



# Planting Seeds (Primary): At a glance

## Welcome to ThinkGive!

This packet of materials provides an overview of our ThinkGive Primary program (geared at grades K-1). Students explore the idea of planting "seeds of kindness" by planting actual seeds and helping them grow before extending that care to themselves and others. Activities encourage connection and active social and emotional learning. Lessons are built thematically to be run in 20-minute sessions. Between lessons, students are asked to take kind actions.

### Included in this packet:

- Scope + Sequence (5 lessons)
- Sample Lesson Plan (Introduction)
- Program Overview

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**We look forward to connecting with you!**  
**- The ThinkGive Team**

**Scope + Sequence: Planting Seeds**  
**(recommended for grades K-1)**

Students explore the idea of planting "seeds of kindness" by planting actual seeds and helping them grow before extending that care to themselves and others. Activities encourage connection and active social and emotional learning. Lessons are built thematically to be run in 20-minute sessions. In between lessons, students are asked to take kind actions.

Lesson name	Lesson Summary	Students will Examine	Themes
Introduction Series (Lessons 1.1 – 1.5)	Students consider the meaning of the words ‘think’ and ‘give’ and put them into practice as they plant their seeds and show kindness to their plants. All lessons open and close with the Planting Seeds Song. Throughout all five Introduction lessons, students explore the theme of kindness by charting their kind actions on a Flower Bulletin Board, creating their individual representations of kindness, and by reading and discussing the book Grow Kind.	<ul style="list-style-type: none"> <li>- The meaning of the words ‘think’ and ‘give’.</li> <li>- How giving to/caring for their planted seed is a kind action.</li> <li>- How their kind actions can extend beyond caring for their seed to caring for others.</li> <li>- What being kind/taking a kind action looks like for them.</li> <li>- How taking small but meaningful actions to care for others makes us grow kind.</li> <li>- The big learnings from the Introduction series; exploring the words ‘ThinkGive’ and the meaning of kindness.</li> </ul>	Kindness Connection
Give to Yourself Series (Lessons 2.1 – 2.5)	In this series of lessons, students learn the importance of being kind to themselves. They consider the differences between a plant’s needs and their own, and brainstorm various ways to take care of themselves. Throughout the series, students engage in activities designed to help them identify and normalize feelings, and address big feelings.	<ul style="list-style-type: none"> <li>- How to care for themselves, just like they are caring for their plants.</li> <li>- How our needs differ from a plant’s needs.</li> <li>- The different types of emotions/feelings we experience.</li> <li>- All feelings are important.</li> <li>- Ways to help ourselves when big feelings make us uncomfortable.</li> <li>- Scenarios to practice helping themselves when they experience uncomfortable feelings.</li> <li>- The big learnings from the Give to Yourself series: how we can give to ourselves by caring for our bodies and our feelings.</li> </ul>	Self-care Self-regulation
Give to Others Series (Lessons 3.1 – 3.5)	In this series of lessons, students explore the importance of being kind to others. Through a book and a short film, students think about the metaphors of filling and dipping people’s buckets, and lighting up the world with small kind actions. Later in the series, they participate in a class project to understand how appreciating others is also a way to give kindness.	<ul style="list-style-type: none"> <li>- The importance of giving to others.</li> <li>- The different ways of taking care of others.</li> <li>- The opportunities for giving kindness all around us.</li> <li>- The power of small acts of kindness.</li> <li>- How expressing gratitude for someone who cares for us is also an act of kindness.</li> <li>- How gratitude impacts other people and makes a difference in their days.</li> <li>- The big learnings from the Give to Others series: the practice of being kind to others by taking small actions and by showing gratitude.</li> </ul>	Social awareness Connection
Give to the Environment Series (Lessons 4.1 – 4.5)	In this series of lessons, students acknowledge everything that mother nature gives to us. Students then consider the different ways they can give back to the environment. Students learn about the 3Rs as ways to give back (reducing, reusing, and recycling) and put them into practice through small actions. Throughout the series, students gather recyclables at home and bring them to class for the final activity where they learn about upcycling.	<ul style="list-style-type: none"> <li>- Their natural world and what the earth gives us.</li> <li>- How recycling works and why it helps the environment.</li> <li>- Recyclables vs. non-recyclables.</li> <li>- Reducing and reusing as two more ways of helping the environment.</li> <li>- The concept of upcycling.</li> <li>- Ideas for creating art and/or useful inventions from recycled materials.</li> <li>- The big learnings from the Give to the Environment series: the practice of taking care of our environment and being kind to the earth.</li> </ul>	Responsibility Perspectives
Wrap-up Series (Lessons 5.1 – 5.5)	In this series of lessons, students revisit the meaning of kindness and examine how their understanding has changed over the ThinkGive lessons. They gather their paper seeds and look through the actions they took for each series. Students choose their favorite series, and a series that might have been challenging for them, and engage in a reflection exercise.	<ul style="list-style-type: none"> <li>- How their understanding of ‘kindness’ has evolved, and what it means to them now.</li> <li>- Changes to the Flower Bulletin Board over time.</li> <li>- Which ThinkGive lessons felt most enjoyable.</li> <li>- Which ThinkGive lessons felt most challenging.</li> <li>- Central learnings from ThinkGive.</li> <li>- The big learnings from the Wrap-up series: taking all that they learned during ThinkGive, and continuing to practice kindness every day.</li> </ul>	Reflection Connection

# Planting Seeds

## Introduction Series



grades K/1



five 20-minute lessons

### Lesson Summary

Students consider the meaning of the words ‘think’ and ‘give’ and put them into practice as they plant their seeds and show kindness to their plants. All lessons open and close with the Planting Seeds Song. Throughout all five Introduction lessons, students explore the theme of kindness by charting their kind actions on a Flower Bulletin Board, creating their individual representations of kindness, and by reading and discussing the book *Grow Kind*.

### Sample Gifts

- My friend forgot to bring a snack to school today, so I shared mine with her.
- When my cousin came over to play with me, I included my little brother in our game so he wouldn’t feel left out.
- I thanked my mom for the dinner she cooked, and I told her I love her.

### Parent/Guardian Connection

ThinkGive@Home: Introduction ([PDF](#))

### Educator Guide ([PDF](#))

We are excited to share ThinkGive Primary’s Planting Seeds program with you! In this guide you'll find an overview of the curriculum and extra teacher tips and suggestions for activities that may require advance planning.



# LESSON 1.1: PLANTING SEEDS

## Students will Examine

The meaning of the words 'think' and 'give'.

## Pre-Activity Prep

Purchase seeds for students. Choose seeds that germinate quickly, such as sunflowers, marigolds, beans, etc.

### MATERIALS

Planting supplies: clear plastic cups, soil, water, seeds

### MEDIA TO PREP

Planting Seeds Song ([PDF](#) | [Audio](#))

## OPENING

Planting Seeds Song ([PDF](#) | [Audio](#))

## ACTIVITY: Planting our Seeds

Hold up a packet of seeds for the class to see. Share that today we'll be starting a project called ThinkGive.

### THINK + GIVE: What do these words mean?

Discuss:

- Let's all THINK about these seeds. What comes to your mind (e.g., how can we make these seeds turn into plants, what will the plant look like when it's grown, how can we take care of it)?
- Let's THINK, what do seeds need to grow (e.g., soil, water, sun)?

Write student answers on the board/chart paper.

Discuss:

- What can we GIVE to these seeds (e.g., water, light)?
- If we GIVE to the seeds, what will happen (e.g., they sprout, grow roots, grow leaves, become plants)?

Students work in pairs or individually to plant their seeds. Label each cup with the student name(s).

**Ask:** How can we show kindness to our planted seeds?

## STUDENT ACTION

Explain: Be kind to your seed! Remember to THINK about what it needs and GIVE it your attention and care.

## CLOSING

Planting Seeds Song ([PDF](#) | [Audio](#))

### ★ TEACHER TIP

Print the Planting Seeds Song ([PDF](#)) to display the words for students as you sing.

### ★ TEACHER TIP

Some plants will grow faster than others. Remind students that even if their plant looks different, it is still growing with their care and attention.

### ★ TEACHER TIP

Use clear cups, bags, or plastic water bottles so that students have a better view of the growth of their plant.

# LESSON 1.2: SEEDS OF KINDNESS

## Students will Examine

How giving to/caring for their planted seed is a kind action.

## Pre-Activity Prep

- (Optional) Prepare Paper Seeds ([PDF](#)) cutouts (if your students will not be doing the cutting)
- (Optional) Prepare the Flower Bulletin ([PDF](#)) (you may choose to partially prepare this ahead of time)



### MATERIALS

Colored paper (for the flower)  
Colored paper (4 colors)  
Cutouts: Paper Seeds ([PDF](#))  
Flower Bulletin ([PDF](#))



### MEDIA TO PREP

Planting Seeds Song ([PDF](#) | [Audio](#))

## OPENING

Planting Seeds Song ([PDF](#) | [Audio](#))

## ACTIVITY: Creating the Flower Bulletin Board

Students check on their seeds.

This lesson is focused on preparing the Flower Bulletin Board and posting the first seeds/kind actions. The Flower Bulletin Board will provide a visual for how students' kind actions help more flowers/kindness grow.

Explain: Today we will work together to create a big paper flower to hang on our wall. Then we will cut out many small paper seeds; we will use these during our ThinkGive program to write all of our kind actions, then we will post them up around the flower. This will let us share our kind actions with our friends, and read about their kind actions!

Use the Cutouts: Paper Seeds ([PDF](#)). Students cut some seeds for the Introduction series. While students are cutting the seeds, use the Flower Bulletin ([PDF](#)) to chart out the flower and hang it on the wall.

Students use a paper seed to write down one kind action they have taken to care for their seed, they then post it on the Flower Bulletin Board.

**Note: Take a photo of the bulletin. You will use this photo in the wrap-up.**



### TEACHER TIP

Refer to the Educator Guide ([PDF](#)) on how to create paper seeds.



### TEACHER TIP

If some students are not comfortable cutting along outlines yet, cut some seeds in advance of each lesson.



### TEACHER TIP

The illustration provided for the Flower Bulletin Board is just an idea for the visual. Feel free to design your own flower with available materials.

## STUDENT ACTION

Explain: Continue to be kind to your seed, and try to be kind in other ways, to other people. Just like you are caring for and being kind to your seed, you can care for and be kind to others.

## CLOSING

Planting Seeds Song ([PDF](#) | [Audio](#))

# LESSON 1.3: WHAT IS KINDNESS?

## Students will Examine

- How their kind actions can extend beyond caring for their seed to caring for others.
- What being kind/taking a kind action looks like for them.

## Pre-Activity Prep

- (Optional) Prepare Paper Seeds ([PDF](#)) cutouts (if your students will not be doing the cutting)



### MATERIALS

Art supplies (blank paper, crayons, paints etc.)



### MEDIA TO PREP

Planting Seeds Song ([PDF](#) | [Audio](#))

## OPENING

Planting Seeds Song ([PDF](#) | [Audio](#))

## ACTIVITY: What does 'Kindness' Mean to You?

Students check on their seeds. Then they can add a paper seed to the Flower Bulletin Board explaining a kind action they have taken since the last ThinkGive session. Model by adding a kind action yourself!

**Note:** You can choose to build in this reflection time at the start of each new lesson or any time between lessons.

### Discuss:

- How can we be kind to others (like we are kind to our planted seeds)?
- When you are kind to someone, what are you GIVING to them?
- What are different (and small) ways you can GIVE (be kind)?

Now get creative! Students create artwork—a simple crayon drawing or a more sensory activity with paints, or cutting and gluing—that represents what kindness means to them. Then form a circle and invite students to share what they created (see guiding questions below). Collect and save these creations for the wrap-up series.

### Guiding questions:

- What did you like the most about this activity?
- What kindness is happening in your artwork? In others' art?

## STUDENT ACTION

Explain: Think about kindness and what it means to you. Be kind in small ways! Hold the door open for someone, put seeds out for the birds, or let your friend go on the slide first. Kindness can be shown in so many ways!

## CLOSING

Planting Seeds Song ([PDF](#) | [Audio](#))



### TEACHER TIP

If students bring up tangible gifts, encourage them to think about more intangible ways of giving (small but meaningful actions).



### CONNECTION

Read-aloud book: [K is for Kindness](#) (6:37). Illustrates the different ways of showing kindness. Through this, and other similar books, students can see how kindness can take many forms.

# LESSON 1.4: GROW KIND

## Students will Examine

- How taking small but meaningful actions to care for others makes us grow kind.

## Pre-Activity Prep

- (Optional) Prepare Paper Seeds ([PDF](#)) cutouts (if your students will not be doing the cutting)

## MEDIA TO PREP

Read-aloud book: [Grow Kind](#) (4:32)  
Planting Seeds Song ([PDF](#) | [Audio](#))

## OPENING

Planting Seeds Song ([PDF](#) | [Audio](#))

## ACTIVITY: Grow Kind

Students check on their seeds. Then, if they choose, they can add a paper seed to the Flower Bulletin Board explaining a kind action they have taken. Remind students that they can write about a kindness they gave to their seed, or one that they gave to something/someone else.

**Note:** You can choose to build in this reflection time at the start of each new lesson, during lessons, or any time between lessons.

Watch or read-aloud: [Grow Kind](#) (4:32), a book about small actions that make others feel cared for and that help us grow kinder.

### Discuss:

- How did Keiko GIVE kindness to her sister, Annie?
- Did Keiko THINK before giving to her neighbors? How did Keiko put more thought into the gifts she gave to Mrs. Stephens and Mr. Carrol?
- What brave, kind actions did Keiko take?
- How did Keiko spread kindness even further than people she knew?
- How did Keiko feel at the end of her day? How does being kind help how we feel?
- Keiko shared her harvest, but we can give in so many other ways. What are some things we can do to grow kind?

## ★ TEACHER TIP

Add emphasis to the word 'give' to connect it back to Lesson 1.1, when students learned about what 'ThinkGive' means.

## STUDENT ACTION

Explain: Think about how you can grow kind! Be kind in small ways. Let someone go ahead of you in line, pick up trash, or play with a friend who is all on her own. All actions that show care and attention are kind!

## CLOSING

Planting Seeds Song ([PDF](#) | [Audio](#))

# LESSON 1.5: OUR BIG LEARNINGS

## Students will Examine

- The big learnings from the Introduction series; exploring the words 'ThinkGive' and the meaning of kindness.

## Pre-Activity Prep

- Print the Paper Leaf ([PDF](#)) cutout on green paper.



### MATERIALS

Cutout: Paper Leaves ([PDF](#))



### MEDIA TO PREP

Planting Seeds Song ([PDF](#) | [Audio](#))

## OPENING

Planting Seeds Song ([PDF](#) | [Audio](#))

## ACTIVITY: Share a Seed

Students check on their seeds. Then students take a few minutes to read the paper seeds posted on the Flower Bulletin Board. Ask them to choose one they would like to share in circle time.

### DETAILED SHARE

Students form a closing circle and share the seed/action they chose. This can be their own action or a classmate's action that they really liked.

### REFLECTION

Cut out a leaf using the Cutout: Paper Leaves ([PDF](#)) to mark the end of the Introduction Series. Using the reflection questions below, summarize and write the main takeaways and learnings on the leaf. Hang the leaf on the flower's stem.

### Guiding questions:

- When we THINK and we GIVE to others, what happens?
- What are the most important things we learned about kindness?
- What big learnings can we add to our leaf for this lesson?

## CLOSING

Planting Seeds Song ([PDF](#) | [Audio](#))



### TEACHER TIP

Another format for sharing student actions is Mingle, Pair, Share. Students mix around as music plays. When the music stops, students find the partner closest to them and they share in turn. Repeat a couple of times so students are sharing with different friends.



## SERIES 1: INTRODUCTION

**THINK:** Five 20-minute lessons

**Lesson 1.1: Planting Seeds.** Students will examine the meaning of 'think' and 'give'.

**Lesson 1.2: Seeds of Kindness.** Students will examine how giving to/caring for their planted seed is a kind act.

**Lesson 1.3: What is Kindness?** Students will explore how their kind actions can extend beyond the plant to others, and what a kind action/being kind looks like for them.

**Lesson 1.4: Grow Kind.** Students will examine how small but meaningful kind actions can make the world more beautiful.

**Lesson 1.5: Our Big Learnings.** Students reflect on their takeaways from the series.

**GIVE:** At the end of each lesson, students are encouraged to take an action around kindness, putting into practice what they learned in class.

**REFLECT + SHARE:** At the start of every lesson, students are invited to note their kind actions on a paper seed and hang it on the flower bulletin. The final lesson, **Lesson 1.5**, is devoted to a reflection and sharing around the Introduction Series as a whole.

## Recording Actions + Sharing: Flower Bulletin Board

As part of the Introduction Series (Lesson 1.2), teachers and students create a Flower Bulletin Board where the class can record their kind actions (on paper seeds) over the course of the program. At the start of every new lesson, students have the opportunity to write their latest action on a paper seed (color coded for each series), and add it to the flower bulletin. At the end of each series, teachers and students use a large paper leaf to reflect on the main takeaways from that series. The paper leaf is then added to the bulletin alongside the stem of the flower.



## SERIES 2: GIVE TO YOURSELF

**THINK:** Five 20-minute lessons

**Lesson 2.1: Staying Healthy.** Students will examine how to care for themselves like they are caring for their plants.

**Lesson 2.2: Different Types of Feelings.** Students will examine how their needs differ from a plant's needs, and identify the different types of feelings they experience.

**Lesson 2.3: All Feelings are a Part of Us.** Students will examine how all feelings are valid, and ways to help themselves when big feelings make them uncomfortable.

**Lesson 2.4: Taking Care of Feelings.** Students explore scenarios to practice helping themselves when they experience big feelings.

**Lesson 2.5: Our Big Learnings.** Students reflect on their takeaways from the series.

**GIVE:** At the end of each lesson, students are encouraged to take an action around kindness, putting into practice what they learned in class.

**REFLECT + SHARE:** At the start of every lesson, students are invited to note their kind actions on a paper seed and hang it on the flower bulletin. The final lesson, **Lesson 2.5**, is devoted to a reflection and sharing around the Give to Yourself Series as a whole.

## SERIES 3: GIVE TO OTHERS

**THINK:** Five 20-minute lessons

**Lesson 3.1: Filling Buckets.** Students will examine the importance of giving to others, and the different ways of taking care of others.

**Lesson 3.2: Light Up the World.** Students will examine the opportunities for giving kindness all around them, and the power of small acts of kindness.

**Lesson 3.3: Class Project.** Students will examine how expressing gratitude for someone who cares for them is also an act of kindness.

**Lesson 3.4: The Impact.** Students will examine how gratitude impacts other people and makes a difference in their day.

**Lesson 3.5: Our Big Learnings.** Students reflect on their takeaways from the series.

**GIVE:** At the end of each lesson, students are encouraged to take an action around kindness, putting into practice what they learned in class.

**REFLECT + SHARE:** At the start of every lesson, students are invited to note their kind actions on a paper seed and hang it on the flower bulletin. The final lesson, **Lesson 3.5**, is devoted to a reflection and sharing around the Give to Others Series as a whole.



## SERIES 4: GIVE TO THE ENVIRONMENT

**THINK:** Five 20-minute lessons

**Lesson 4.1: The Earth Gives More.** Students will examine Their natural world and what the earth gives them.

**Lesson 4.2: Recycling.** Students will examine how recycling works and why it helps the environment, and the difference between recyclables and non-recyclables.

**Lesson 4.3: Reducing + Reusing.** Students will examine reducing and reusing as two more ways of helping the environment.

**Lesson 4.4: Upcycling.** Students will explore the concept of upcycling, and ideas for creating art and/or useful inventions from recycled materials.

**Lesson 4.5: Our Big Learnings.** Students reflect on their takeaways from the series.

**GIVE:** At the end of each lesson, students are encouraged to take an action around kindness, putting into practice what they learned in class.

**REFLECT + SHARE:** At the start of every lesson, students are invited to note their kind actions on a paper seed and hang it on the flower bulletin. **Lesson 4.5** is devoted to a reflection and share around the Give to the Environment Series as a whole.

## SERIES 5: WRAP-UP

**THINK:** Five 20-minute lessons

**Lesson 5.1: Understanding Kindness.** Students will examine How their understanding of 'kindness' has evolved and what it means to them now.

**Lesson 5.2: The Most Enjoyable Series.** Students will examine The different ThinkGive series through their paper seeds, and find the series that was most enjoyable for them.

**Lesson 5.3: The Most Difficult Series.** Students will examine the different ThinkGive series through their paper seeds, and find the series that was difficult for them.

**Lesson 5.4: Recapping.** Students will examine what they learned in the past weeks through a True or False game.

**Lesson 5.5: Our Big Learnings.** Students reflect on their takeaways from the series.

**GIVE:** N/A

**REFLECT + SHARE:** In the final lesson of this series, **Lesson 5.5**, teachers and students reflect on the big learnings from the series, and how to continue practicing kindness even after ThinkGive.



# How to Maximize Program Impact



The ThinkGive cycle is designed to make the program manageable for you and predictable for students. You'll cycle through all four components with each lesson so that students explore important ideas, take kind action, and share their experiences.

## Promote Student Agency

ThinkGive is all about empowering youth to own their actions. With each action, students decide what to give and who to give to. They realize that their words matter, their choices matter, and they matter.

Students will also experience the topics covered in our lessons differently. We encourage you to give students options in how they wish to participate. Directives within lessons should feel to students like an invitation to join a discussion/activity; should they wish to share their their knowledge and learning with their classmates in different ways, great!

## The Journey is the Destination

ThinkGive isn't about the gifts; it's about the journey taken while giving. Students explore their own capacity for giving, learn about compassion and caring for others, and see how small actions that are kind can make a difference in the world.

# Our Giving Philosophy



## The ThinkGive Three

The ThinkGive Three provides a framework students can use when taking action around each lesson. Be sure to reinforce these as you go!

- 1 **TRUE.** True is YOU! Act in a real, genuine way...from your heart.
- 2 **SMALL.** Small is all! Even small and simple actions can make a big difference.
- 3 **BRAVE.** Brave is how to behave! Step into your courage zone and try something new.

