

Social Skills Activities

BEING CARING

K/1st

Joshua Shows
He Cares



©The Responsive Counselor



Comforting your friend
when they're sad.

Showing You
Care When...



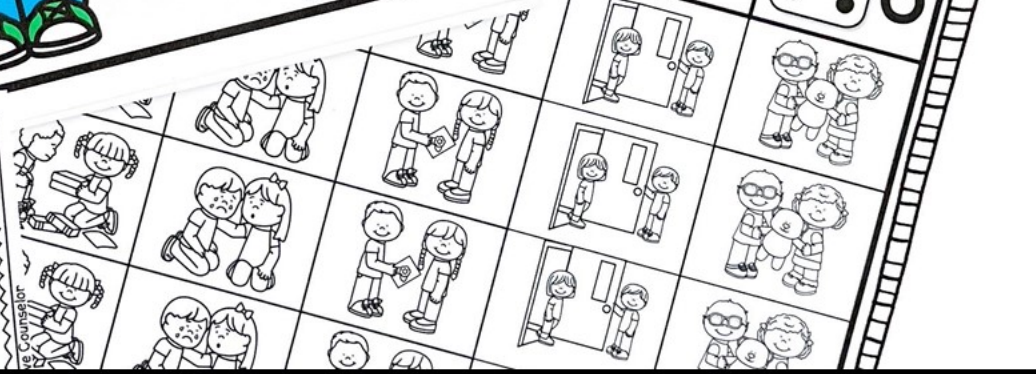
Name: _____ It, Color It



5



6



Social Emotional Learning

note to the educator

This lesson on **Showing You Care** can be used on it's own or as part of larger Social Skills unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1st) and require zero independent reading.

It's flexibly designed to accommodate any SEL delivery method or schedule.

It was also created using SEL **research-based** best practices:

- Focus on 1 or more specific skills
- Includes activities to practice the skill(s)
- Incorporates cooperative learning
- Provides opportunity for self-reflection

resource includes:

- Short story
- Whole group activity
- Independent or small group practice activity
- Closing circle questions
- Extension activity
- Poster/coloring pages
- Recommended book companions

short story



Joshua learns how to show others he cares when they're upset, need help, or are excited.

short story

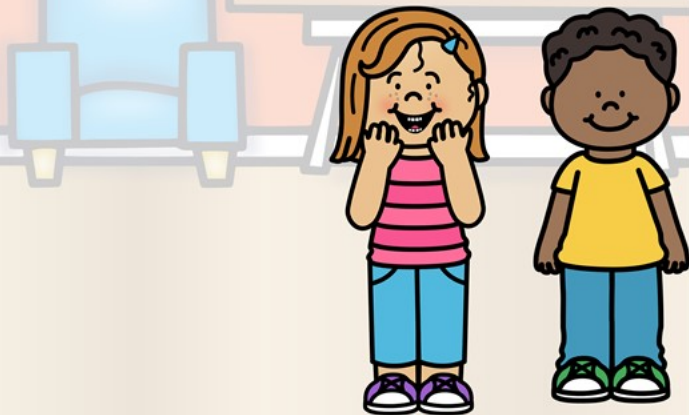
"Good afternoon boys and girls!" said Ms. Perez as she greeted the class after lunch. "I peeked out the window and saw it was raining, so we're going to have indoor recess. Here are some of you who are excited! He loved getting to build with blocks."



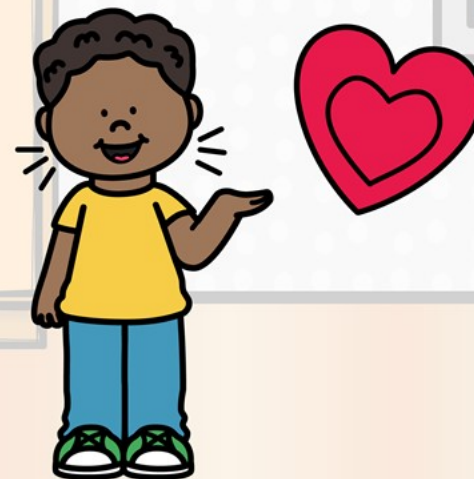
Once Ms. Perez said they could start, Joshua and some friends went straight to the blocks area and began taking all of them out. Then Joshua stood up, and he tripped over some of the blocks and fell.



"Joshua, are you okay?" asked Lily, "I'm sorry I didn't ask right away." Joshua said, "I'm okay now. But whoa! I made a huge mess with the blocks!" "It looks like a monster attack," laughed Lily. "But don't worry, I can help you build it again."

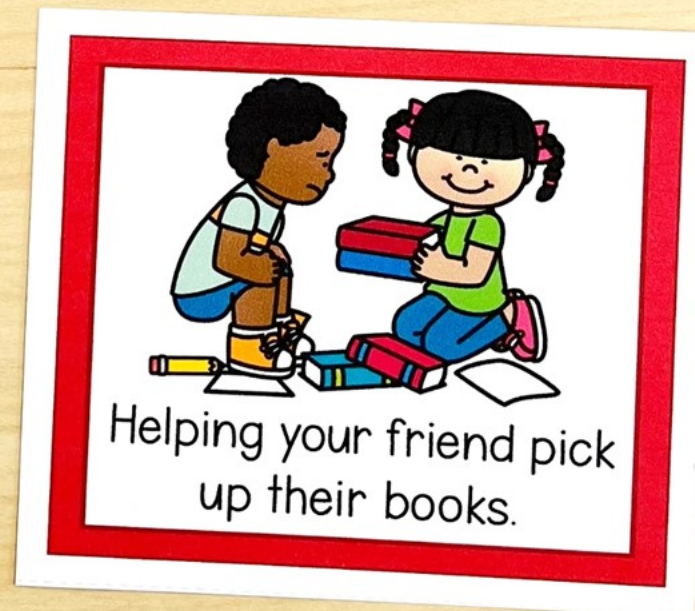


Joshua learned how good it felt to show others he cared. He realized he can show others he cares in different ways. He can help others feel better when they're upset and he can also pay attention to what others are saying. Joshua can't wait to continue to show others he cares!



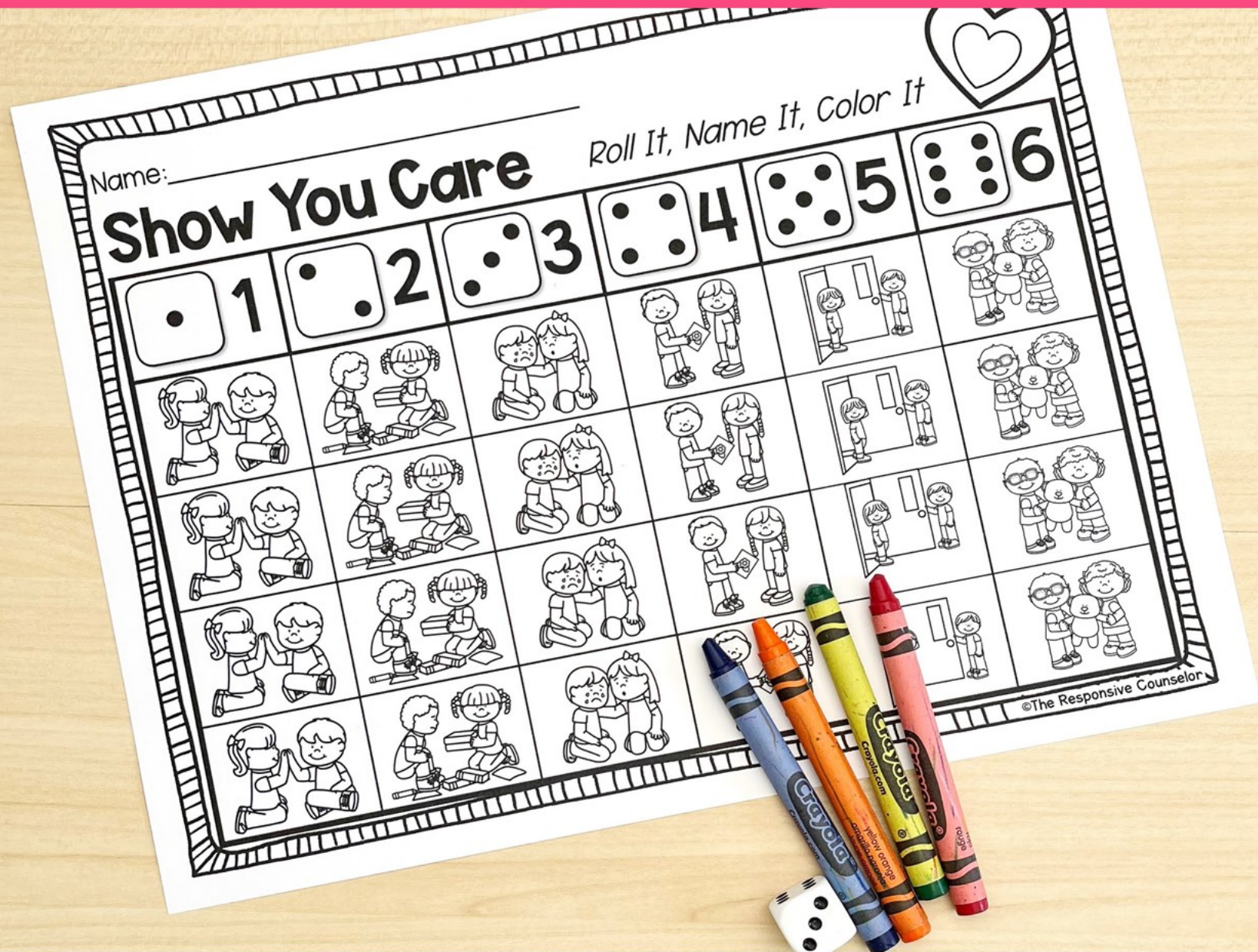
12 pages

whole group activity



Movement-based learning to practice identifying if something is or is not an example of showing you care.

Independent/ small group activity



Practice naming and coloring different ways to show you care through a dice rolling activity.

extensions

Book Companions



This lesson can be used without any stories, but the following picture books would make for great companions. Click on the covers to find them on Amazon.



I AM HUMAN



Reinforcing Social Skills

Your students just received a lesson about CARING. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

When _____ (school counselor) visited our classroom, you learned about showing others you care. Who remembers some ways we can show others we care?

- Encouraging or Giving a Compliment
- Helping Someone
- Making or Giving Something to Someone
- Holding the Door
- Sharing

Today we are going to play the compliment game to show our care to the person sitting next to you

Name: _____

I can show
I care.



Name: _____



I can show
I care.

I can show
I care.

how to use

Use for one lesson or multiple lessons.

Can also be used for small group/ tier 2 support.

PACING GUIDE (25-30 minute lesson)

- Story (7-10 minutes)
- Whole group activity (just is/is not showing you care– 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle question: (3-5 minutes)

PACING GUIDE (45 minute lesson)

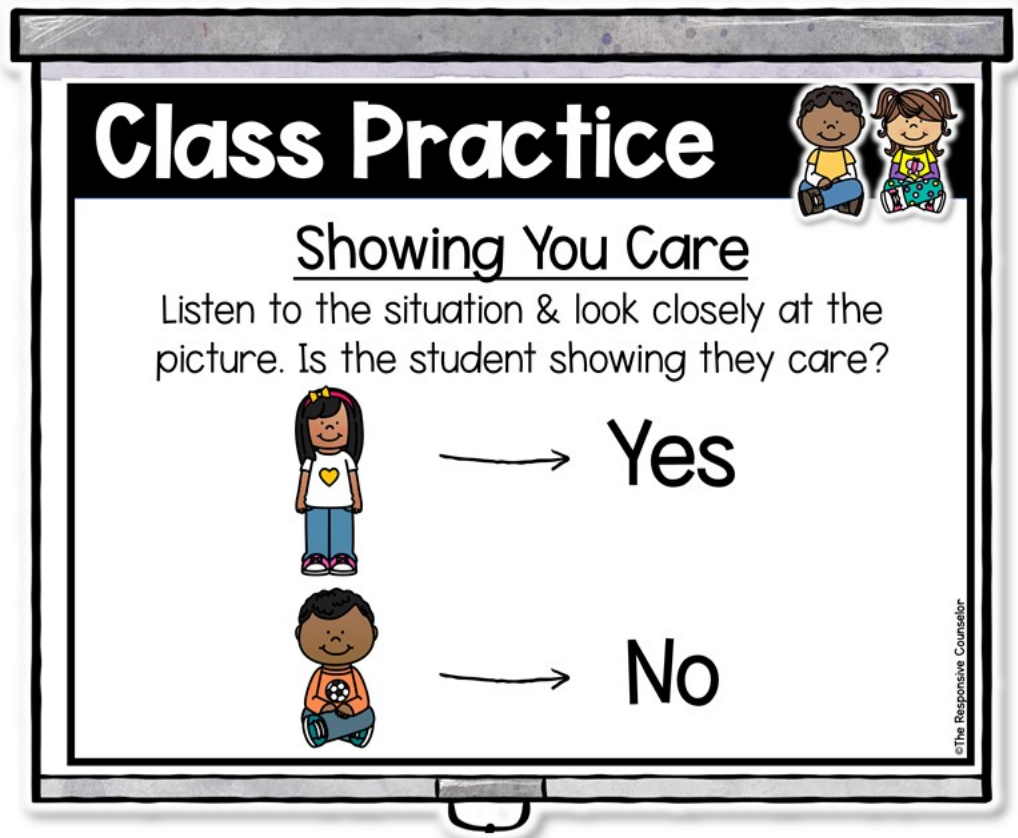
- Same as above, but for non-examples, ask students how someone *could* show they care in that situation
- Students color the "I can" page
- Read a recommended book companion

PACING GUIDE (super mini lessons, weeklong)

Mon	Read and discuss story
Tues	Whole group activity
Wed	Small group practice activity
Thurs	Extension activity + 1 recommended read aloud
Fri	Color "I Can" page + closing circle

how to use

Love technology?
Use the included
slideshow to guide
the activities.



Want a tech-free
option?

Everything can be
done screen-free
with printables.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. I also share my ideas and resources to reach students and help educators across the world!

Let's
Connect:

