

Sick Day

Lesson 3

<u>SPHE</u>	<u>Strand: Myself and the wider world</u> <u>Strand: Myself and others</u> <u>Strand: Myself and others</u>	<u>Strand: Developing citizenship</u> <u>Strand Unit: My friends and other people</u> <u>Strand Unit: Relating to others</u>
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Activities

- Activity One – Go the Extra Mile
- Activity Two – Fill the Bucket
- Activity Three – Worksheet and song

Objectives:

1. *The children will be enabled to discuss and define the word 'kind'.*
2. *The children will be enabled to give examples of ways in which they can be kind to others.*
3. *The children will be enabled to complete the worksheet activity, 'Fill your Bucket'.*

Activity One – Go the Extra Mile

- Ask the children to discuss the word 'kind'. Invite them to give examples of being kind.
"Think about the story Sick Day. When Jackie was trying to be kind to her brother she tried to sing to him, play with him and make him feel better."
- *"Can you think about a time when you were kind? How did that make you feel?"*
- *"Can you think about a time when someone was kind to you? How did that make you feel?"*
- *"Let's have a look at some of the ways that we can show kindness to each other. "*
- Play the video link *Go the Extra Mile* on the IWB (if you have YouTube access)
<http://www.youtube.com/watch?v=5ht1edgOpZM>

Activity 2 - Fill the Bucket

Lesson adapted from kidsactivitiesblog.com

- The teacher shows the picture of the bucket on the IWB (image at the end of the lesson plan).

- The teacher tells the children, "We are going to imagine that we all have an empty bucket. The only way to fill the bucket is by being kind. "
- Ask the children for suggestions about ways in which we could fill our buckets.

Examples:

- ✓ Smile
- ✓ Listen
- ✓ Manners
- ✓ Helping
- ✓ Kind words

Activity 3 - Fill the bucket worksheet

- Hand a worksheet to each child.
- Ask the children to fill their buckets with pictures of kindness.
- Circulate around the room aiding the children and encouraging them as they work.
- When the activity is complete, invite the children to display their work and describe their choices.

Conclusion- Song

Listen and respond (movement) to the song *Fill Your Bucket*

- @ <http://vimeo.com/63793054> or @<http://www.youtube.com/watch?v=WaddbqEQ1NE>

