

Week 6c: A Butterfly Garden

Directions: Check off the activities below as you complete them in the *Status* column. When you are presented with a choice, circle the activity you would like to complete.

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Duration	Type	Title/Description	Status ✓
SEL: Social Awareness			
5–10 min	Choice (individual or partner)	Choose at least 1 activity to complete: • Each Kindness — Listen to this read-aloud to learn about kindness, compassion, and friendship. • Kindness 101 with Steve Hartman: Compassion — Watch Steve Hartman share stories built around themes of kindness and character, and the people who've mastered both. • Random Acts of Kindness — Watch this video filled with random acts of hope, inspiration, giving, helping others, and kindness toward mankind.	
Kindness & Compassion			
30 min	Choose 1 or more (individual or partner)	☐ Draw a picture and write a kind letter or note for someone in the same room as you. Be sure to include what you like about them, how their actions make you feel, something that you enjoy doing with them, and any other kind thoughts you have about them. When you are finished, share the picture and letter/note with the person you chose. You may use a blank sheet of paper or Google Drawings to create your picture. ☐ Self-love and self-compassion are also very important. List 5 ways you can be kind and compassionate to yourself in your <i>Research Journal</i> or on paper. Share your list with a partner or teacher. Feel free to add to your list as you listen and share. ☐ In your <i>Research Journal</i> or on paper, write and illustrate your own story about someone who shows kindness to others. Read your story to a partner or with a teacher.	
15 min	Required (individual or partner)	Fill up your bingo card by doing as many random acts of kindness as you can in 15 minutes. If you are unable to get them all completed today, feel free to keep doing acts of kindness until your bingo card is all checked off.	

Home Connection: Start a kindness chain reaction. Be kind to someone else and encourage them to pass it on.

Take a Mindful Moment

- [Jigsaw Puzzle](#)
- [Fireboy and Watergirl](#)
- Color a Picture: [A](#), [B](#), [C](#)