

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SOCIAL AWARENESS

SOCIAL SKILL: VOLUNTEERING

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BOOK INFORMATION

Book title: *Heartprints*

Author: P.K. Hallinan

Publisher and date of publication: Ideals Children's Books, 1999

ISBN: 978-0-8249-5450-5

Number of pages: 22

Reading level or interest level: K-2

BOOK SYNOPSIS

The author asks, "How many heart prints you will leave today?" They share many ways that heart prints, or acts of kindness, can be shared with others. There are many suggestions, from smiling at people, to helping a friend. The author states that when we give out heart prints, we feel happy too. The book encourages children to offer friendship to everybody. Our acts of kindness help brighten the world.

LESSON OBJECTIVE

The goal of this lesson is for students to develop a desire to volunteer and to identify ways that they can volunteer and offer service to others.

LESSON MATERIALS AND ADVANCE PREPARATION

- *Construction paper, preferably red and pink*
- *Markers, colored pencils, and crayons*

KEY VOCABULARY AND CONCEPTS

Heart print: the impression (on one's heart) left behind by a deliberate act of kindness

Patience: the ability to accept or tolerate delay, trouble, or suffering without getting upset

Tend: to care for, or take care of someone or something

PRE-READING ACTIVITY

Explain to the class what a heart print is.

Point to the cover and ask,

- "Why do you think they call these heart prints?"

Explain that this book will have heart prints all over the place as the children in the book volunteer to help others and do acts of service.

Ask students to pay attention to the facial expressions of both the person that is receiving help and the person who is giving help.

READ THE BOOK

POST READING DISCUSSION

- What kind of facial expressions did the children in the book have?
- What does that tell you about how they were feeling?
- How do you think those emotions would change if none of the children helped others or if no one received any help?
- Did the acts of kindness have to be big in order to be helpful or kind?
- What was one of your favorite acts of kindness?

POST READING ACTIVITY

All ages:

Instruct the students to cut out heart prints (paper hearts) from construction paper. Have them draw or color a picture of an act of kindness they want to do. Ask the children to share with the class (or in “pair and share”) what their act of kindness will be and when and where they plan to leave their heart print. Discuss the feelings that arise when students think about leaving heart prints. In case students have trouble coming up with ideas, the book offers numerous suggestions.

CLOSURE

Wrap up the lesson with a few statements fortifying the lesson’s objectives. Challenge students to set a goal related to the lesson’s objectives. During the week, check in with students to monitor progress towards meeting their goal. Post a visible reminder of the lesson’s main objective (poster).

When we volunteer, we feel good about ourselves and we can help make the world a better place. From smiling at a friend, to helping your parents with chores, to visiting a neighbor, we can leave heart prints for others. There are so many different ways we can leave heart prints! What will you do this week?



There is no exercise better for the heart than
reaching down and lifting people up.

-- John Andrew Holmes