Word Bank**  
Happy Sad  
Worried  
Mad

Rocket feels \_\_\_\_\_. I know this because \_\_\_\_\_

He might feel this way because \_\_\_\_\_



The boy feels \_\_\_\_\_. I know this because \_\_\_\_\_

He might feel this way because \_\_\_\_\_





I can recognize  
how others feel!

## VOCABULARY



Recognize  
Share

Feelings  
Kind



I can be kind  
online!



I can find ways to  
be kind every day!

# Congratulations!

---



**For Completing the lesson  
How Others Feel, Be Kind Online,  
Be Kind Every Day**

---

**You're a Rocket Finding Feelings  
Super Star!**

**Instructor signature** \_\_\_\_\_

**Signature** Rocket  \_\_\_\_\_ **Date** \_\_\_\_\_