

## SEL Book Bag

**Title:** The Hugging Tree: A Story about Resilience

**Author:** Jill Neimark

**Grade Levels:** 1st

**SEL Competency:** Relationship Skills

### SEL Student SWBAT:

Students will be able to offer help to others needing assistance.

### Summary

This story is of a tree, growing alone on a cliff. The tree is faced with many challenges including thunderstorms, freezing winters, and vast, crashing waves, but the kindness and compassion of one little boy, protected by the natural world, the tree grows and eventually becomes a shelter for others.

### Activity Materials:

- Resilience [Tree Printable](#)
- Chart Paper
- [Kindness Scavenger Hunt](#)
- Watercolors
- Scissors
- Gluesticks
- Construction paper

### Directions:

1. Before reading aloud, have the students make predictions about the title and the front cover. Discuss what trees or plants need to survive. Read aloud the book, The Hugging Tree whole group. Once the book is read, talk to the class about how resilient the tree was, and it beat all odds, but in the end needed a little help from a friend. Have the class partner share on how they could lend a hand to a friend, family member or stranger. How can they help their community?
2. Explain that before they help others they need to know their strengths and what they are good at. They will create a tree of strength. First brainstorm on a chart paper adjectives that could describe a person. Make sure to highlight what an adjective is if students haven't been introduced to them. Next, they will paint with watercolors and then cut out a tree printable. After the paint dries they will glue it on a piece of paper.

At the top of the paper it will say I am....On the actual tree leaves they will write at least 5 adjectives that describe themselves. (ie: strong, caring, giving, fun, brave)

2. Explain to the class that they will be spreading kindness or help through their community by doing a scavenger hunt throughout the day. Their goal is to get as many random acts of kindness as possible.

2. At the end of the day discuss how it made them feel to use their strengths to show kindness or help to others.