

Lesson 10: Social Animals

Activity Part 1:

My Community of Love and Support

- Read the book, [Good People Everywhere](#).
- Discuss the importance of community and how we care for each other in communities. Discuss how we have different circles within our community for the people we love and trust the most.
- *Ask students to close their eyes and think of the people in their community. Encourage them to think of those they see every day and those they see infrequently. Ask them to think of the people who help them in their daily lives, such as teachers, bus drivers, mail carriers, store clerks, and so on.*
- Then give students the **My Community of Love and Support Worksheet** (below).
- *Ask the students to place themselves in the center and fill in the hearts around them with the names of people in their community. The names they put in the inner heart are those the student sees often and is close to. Those in the outer heart are people in their community who may not be there on an everyday basis. Allow students to decorate and share their community hearts with one another. (From [Yoga Calm for Children](#).)*

Activity Part 2:

- Pass out the worksheet. Review the list of ways to show support the class generated earlier.
- Ask students to think about ways in which they personally like to get support and write at least 2 examples.
- Tell students if there are some specific things that don't feel supportive to them to list them in the next section. (For example, not everyone likes hugs or to talk about their feelings.)
- Finally, have students think about ways they enjoy giving support. Share some examples together. (Listening, keeping someone company, explaining an assignment, etc.)
- Depending on the level of comfort in the classroom, you can choose to have students share their worksheets with the whole group or post them in the classroom.

Activity Part 3:

- *Make cards for the individuals in the school community (e.g., janitors, secretaries) to thank them for the work they do. Create a class community heart with all the students in the center and people who help the class in the outer hearts.*

Name _____

My Community of Love and Support Worksheet

