

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

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SOCIAL SKILL: HELPING OTHERS & VOLUNTEERING
CASEL COMPETENCY: SOCIAL AWARENESS

BOOK INFORMATION

Book Title: *One Smile*

Author: Cindy McKinley

Publisher: Illumination Arts Publishing Company

Year: 2002

ISBN Number: 0935699236

Number of Pages: 32 pages

Reading Level: Kindergarten - 6th grade

BOOK SYNOPSIS

This story is about small deeds of kindness that make a difference in the lives of many people—a series of pay-it-forward stories. The story starts with young Katie seeing a man in the park who looks sad. She smiles at him. The man has just lost his job, but Katie's smile helps him find the hope to look for a new job. He sees woman with a flat tire and helps her. A bit later, this woman leaves an extra tip for her waitress at lunch. With the extra tip, the waitress buys some treats and a soccer ball for her children. Her young son decides to invite their new neighbor to play soccer. Then, the new neighbor girl tells her grandma how happy she is to make new friends. Her grandma is so happy, she sends her grandchildren each a sheet of stickers. One grandson shares his stickers with a girl who has a cast. She is happy. Feeling relieved that his daughter is cheered up, the father is willing to hire a man who is looking for work. The new employee is the same man who was out of work and looking for a job at the beginning of the story. At his new car repair job, this man fixes a car. That car turns out to be Katie's car. They needed the car fixed so they could drive to her grandpa's birthday party.

LESSON OBJECTIVE

Simple acts of kindness help others in ways that we may not realize. One act of kindness, such as a smile, may trigger a domino effect, setting off many other acts of kindness.

LESSON MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: For older students, print the scenarios provided in the activity lesson below.

KEY VOCABULARY AND CONCEPTS

Volunteering - to freely offer to do something for someone else

Kindness - a quality of being friendly, generous, or considerate; thinking about others' feelings and saying and doing things that are helpful, not hurtful

Inspired - filled with uplifting thoughts and hope above what is typical or expected

Struggling - things are tough and that an individual is having a hard time doing what they are supposed to do

PRE-READING DISCUSSION

Show front cover of book and ask the students what they think the book is about. Ask them what it means to volunteer and be kind to other people.

READ THE BOOK

POST READING DISCUSSION

Ask your class the following questions:

- How do you think people in this story felt when someone did something kind for them?
- Tell me about an act of kindness you remember from this story.
- Tell me about acts of kindness you have seen here in our school.
- What acts of kindness could you do here at school?
- How could an act of kindness make a difference in someone's life and help them feel better?
Give a few examples if the children have a hard time responding to this question.
- When could you volunteer to help someone?

POST READING ACTIVITY

Kindness Scenarios

Select a few of the scenarios (below). For younger students, read the selected scenarios to the class. Select a few children to role play the scenario for the class. For older students, give them each a scenario to read and role play for the class. Talk about what we might do to help a person who is in need or what we could do to address the problem to make things better. Ask the students to look for ways to help others. Refer back to the story book and tell the students that a smile is free. Even if we are small, we make the world a better place by sharing our friendly smiles with others. We can also find ways to help make things better.

Suggested scenario ideas:

- Susy is sitting on the playground crying. What could you do to help cheer her up?
- Johnny has his hands full of books when he is walking into school. What can you do to help him?

- Your little sister or brother is having a hard time cutting paper for a homework assignment. They are frustrated and ready to give up. What can you do to help them?
- Your teacher looks like she is having a hard day. She has a lot to do. How could you help her have a better day?
- A few students in the cafeteria are being rude to a student who just moved to our school. What are some things you could do to help the new student feel welcomed?
- One of the students in our classroom has a mother who is in the hospital and is sick. She is expected to be in the hospital for about a week. What could our class do to show we care?
- Our school custodian has been working extra hard to make our school look nice and clean. What could we do to show we appreciate his hard work?
- Our principal works very hard every day. He needs the older students to help greet the visiting parents for parent-teacher conference. How could you help?
- One student in our school has trouble walking in the hall because his legs are crooked and weak and he sometimes stumbles. He looks afraid when a bunch of kids are running down the hallway in his direction. How could you help him safely walk down the hallway?
- One student does not dress in new clothes that are clean and pretty. She sometimes feels shy and has a hard time joining in the fun at recess. How could you help her feel welcomed and feel like she is part of the group?
- There was a storm last night and the wind blew a bunch of papers and messy garbage into our school yard. You and your friends get to school a little early and notice the mess. How could you and your friends help our school look cleaner?

CLOSURE

Bring all the students back together and ask them about their experience. Talk with them about the ideas they had and how they could apply these ideas in our school. Challenge them to reach out to others and help them. Talk to them about looking for ways to help others.

Post the poster (provided) in the classroom. Refer back to the poster during the week.

“The best way to find yourself is to lose yourself in the service of others.”

-Mahatma Gandhi



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