

Caring Comic

This lesson focuses on caring through helpfulness and gratitude. Small groups will create a comic strip illustrating both of these concepts as they have observed them in the classroom. Students will have access to both paper-based and online comic strip templates/generators to assist them.

Caring Sub-Concept(s)

Caring, Helpfulness, Gratitude, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Comic Strip Template
- Basic art supplies
- Optional: Computers and Internet Access
- Comic Strip Generator:
<https://www.storyboardthat.com/storyboard-creator>

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Explain how each person's helpfulness contributes to the efficient classroom.
- Illustrate how to show gratitude for the helpful actions of others.
- Create a comic strip documenting a helpful deed and the subsequent gratitude it evokes.

Teacher Connection/Self-Care

Helpfulness. The word alone can bring both positive and negative images to mind. Are you the type to help with everything? Or are you one that avoids helping because you can't seem to find the time? Finding a balance when it comes to helpfulness is vital for self preservation in this profession.

Establishing and maintaining clear boundaries with your team, your school, and yes, even your own family will help you better organize your time, thus allowing you to either pair down on the help you are providing or find time to actually pitch in on more occasions. Helpfulness is a terrific character trait, but can often be over-expected with teachers. Speak up when you are taxed. No one likes a grumpy helper! Need ideas on HOW to say no? Check out this resource: <http://teacherhabits.com/effective-way-teachers-say-no/>

Tips for Diverse Learners

- Create diverse small groups of 3-4 to increase participation.
- Assign tasks within each group that allow students to use their natural skill set.



Share

3-5 minutes

Have everyone take out their affirmation stones. Use the following to guide a conversation:

- Raise your hand if you have a picture of an animal on your stone.
- Stand up if you have at least one picture of a special place on your stone.
- Squat down if you have a feeling word on your stone.
- If you could add one extra word or phrase on your affirmation stone what would it be? Why?
- Are there any words or pictures on your stone that show people helping? Tell me about it!
- If you could add a picture of someone who helps you, who would it be and why?



Inspire

5-7 minutes

Explain that helpfulness can mean helping others without being asked and without expecting anything in return. When you pitch in and help out, you are caring for others. Your kind words and respectful actions show helpfulness and inspire others to want to be around you. It does not take much effort to be helpful.

When others are helpful or caring to us we can feel a sense of gratitude or thankfulness. We are grateful for their kind words, caring actions, and generous offers of help. They have helped make our day a little easier or happier and we are thankful for all they do. What is one thing you are grateful for here at school? What is one thing you are grateful for at home? Did you show gratitude for these things by telling your friend or family member how happy they made you feel?

How do we show Helpfulness and Gratitude in our classroom?

10 minutes

Create a T-chart on a large piece of paper or whiteboard. Write the headings HELPFULNESS and GRATITUDE on either side. Starting on the Helpfulness side, ask for examples of ways students can help others in the class. After each helpful example, have the class brainstorm a way to show gratitude for that kind action. Encourage the class to come up with a different form of gratitude after each example of helpfulness. How can we show caring and help others at home and school?

- Write the answers down and hang the chart up for use during the comic strip activity.



Empower

30 minutes

Explain that the class will break up into small groups to create a comic strip that incorporates both acts of helpfulness and responses of gratitude. Refer to the T-chart if groups are struggling to come up with a story for their comic strip.

- If using the paper-based comic strip format, see below for the template. Explain that comics go from left to right, top to bottom. Both words and illustrations are needed in each section. Each group must use at least 4 boxes to explain their scenario.
- If desired, you can combine this activity with your computer time and incorporate the following comic strip generator as a technology based option. www.powtoon.com



Reflect

5-7 minutes

Have every group share their comic strip with the class. NOTE: it is important to expect some duplication at this age and given the large classroom setting. Encourage all students to present and explain, even if another group has already discussed their option. They may have a different explanation on HOW helpfulness and gratitude are expressed.



Extension Ideas

- At Home Extension: Send home a blank comic strip template for students to complete with their families, focusing on how helpfulness and gratitude are demonstrated at their house. Read them aloud with the class as they come back to school.

RAK Notebook Prompt (See RAK Notebook Project in the Respect unit for more details):

- You will need upbeat music for this extension.
- Write down the word GRATITUDE at the top of your paper. As your teacher plays upbeat music, allow yourself to free draw/write what you think of when you hear the word gratitude.



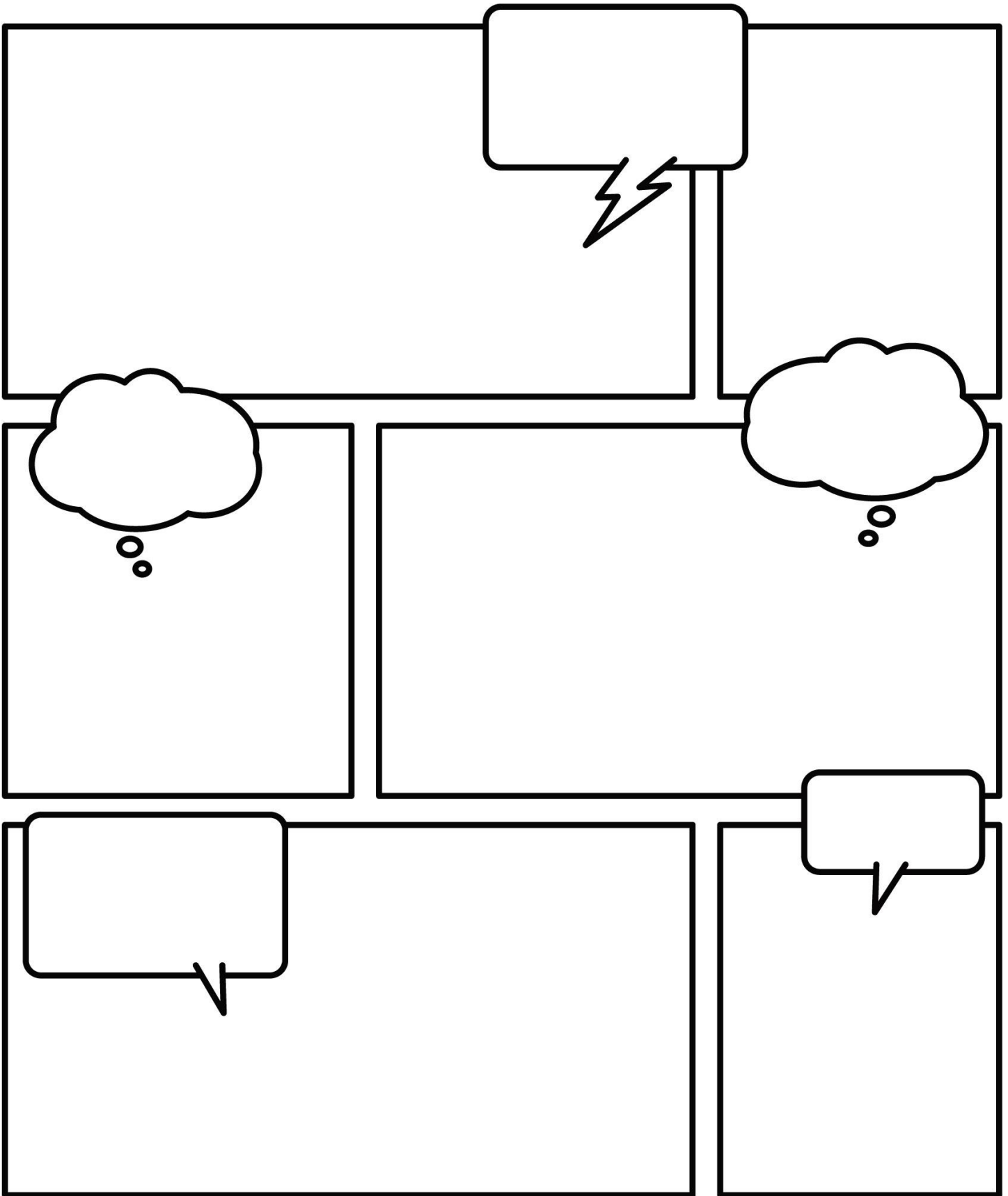
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LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

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