

AFTER-SCHOOL PROGRAM TEACHING GUIDE: **Elementary School Curriculum**

Class 1 - GRATITUDE

Class duration: 1 hour

PREP TIME: 1 hour

- Read over the curriculum
- Buy materials for class
- Look over the names of the students
- Classroom setup (computer, whiteboard and desk/chair)
- Write one quote on whiteboard or blackboard.
- Layout nametags
- Preassemble folders
- Send email to parents 1 week prior to the class
- Bring camera (second person take pictures if necessary)

Materials for class:

- Name Tags
- Snacks (check student roster for allergies)
- Napkins
- Dry erase markers/Daily quote
- Markers/ Crayons
- Bag of M & M's/Skittles – Skittles Game/small scoop
- Jar for Skittles
- Plush Heart
- Paper for trashcan game
- Trashcan
- Tape
- gratitude journal

Goal for the Class: Learn about gratitude.

Class quote: There is always, always, always something to be thankful for.



Purpose/Objectives: The students will:

- **Introduce** themselves and become acquainted with each other in the group and will be introduced to the concept of gratitude.
- **Quick overview** about Touching Heart and what they will be doing in the class.
- **Trash can game** - Experience a role-play to help them realize how difficult it can be to achieve a goal if you are lacking in finances, education, food, etc.
- **Understand** being privileged and having gratitude for the things we have.
- **Video:** Gratitude as a Life Skill
- **Learn** about and receive/make a gratitude journal.

Class Start:

0-10 minutes:

Teacher stand near the door to greet kids

- warm smile
- welcoming with open arms
- hugs if moved
- invite kids to find a seat of their choice (sit in a circle)
- help them feel welcomed
- pass out snacks

11 – 20 Minutes:

Ask the kids to sit in a circle (either in chairs or on the floor; whichever is more comfortable).

M&M/Skittles Game: *Materials: Jar of M&Ms/Skittles, small scoop and napkins*

Summary: This game is an icebreaker that allows people to get to know each other. Each person grabs some M&Ms and shares facts about themselves.

- The icebreaker is a simple way to help people introduce facts about themselves. It's very flexible and adaptable. (tell them that each color will represent something but don't tell what it is just yet.)

Setup

Have children sit in a circle and give each child a small scoop of candies (*Remind everyone not to eat candy right away*).

How to Play

For each piece of candy they took, they will have to answer a question, depending on its color. For example, you can designate: (may need to write on on the board before class starts)

- **Red candy:** favorite hobbies
- **Orange candy:** favorite places to visit
- **Yellow candy:** favorite movie

Touching Heart®

Inspiring kids to have a giving heart

- Green candy: favorite foods
- Blue candy: favorite candy

You can be creative and choose/change questions. Go around the room and have kids share 2 to 3 times. At the end of the game kids can eat candy.

Touching Heart Guidelines:

- Be Kind
- Welcome all ideas and comments
- Raise hands
- Have fun

20 - 25 Minutes:

Play the Kindness Circle Game

Pass the “Touching Heart” around the circle and ask each child to share something for which they are grateful. Encourage each child to share.

(Keep in mind):

**Provide gentle feedback to each comments of the student*

**Encourage even little experience matters*

26 – 35 Minutes:

Ask - What is Touching Heart?

Quick overview (not too much because we don't want to overload them with lecture type of speech about TH. We want to provide little at a time to the kids.)

- Founded in 2010 by Helen Yi and her oldest daughter, Taylor Yi so children can experience the joy of giving.
- Goal for Touching Heart is for you to know that we are here to help if you want to make a difference for others in need
- Touching Heart wants to encourage kindness and compassion in kids
- Quick overview:
 - Learn about centers to help
 - Watch some videos and have some discussions
 - Make sandwiches for the homeless people
 - Make crafts for kids in need
 - Have skype call with an orphanage in Africa
 - Touching Heart is all about having fun while helping others

(Keep in mind):

**Encourage discussion if asked more details*

**Ask what they think about the program*

36 – 40 Minutes:

Trash Can Game

- Goal: Throw crumpled balls into the trash can from each line. Count each basket.

Set Up

1. Place a trash can at the end of the room
2. Hand out paper for kids to crumple into balls
3. Mark 3 lines, varying distance from the trash can (1 is the closest)
4. Separate kids into 3 different groups; put each group on one of the lines. Have kids at front line stand, middle line kneel, back line sit down on floor.
5. Have the first row shoot baskets and see how easy it is. Then the next row shoots from kneeling and then finally the back row from seated. It should get increasingly frustrating for the kids in the back and some may even say “this isn’t fair!”
6. You can have them rotate positions.

Talk to the kids about the game.

- What did you learn?
- What do you think the trash can could represent?
- What does it mean if you are way in the back, or way in the front?
- Is it easier to achieve your goal if you are closer?
- Explain what it means to be privileged and have advantages.

7. Now have some kids from the front line reach back and help kids from the back rows come forward and shoot.

- Can this represent how we can help one another to achieve more and how does that make us feel?

40-45 Minutes:

Watch Gratitude Video if time allows.

46-55 Minutes:

Red Folders

Students will receive their red folders they can set up with paper and personalize. They are given instructions for what they will be doing with them during classes. Red folders are turned in at the end of class and do not go home until final class.



56-60 Minutes:

Gratitude Journal

Students will receive a gratitude journal that they can use to write things they are grateful for each night. They can decorate the cover and personalize the journal at home or if time allows, in class.

Wrap up the lesson. Have children fill out “reflection chart” and keep in their red folders. Talk to the kids about the plan for the next class

Ask the kids:

- to clean up and put the room back together
- gather belongings

Line up kids to leave the room and head to the main school entrance for pick up