

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS LESSON PLAN

### CASEL COMPETENCY: RELATIONSHIP SKILLS

### SOCIAL SKILL: BEING KIND

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#### BOOK INFORMATION

Book title: Fly Free!

Author: Roseanne Thong

Illustrator: Eujin Kim Neilan

Publisher and date of publication: Boyds Mill Press, Inc. (2010)

ISBN: 978-1-59078-550-8

Number of pages: 29

Reading level: 2-6

Interest level: K-6

#### BOOK SYNOPSIS

This story takes place in Vietnam. Mai loves feeding the caged sparrows, but wish she had enough money to pay for their release. She meets Thu and as Mai feeds the birds, she sings, *"Fly Free, fly free; In the sky so blue. When you do a good deed; it will come back to you."*

Thu later sees a girl with a hurt foot and gives her some slippers. The girl hears Thu sing the song. The girl gathers water the next morning and sees the oxcart driver asleep so she leaves him some water for when he wakes up. The oxcart driver hears the song as he wakes up and enjoys the water. Later he gives a ride to an old woman struggling to walk. When he helped her off the cart, he sang the song. With this song inspiring each person it touches, the woman helps a monk who helps a sick boy whose father sees Mai feeding the sparrows. He pays for their release. Mai sings the song as loudly as she can.

This book could be used to address the skill of offering help when it is needed. It shows each person being inspired to help after they received help; then being happy after they helped another person who was in need.

#### LESSON OBJECTIVE

The goal of this lesson is for students to understand that they always have something within them or around them that can use to assist a person in need. Our desire to help increases after we have received assistance from another person. People often call this "paying it forward." Students should understand that helping others brings happiness to the person who is helped and also to the person who offers the assistance.

#### LESSON MATERIALS AND ADVANCE PREPARATION

##### **K-2 Materials**

- A large piece of paper for each child
- Crayons, markers, colored pencils for each child

### 3-6 Materials

- Hand sanitizer for students to use before and after shaking hands

#### KEY VOCABULARY AND CONCEPTS

**Parasol:** A light umbrella used to give shade from the sun

**Pagoda:** A tiered tower. It has eaves to create tiers

**Temple:** A place of worship found in many religions

**"Speak their language:"** An idiom that shows that a person understands something that most people do not

**Buddhism:** A religion common in Japan and China

**Parched:** Very thirsty

**Alms bowls:** A bowl to collect donations for the poor

**Acupuncture:** A type of medicine that alleviates pain

**Karma:** The belief that when you do a deed (good or bad), you will receive a similar deed

**Humble:** low social rank

**Talent:** Natural skill

#### PRE-READING ACTIVITY

Explain to the students that this book takes place in Vietnam, an Asian country. If possible, show where this country is located on a map of globe. Briefly review the unfamiliar vocabulary. Share the idea of Karma and how this book reflects this culture's practice of Karma. Share that characters are going to experience Karma throughout the book, both in the help they receive, and in the happiness they feel when they offer help to others.

Share a time where you were able to "pay it forward" after someone helped you. What did it feel like to receive help and then to give help to someone else in need?

#### READ THE BOOK

#### POST READING DISCUSSION

Ask the students about the meaning of the girl's song.

- How could helping another person help them "fly free?"
- In the story, what happened to make the people feel good?
- How have you felt when others help you?
- How do you feel after you help others?

Many of the characters in the book came from very humble circumstances. They did not have a lot of money, but they still found ways to help others.

- What are some ways that you can help others with what you currently have or with your talents?

#### POST READING ACTIVITY

##### K-2:

Give students a piece of paper. Instruct the children to fold the paper into thirds. On the first section, instruct the children to draw a picture of themselves helping a friend. On the second section, instruct the children to draw a picture of their friend (that they helped) helping another classmate.

On the third section, ask the children to draw a picture of that classmate helping them (the help comes full circle). Explain that when we receive help, we are more excited to help others.

### **3-6:**

Instruct the students to walk around the classroom shaking hands with each other. After a few moments, exclaim loudly, "Fly free!" Whoever they are shaking hands with in that moment becomes their partner. *If there are an uneven number, have the adult join with the person who does not have a partner.* Instruct the students to play one round of "rock, paper, scissors." Whoever wins is **person A**. Whoever loses is **Person B**.

Within the paired dyad, **Person A** will share what they need help with during school or when at home. **Person B** will share one way that they could help **Person A**. Then, **Person A** shares the poem "Fly Free, fly free in the sky so blue. When you do a good deed, it will come back to you."

Then, instruct the students to switch roles. **Person B** will share what they need help with during school or when at home. **Person A** will share one way that they could help **Person B**. Then, **Person B** shares the poem "Fly Free, fly free in the sky so blue. When you do a good deed, it will come back to you."

Start anew, repeating the handshaking for a short period of time (30 seconds or so), etc. This process can be repeated three or four times (depending on the available time). The goal is to help students understand that everyone needs help, just as they do. Also help children understand that each of us can offer assistance in a wide variety of ways.

### **CLOSURE**

There are always ways we can help others and there are always ways that others can help us. When someone helps us we feel excited to help another person. There are many ways to help others. We all have a strong urge to help others, especially when others have previously helped us. We experience joy when we find ways to help others.

This week, look around to find someone who might need help. First, ask the person if they need help and explain how you could help them.

**Check-in:** During the week, check in with students to monitor progress towards meeting their goal. Post a visible reminder of the lesson's main objective (see poster).



If you can't pay it back,  
pay it forward.

Catherine Ryan Hyde