There are many ways to show respect for your surroundings, such as picking up your trash, but another way to show respect is by learning about the history of an area or people. When we look at settlement or movement of people from one area to another, it is best to look at the complete history of the area and the different people living there over time.

As a class, check out this article about the history of California. In the space below write a few sentences about California. Why do you think people moved to California during different points of history? What groups of people have lived in the area known as California throughout history? Are their cultures/heritages reflected today? How does settlement depend on the geography of an area?

August Challenge: Show respect to your classmates by giving them enough space.
This Book List showcases how you can put kindness into action! To order books like these and support your local bookstores, click here!

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**All Are Welcome** by Alexandra Penfold
This book follows a group of students throughout their day at school. A school where everyone is welcomed with open arms. A school where students in patkas, hijabs, and yarmulkes play side-by-side with their friends in baseball caps. A school where students grow and learn each other’s traditions like the Lunar New Year.

**We’re Different, We’re the Same** by Bobbi Kates
Who better than *Sesame Street* to teach us that we may all look different on the outside—but it’s important to remember that deep down, we are all very much alike. We all have the same needs, desires, and feelings. Elmo and his Sesame Street friends help teach us that everyone is the same on the inside, and it’s our differences that make this wonderful world, which is home to us all, an interesting—and special—place. This enduring, colorful, and charmingly illustrated book offers an easy, enjoyable way to learn about differences—and what truly matters.

**The Day You Begin** by Jacqueline Woodson
There are many reasons to feel different. Maybe it’s how you look or talk, or where you’re from; maybe it’s what you eat, or something just as random. It’s not easy to take those first steps into a place where nobody really knows you yet, but somehow you do it.

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**Common Core Standards Addressed**

**Kindergarten:** Range of Reading and Level of Text Complexity: CCSS.ELA-LITERACY.RL.K.10 Actively engage in group reading activities with purpose and understanding.

**1st Grade:** Range of Reading and Level of Text Complexity: CCSS.ELA-LITERACY.RL.1.10 With prompting and support, read prose and poetry of appropriate complexity for grade 1.

**2nd Grade:** Range of Reading and Level of Text Complexity: CCSS.ELA-LITERACY.RL.2.10 By the end of the year, read and comprehend literature, including stories and poetry, in the grades 2–3 text complexity band proficiently, with scaffolding as needed at the high end of the range.

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Self-Awareness
To create a world of respect and kindness, we have to take a good look at how we talk to and play with others.

What is self-awareness?
Self-awareness is knowing how you feel or being able to understand your emotions and actions.

Emotion Matching
Directions: Match the emotions to the picture. Think of what makes you feel these emotions. For example, what makes you feel happy?
These worksheets are designed to allow you to reflect and identify what makes you unique and engage in a respectful discussion with those around you. Answer the questions below on a separate sheet of paper or document and then get into groups, either in-person or virtually, and discuss what makes you unique and what you have in common, respectfully!

 escreet 

Writing Prompts

(Instructors: Feel free to choose as many prompts as you want!)

- I admire myself for...
- I think I’m pretty good at...
- Something I enjoy is...
- My dream is to one day...
- What does kindness mean to me?

<table>
<thead>
<tr>
<th>Group Discussion</th>
</tr>
</thead>
<tbody>
<tr>
<td>What did you learn about someone? Share one thing that you learned.</td>
</tr>
<tr>
<td>What can you practice being respectful when someone doesn’t like the same thing as you?</td>
</tr>
</tbody>
</table>

Be Respectful by being an active listener! An active listener pays attention to others and waits their turn to share their thoughts.

Common Core Standards Addressed
Kindergarten – 8th Grade: CCSS.ELA-LITERACY.SL.1.1.A Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion).

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Directions: Find a friend or two and pick a situation below. Circle your group’s topic. As a group, discuss what’s going on in the situation and how you would handle it if you were the one facing the situation.

**Situation 1** You’re playing a game online with your friends. Someone else in the chat calls another player a deeply offensive name.

**Situation 2** You’re scrolling through social media and you see someone making fun of how someone looks or dresses.

**Situation 3** You and your friend are hanging out after school. You accidentally make a comment that offends your friend.

What is the issue? What do you do?

Who is being hurt in this situation?
Vibrant Vegetables

Eating vegetables provides many health benefits! Vegetables provide nutrients, fiber, vitamins, and minerals needed for the health and maintenance of your body. Whether they’re fresh, canned, frozen, or dried – all vegetables count!

How many vegetables do you need?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2-3 years old</th>
<th>4-8 years old</th>
<th>9-13 years old</th>
<th>14-18 years old</th>
<th>19-30 years old</th>
<th>31-50 years old</th>
<th>51+ years old</th>
<th>1 cup/1 ½ cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>1 cup</td>
<td>1 to 1 ½ cups</td>
<td>1 ½ cups</td>
<td>1 ½ cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
<td></td>
<td>1 ½ cups</td>
<td>2 cups</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys</td>
<td></td>
<td></td>
<td></td>
<td>1 ½ cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td>2 cups</td>
<td>1 ½ cups</td>
<td>1 ½ cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td></td>
<td></td>
<td></td>
<td>2 cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Discussion Questions

- Based on the table above, how many vegetables do you need to eat every day?
- Look at the MyPlate Food Gallery for Vegetables. About how many of these vegetables have you tried?
- Which vegetables are your favorite?

SHAPE America National Physical Education Standards Addressed

Nutrition: Responding: S3.M17.6 Identifies foods within each of the basic food groups and selects appropriate servings and portions for his or her age and physical activity levels.

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Card Challenge

Get moving with this fun fitness challenge! All you need is a deck of cards and space to move. Don’t forget to stay hydrated by having a bottle of water nearby!

Set-Up:
Shuffle a deck of cards, then deal 3-5 cards to every student.

Instructions:
When the leader says “Go”, students have 5 seconds to find a partner. The leader says, “The winner gets to do...” and give a fitness challenge. For example: “The winner gets to do 10 jumping jacks!”

Students will hold the cards out (make sure your partner can’t see them!) and allow their partner to take a card from their hand. So each student should have a new card!

On the count of 3, both students must show their card they picked. The student with the higher number must do the fitness challenge. If the numbers are the same, both students do the fitness challenge!

Keep the card and move onto the next partner!

SHAPE America National Physical Education Standards Addressed
- Standard 1: Motor Skills and Movement Patterns
- Standard 2: Applying Concepts and Strategies
- Standard 3: Maintain Physical Fitness
- Standard 4: Exhibit Responsible Emotional and Social Behavior
- Standard 5: Recognizing the Value of Physical Activity

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Centered around the principles of kindness, these family conversation topics aim to foster important social and emotional wellness skills. Fill in the blank spaces with your own questions, cut them out, and place them in a jar. When you’re ready, draw a question, and discuss your answer as a family.

- Did you have a chance to be kind today?
- Did anyone show you kindness today?
- What is a good trait to have in a friend?
- What does respect mean to you?
- Why is it important to be respectful to others?
- How can we be respectful when we don’t like the same things?
A gratitude journal helps you focus your attention on the good things in your life. It’s important to practice gratitude and give thanks everyday because it helps you learn to be positive and kind. Today, take some time to reflect on all the wonderful things your life has to offer.

**How do I feel?**

Circle how you feel on the table below. Then draw a face that expresses each emotion. *If you aren't familiar with an emotion listed, research what that emotion means.*

- Happy
- Content
- Sad
- Guilty
- Scared
- Insecure
- Confused
- Angry
- Hurt
- Proud
- Cheerful
- Positive
- Creative
- Lonely

Answer the prompts in your journal or a separate piece of paper.

**Journal Prompts:**

- How can I be respectful to others when I’m feeling this emotion?
- How can I be respectful to myself when I’m feeling this emotion?
- Why is it important to be respectful to students of other races/cultures?
- What role does respect play in my relationships with friends and family?
- How can I be respectful of other’s differences in opinion?
- What does respect mean to me?

**Common Core Standards Addressed**


Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences.

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Instructor Resources
Character Education & Social and Emotional Learning Tools

Kindness in Action
Character, Health, & Online Responsibility

Academics
National Academic Standards, Social and Emotional Learning, & Character Education

Social Awareness
Respect & Inclusion
Diversity, Civics, & Kindness

Responsible Decision-Making
Fitness & Nutrition
Healthy & Responsible Lifestyles

Self Awareness
Wellness
Physical, Mental & Emotional Health, Resilience, & Self-Confidence

Relationship Skills
Community
Social Responsibility, Gratitude, & Recognition

Self-Management
Arts & Creativity
Managing Stress & Developing Self-Control

Printable Materials
Brain Exercises, Student Recognition, & Motivational Tools

The BE KIND Pledge
Healthy Habits
#CyberSkills
Pay It Forward

Mindfulness
Family Discussions
Healthy Hygiene
Gratitude Journal

Recipes
Nutrition
Fitness Challenge
Gardening

World Language
Sustainability
Explore New Cultures
Community Hero

The BE KIND Beats
Fine Arts
Crafts
Finance

Puzzles & Games
Coloring Pages
Motivational Posters
Certificates

Announcements
Bulletin Board
Book Lists
Resources