

Potential Integration:  
ELA

<b>Health</b>
3.ICR.1.2 Plan how to show compassion for all living things and respect for other people’s property.

### **Materials**

Book, Laughing Day, Dr. Hope

Publisher: Alpine Publishing, Inc.

Available online: <http://www.laughingday.com/laughingdayflashbook.htm>

Appendix 1: smiley face template

Appendix 2: How can we spread kindness and caring?

### **Focus:**

Using the template in Appendix 1, copy (on cardstock, if available) and cut enough smiley faces for each student. Before the lesson begins, distribute one to each. Don’t tell students why they are receiving the smile. After you have given out all of the cards, ask students how it made them feel. They should respond with things like “good” or “happy”. Tell them this one way for you to show kindness or caring to them.

### **Statement of Objectives:**

Today we are going to discuss compassion, or ways to show kindness and caring towards others. Both of these behaviors are considered part of having good character. Developing these qualities early will serve you well throughout your lifetime.

### **Teacher Input:**

Summary of the book:

This is the story about the Boolongs and the Grumpies, who live on either side of a valley. Laughing Day is celebrated by the Boolongs. The celebration includes a delicacy called Pickled Palamadora but the marketplace for the Boolongs has run out. However, Pickled Palamadora can be found at the Grumpies' marketplace since they do not celebrate Laughing Day. A young boy, Oolong, sets out for the Grumpies market to get the Pickled Palamadora. The story teaches how kindness and helpfulness can be spread and embraced, even by the Grumpies.

Go to the following website, <http://www.laughingday.com/laughingdayflashbook.htm>, to access the book. You may read the book, or select the “read to me” option.

Process with the following questions:

- What were the differences between the Boolongs and the Grumpies?
- What kindness did the old man show Oolong? What did the old man ask him to do?
- The story tells us to "Spread kindness and be helpful wherever we go." What are some kindnesses people show you? Give me some examples. How does it make you feel when someone shows you a kindness?
- The old man said to Oolong, "Should you encounter someone in need, into their hearts plant this special seed." What was the special seed? Why is it special?

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- The old man also told Oolong, "Help one another without thought of pay, and those who listen to repeat what I say." Do you think that if you are kind to others they will then spread that kindness to others? Why or why not?
- How does it feel to be kind and helpful to others?
- What kind of things do you do to be kind and helpful to others?
- What steps can we take to have everyone do acts of kindness that would make our school like the Boolog community and not be like the Grumpies' community?

**Assessment:**

Distribute the handout, "Spreading Kindness" (Appendix 2). Have students to write one sentence below each location where s/he might be able to demonstrate compassion, or kindness and caring. After all students have completed the handout, have each student read aloud one example from their sheet.

**Closure:**

Everyone did a great job with providing examples of how to be compassionate towards others. I would encourage each of you to practice compassion by completing one of the activities that you listed on your handout.

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## Smiley Face Template



# How can we spread kindness and caring?

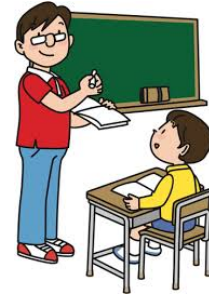
Write one sentence that describes how you could show compassion in each of the following settings:

1. in our classroom?

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2. in our school?

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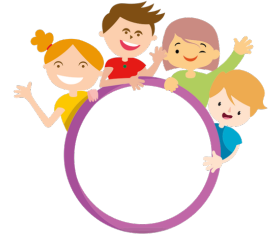


3. on the playground?

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4. on the school bus?

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5. in our neighborhood?

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6. in our homes?

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