

Teaching Kindness, Gratitude and Empathy to ELLs

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Positive Responses to Negative Remarks

SWBAT: respond in a positive way to bullying remarks

Sequence:

1. Ask students for mean comments they hear in school.
2. T writes them on board. Ex: "You're stupid! You're ugly! You're mean! Why aren't you speaking English?"
3. SS write down a positive fact/comment they can make. "How can I be mean if I spend time with you?" "How can I be stupid if I have good grades?"

Positive Responses to Negative Remarks

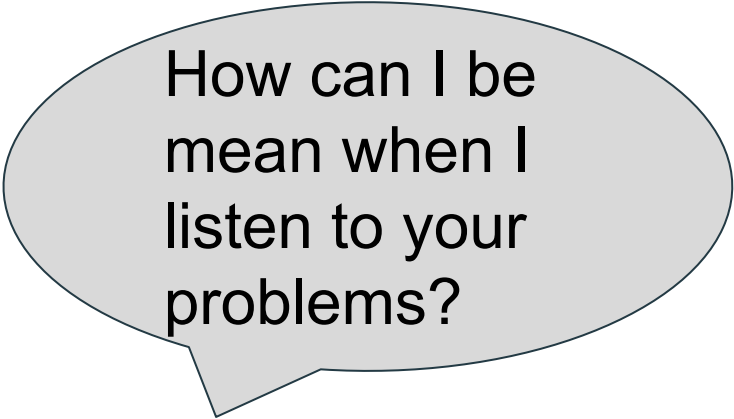
4. SS write the negative comment and positive response in the speech bubbles and decorate the papers if they choose. They can draw people or faces of those who are speaking.
5. Students orally practice in pairs.
6. T hangs the papers up in the classroom/bulletin board.

Extension: Students create roleplays to record in an i-movie.

Speech Bubbles



You're mean!



**How can I be
mean when I
listen to your
problems?**

Resolutions or Goals for the New Year

Create a poster by hand or on Google docs about your ideas for 2017. These will be hung up on our in-class bulletin board. You have one class period to complete.

Choose from the following ideas.

2- things I could do to make my community a better place

0- one way to make every day happier

1- goal for the new year

7- things I'd like to do this year (learn, read, see, etc.)

OR (next slide)

New Year's Activity (continued)

2- things I'd like to learn this year

0- one way to make every day happier

1- thing I could do to make my school a better place

7- ways to be kinder this year

2 - I would like to help people who are very poor
In my country, I would like to help street dogs.

0 - Talk with my friends and play sports.

1- I want to get my driver's license.

7 - Save money

Go to Mexico

Make new friends

Pass all my classes

Go to the gym everyday

Speak more English

Pass my Driver's ed test



2- Help people who are poor
Smile more at other people

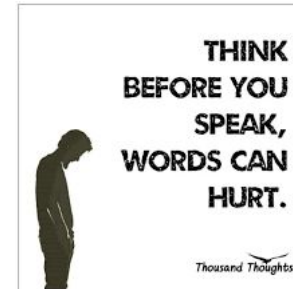


0- Eat and sleep

1- Go to El Salvador



7- Listen to a friend
At lunch, sit with a person who is by herself
Cook dinner at home
Clean my room
Answer my mom's texts
Play with my younger sister
Think before I speak



Kindness Activity

In pairs, define 2 of the following words with an example:

Self-care -

Respect -

Compassion -

Self-esteem -

Self-compassion -

Answer the following question:

How do these words relate to each other?

With a partner, paraphrase (write in your own words) 1 of the following quotes.

1. *“Wanting to be someone else is a waste of the person you are.” –Marilyn Monroe, Actress*
2. *“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha*
3. *“Believe in your dreams and they may come true; believe in yourself and they will come true.” – Anonymous*
4. *“If compassion does not include yourself, it is incomplete.” – Jack Kornfield, Author*

Choose *ONE* of the following questions to answer.

- Do you think it is easier to have respect and compassion for yourself or others? Why? Support your answer with examples.
- How do you think self-compassion leads to self-esteem?
- Who do you think is responsible for making you feel good about yourself? Why?

Gratitude

What does gratitude mean?

Break the word down into root and suffix

Synonyms for gratitude -

Antonyms for gratitude -

Gratitude

- Show the following video twice with discussion between first and second viewing, and after the second time.

<http://larryferlazzo.edublogs.org/2013/11/22/a-simple-effective-classroom-lesson-on-gratitude/> soul pancake video

OBJECTIVE: The point is to slow down and recognize what we are thankful for, which increases our joy and happiness.

Discussion questions:

What is Gratitude?

What are you thankful for?

Who are you thankful for?

- ACTIVITY: Write a THANK YOU note:

Have the students write a Gratitude letter to someone.
Students can use the following organizer.

Dear _____,

*Thank you for being a special person. You are special to me
because _____. I have learned
_____ from you. I remember
_____. Final sentence*

*Thank you again for everything,
Your name*

Each student recorded the letter as a podcast.

Thank you letter model

Dear Grandma Ruth,

Thank you for being a special person. You are special to me because you always told me the truth - whether I wanted to hear it or not. I learned from you the importance of trying new things even if I was scared. I remember our trips to New York City that were just the two of us. I am so grateful for all the time you spent with me, the self-confidence you gave me and all you taught me.

Thank you again for everything,

Hana

Dear Mom,

Thank you for being a special person. You are special to me because you always tell me what is good and bad for me. I have learned from you to respect older people. I remember you had to work hard to care for me. *I really appreciate what you do for me, I'm so happy to have you with me.*

Thank you again for everything,

Dear Mom,

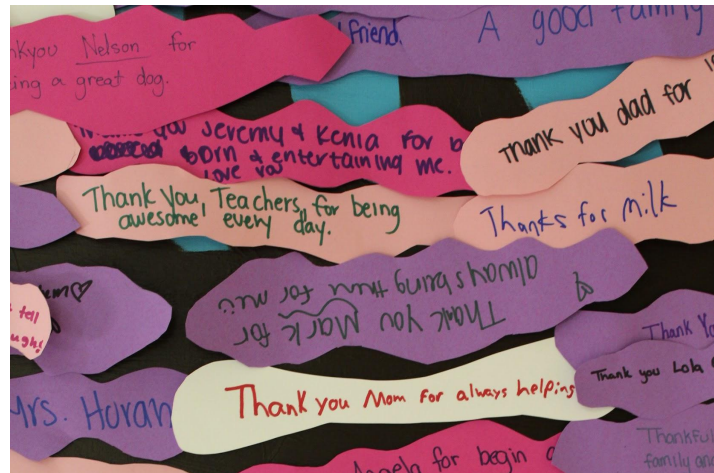
I so thankful for you. You are my only Mother. You are special because you have taught me to respect myself. You are always there when I need you. You are someone that I look up to when I am make a decision. I see how many sacrifices you have made for me since I was a baby until now. You have taught me how important it is to have an education. I have learned how to be a lady and be independent, how to clean, cook and do anything around the house. Sometimes when I am making a decision, I think about what will say or think I remember how you always talk to me about not let people decide what I am. You will always be my number one fan.

Thank you again for everything,

Wellness Fair

For Wellness Fair 2018 sentence frame, each student completes the following sentence on each leaf.

Thank you _____ for _____.



Empathy

Always listen more than you
think you should.

Think-Pair-Share. After our class discussion, write a
reaction to this sentence.

Empathy

What does empathy mean?

(break the word down into its parts - prefix, root, suffix)

7 Intricate Differences Between Empathy And Sympathy

<https://www.lifehack.org/465044/7-intricate-differences-between-empathy-and-sympathy>

Journal Entry

Write one paragraph about the following:

Think about a time when you weren't shown empathy. How did you feel? How could the person have shown more empathy?

OR

Think about a time when you did not show empathy. How do you think the other person felt? How could you have shown more empathy?

Empathy/Kindness

Articles can come from:

- Newsela
- Listenwise
- Common Lit
- Books and short stories (fiction and non-fiction)

Students can annotate within the articles examples of empathy/kindness

College football player's lunch date with a boy with autism -

<https://newsela.com/read/football-player-lunch-buddy/id/21322/>

Financial Simulation of Poverty

<https://listenwise.com/teach/events/1134-financial-simulation-of-poverty>

Empathy, Kindness, Gratitude

Holocaust Picture Books

Book Citation - Use http://www.citationmachine.net/mla/cite-a-website	Setting - Time and Place (There may be more than 1 place)	Main Characters with a description of each. Which characters are victims, perpetrators, bystanders, or rescuers?	Describe the scenes you see <i>empathy, kindness or gratitude</i> displayed in the book? Write page numbers of examples.	What would you have done in the same situation?

Thank you!

Questions

Feedback

Sharing