

Materials	Paper and markers
Learning Outcome	Identify and demonstrate how actions and words can support the health of others and also contribute to personal health.

## Description

Write the words *giving*, *kindness*, *helping*, *generosity*, *sharing*, *gratitude*, and *compassion* on the piece of paper. Show the paper to the child and ask them if they recognize any of the words.

**Giving**      **Kindness**      **Helping**      **Generosity**  
**Sharing**      **Gratitude**      **Compassion**

Ask them if they can describe all the words and support them with definitions as needed. Finally, ask them what all the words have in common (e.g., they show caring towards others, they are words about being a nice person, etc.).

Discuss with the child why it is important to show others they care (e.g., it helps everyone feel like they belong, caring for others makes us all healthier, etc.). Ask the child to think about how they show others they care. It could be kind words, a hug, making a picture, or just spending time with the person.

Give the child a paper and markers and ask them to draw one or two ideas for how to show others that they care.

For older children, consider asking them to come up with an idea to show others they care using the words *giving*, *kindness*, *helping*, *generosity*, *sharing*, *gratitude*, and *compassion*.

After they are finished, ask the child to explain their drawing to you and invite them to act on what they drew by choosing someone close to them to show they care.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How did you feel inside as you thought about ways you can care for others and drew your ideas on the paper?*
- *Do you think you show others you care every day? How?*