

Children's Connection Curriculum

Session Topic: Social Skills / Interactions – Friendships, Bullying, Peer/Peer (I Can Be Kind)

Developmental Level: Elementary or Middle School

Purpose: To promote children's awareness of positive feelings, words, and actions; to promote children's awareness that teasing and rough touches can hurt people; to help children experience the pleasure that comes from being kind.

Materials Needed: Book: I'm Like You, You're Like Me by Cindy Gainer, Construction paper in a variety of colors, cut into 9" x 2" strips, Small box to hold the strips, Tape or glue, Home Handout "30 Kind Things to Say" from A Leader's Guide to I'm Like You, You're Like Me, p. 58

Description of Session: Ahead of time, write the label "Kind Word Collection" and attach it to the box. Read p. 32-33 of the book I'm Like You, You're Like Me. Ask the children to think of some words that might make them feel bad. For example, "You're dumb", "You can't play with us", etc.

Tell the group that they can start a collection of find words. Invite volunteers to suggest words. If the children need help, use the Home Handout "30 Kind Things to Say" to provide some ideas. As the children make suggestions, write the words and phrases on the slips of paper. After brainstorming, ask each of the children to draw a slip from the box. Have or help each child read the chosen slip and discuss the words.

Discussion Questions:

1. Have you ever felt bad after saying something unkind to someone else?
2. Why did you feel bad?
3. When could you say the kind phrase on your slip?
4. How would you feel if someone said that to you? Why would you feel that way?
5. When someone teases you or calls you a name, how do you feel?
6. When someone asks you to play and then plays nicely with you, how does that feel?

Reference: A Leader's Guide to I'm Like You, You're Like Me by Cindy Gainer, p.55-58