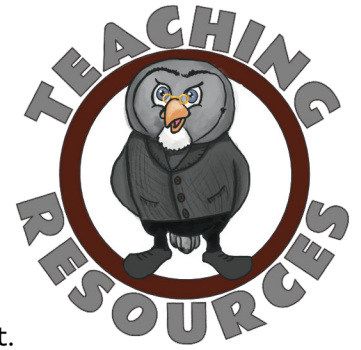


Me-You-Us-Them



TARGET AGE: Grade K-4

KEY TAKEAWAY: Kindness starts with being kind to ourselves and goes out from there.

INTRODUCTION

In *Ari's Awful Day*, Ari and Mainer become friends. Think about what could happen as a result. Maybe their hockey team will win even MORE games. (Teams are better when they work together!) What if other kids see their example and they want to practice kindness as well? There could be a big change with all the kids because Mainer chose to be kind to Ari and Ari accepted it.

DISCUSSION

A good way to think about kindness is with four words, me-you-us-them.

ME: We have to practice kindness to ourselves. Sometimes we are very, very unkind to ourselves. What are some ways that we are unkind to ourselves? What do we say in our thoughts when we make a mistake or look in the mirror?

We have to use kind words when we speak to ourselves in our minds.

ACTIVITY

Write a letter to yourself saying what you like about yourself; what makes you special.

*Note: For younger children you can do this as a group. Or you could put words up on a board and have them come and choose three that they feel make them special.

ART ACTIVITY

Explain that being kind and using kind words isn't difficult. When Mainer wanted to be kind to Ari, he chose to make hockey cards. A little gift like that can be very special!

Students can choose someone in their life that they want to give kind words to. They can draw any picture they want and fill out the following phrase to encourage that person.

YOU: "You" is someone in authority in our life. It could be a parent, or a teacher, or a coach. Your students will practice kindness towards a "you" in their life by writing an encouraging note.

US: "Us" is any group a student is a part of. For the sake of the lesson, "us" is your class. As a class come up with three kind words that you want to describe them all; as a group. For example, kind, respectful, joyful, courageous, etc.

Brainstorm 7 or 8 words that could work, write them on paper bags and tape them to the whiteboard or wall. Then give each student 7-8 tickets that they can put in any bag to vote for the word they want to be a description of "us." Allow them to put as many of their tickets into any given bag.

After the votes are counted, create posters that display the words you have chosen to represent "us."

Talk about these words often and find ways for students to reward each other when they see their classmates living out those words. (For example, give out three stickers to several student each day and tell them to give the stickers to people who live out the "us" words.)

THEM: "Them" is anyone outside of the group. This could be other students, other grades, people in the community, an old folks home, anything. Kindness has to go out from "me" and "us" in order to change the world!

What group of people would you like to show kindness to? You could vote again using paper bags, but then choose a project that you will do as individuals or groups and present as a group. For example, you might choose front-line workers in a near hospital and make posters for them to encourage them.

The point of these four points of kindness is that there are different "levels" of kindness and each one is important. Kindness towards ourselves is healthy. Kindness towards those in authority is also important, as is group kindness and "outward" expressions of kindness.

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