



Planting Seeds (Primary): At a glance

Welcome to ThinkGive!

This packet of materials gives an overview of our ThinkGive Primary program, designed for grades K-1. In this program, students learn about kindness by planting actual seeds and nurturing them as they grow. The activities aim to promote connection and active social and emotional learning. The lessons are organized thematically and designed to be run in five 25-minute sessions. Between sessions, students are encouraged to take kind and positive actions.

Included in this packet:

- Scope + Sequence (5 lessons)
- Sample Lesson Plan (Introduction; Lesson 1.1)
- 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 25-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 and show kindness to their seeds. All lessons open and close with the Planting Seeds Song. Throughout the five Introduction lessons, students explore the theme of kindness by charting their kind actions on a Flower Bulletin Board, creating artwork about what kindness means to them, and using literature and activities to explore how small, kind actions help people grow kind.	<ul style="list-style-type: none"> - The meaning of the words 'think' and 'give'. - How to plant and care for a seed. - How giving to/caring for their planted seed is a kind action. - How can their kind actions extend beyond caring for their seed to caring for others? - What does taking a kind action look like for them? - Taking small but meaningful actions to care for others makes people grow kind. - The big learnings from the Introduction series: exploring the words THINK and GIVE and the meaning of kindness. 	Self-awareness: Accurate self-perception Social awareness: Perspective-taking Social awareness: Interconnectedness
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 ways to care for themselves. Throughout the series, students engage in activities to help them identify and normalize feelings—even uncomfortable ones.	<ul style="list-style-type: none"> - How can they care for themselves, just like they are caring for their plants? - How do their needs differ from a plant's needs? - Different emotions they experience. - All feelings are important. - Ways to help themselves when big feelings make them uncomfortable. - Scenarios to practice helping themselves when they experience uncomfortable emotions. - The big learnings from the Give to Yourself series: how they can give to themselves by caring for their bodies and their emotions. 	Self-awareness: Identifying emotions Self-awareness: Accurate self-perception Self-management: 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"> - The importance of giving to others. - The different ways of taking care of others. - The opportunities for giving kindness all around us. - The power of small acts of kindness. - How expressing gratitude for someone who cares for us is also an act of kindness. - How gratitude impacts other people and makes a difference in their days. - The big learnings from the Give to Others series: the practice of being kind to others by taking small actions and by showing gratitude. 	Social awareness: Interconnectedness Social awareness: Perspective-taking Social awareness: Gratitude
Give to the Environment Series (Lessons 4.1 – 4.5)	In this series of lessons, students acknowledge the many things Mother Nature gives them and consider ways to give back to the environment. They learn about the 3Rs (reducing, reusing, and recycling) as ways to give back and take small actions to put them into practice. Throughout the series, students collect recyclables at home and bring them to class for the final activity, where they learn about upcycling.	<ul style="list-style-type: none"> - Their natural world and what the Earth gives them. - How does recycling work, and why does it help the environment? - Recyclables vs. non-recyclables. - Reducing and reusing are two ways of caring for the environment. - The concept of upcycling. - How can they create art or useful inventions from recycled materials? - The significant learnings from the Give to the Environment Series: the practice of caring for the Earth. 	Relationship skills: Collaboration Responsible decision-making: Advocacy Responsible decision-making: Critical thinking
Wrap-up Series (Lessons 5.1 – 5.5)	In this series of lessons, students reflect on the meaning of kindness and consider how their understanding has evolved throughout the ThinkGive lessons. They revisit ways to care for themselves and consider why they care for others. Finally, they play a game to recall what they know about caring for the environment before reflecting on their ThinkGive experience.	<ul style="list-style-type: none"> - How their understanding of 'kindness' has evolved, and what it means to them now. - What do they remember from earlier lessons, and what are their new ideas about caring for themselves? - Ways that they take care of their bodies and emotions. - Their ideas about how to care for others. - Why is it important to be kind to others? - Central learnings from Series 4: Give to the Environment. - How they cared for their plants. - Their big learnings from Series 5: Wrap-up. - How can they continue practicing kindness towards themselves and others? 	Self-awareness: Accurate self-perception Social awareness: Empathy Responsible decision-making: Critical thinking

Planting Seeds

Introduction Series



grades K/1



five 25-minute lessons

Lesson Summary

Students consider the meaning of the words ‘think’ and ‘give’ and put them into practice as they plant and show kindness to their seeds.

All lessons open and close with the Planting Seeds Song. Throughout the five Introduction lessons, students explore the theme of kindness by charting their kind actions on a Flower Bulletin Board, creating artwork about what kindness means to them, and using literature and activities to explore how small, kind actions help people grow kind.

NOTES:

- Read this Educator Guide ([PDF](#)) before starting the program for an overview of the curriculum, teacher tips, and suggestions for activities that require planning. Keep it handy to check in with as you go.
- Have students keep a ThinkGive folder to compile their projects and artwork for future reflection.

Sample Actions

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

Parent/Guardian Connection

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

LESSON 1.1: PLANTING SEEDS

Students will Examine

- The meaning of the words 'think' and 'give'.
- How to plant and care for a seed.

Pre-Activity Prep

- Purchase seeds that germinate quickly (e.g., sunflowers, marigolds, beans).
- Purchase soil.
- Gather containers for the plants (e.g., cups, bags, pots).
- Pre-assign student pairs if planting with partners.
- (Optional) Print the Planting Seeds Song ([PDF](#)) to display as students sing.

MATERIALS

Clear plastic cups, Soil, Water, Seeds

Image: Seed to Plant ([PDF](#))
(Optional) Folders (1/student)

MEDIA TO PREP

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

Video: [How to Plant a Seed: A How-To Book](#) (1:50)
(Digging Deeper) Video: [How are Plants Important to Us](#) (3:54)

WARM UP ACTIVITY

Students stand in a circle. Each person takes a turn saying their name and a motion of their choice. The group repeats the person's name and motion. When everyone has had a turn, the group tries to say each person's name and motion, starting with the first person who spoke. Optional challenge: Ask for a volunteer(s) to try to repeat everyone's name and motion.

Refer to the ThinkGive Warm-up Activities ([PDF](#)) for other ideas.

OPEN

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

ACTIVITY: Planting our Seeds

Hold up a packet of seeds for the class to see.

Explain: Today, we'll be starting a project called ThinkGive.

THINK + GIVE: Our Seeds!

Write responses to the following questions on the board or chart paper. Consider adding a simple picture to emphasize each idea.

Ask:

- Let's THINK: What do seeds need to grow (e.g., soil, water, sun)?
- What can we GIVE these seeds (e.g., water, light)?
- What will happen if we GIVE to the seeds (e.g., they sprout, grow roots, grow leaves, become plants)?

★ TEACHER TIP

Have students choose motions during the Planting Seeds Song to bring movement into this opening.

LESSON 1.1: PLANTING SEEDS (cont'd)

- What questions do you have about the seeds? (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?)

Watch: [How to Plant a Seed: A How-To Book](#) (1:50), or share the instructions on the seed packet. This video shows simple steps for planting and nurturing a seed.

Students work in pairs or individually to plant their seeds. Label each cup with the student's name(s). As students finish, and if time allows, they can draw their predictions about what will happen to their planted seeds.

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

Add student responses to the list on the board/chart paper from earlier in the lesson.

DIGGING DEEPER

Ask: How do plants help us?

Watch: [How are plants important to us](#) (3:54). This video explains the variety of ways that plants are helpful to humans.

Discuss:

- What is something new you learned about how plants help us?
- What are some of your favorite things made from plants?
- Why do we need plants?

STUDENT ACTION

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

CLOSING

Show the Image: Seed to Plant ([PDF](#)).

Ask: What do you notice about this image?

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

★ TEACHER TIP

Use clear cups, bags, or plastic water bottles when planting seeds so students can watch their plants grow.

★ TEACHER TIP

Remind students that all plants grow with their care and attention, just at varying speeds.

SERIES 1: INTRODUCTION

THINK: Five 25-minute lessons

Lesson 1.1: Planting Seeds. Students examine the meaning of the words 'think' and 'give' and learn how to plant and care for a seed.

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

Lesson 1.3: What is Kindness? Students explore how their kind actions can extend beyond caring for their seed to others, and what a kind action looks like for them.

Lesson 1.4: Grow Kind. Students examine how taking small but meaningful actions to care for others makes people grow kind.

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 a kind action, putting into practice what they learned during the lesson.

REFLECT + SHARE: At the start of every lesson, students are invited to note their kind actions on a paper petal and hang it on the Flower Bulletin Board.

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 petals) 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 petal (color coded for each series), and add it to the Flower Bulletin Board. 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 25-minute lessons

Lesson 2.1: Ready to Learn, Play, and Grow. Students examine how to care for themselves like they are caring for their plants.

Lesson 2.2: Types of Feelings. Students examine how their needs differ from a plant's needs and identify the different emotions they experience.

Lesson 2.3: All Feelings are a Part of Us. Students examine how all feelings are important, 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 a kind action, putting into practice what they learned in the lesson.

REFLECT + SHARE: At the start of every lesson, students are invited to note their kind actions on a paper petal and hang it on the Flower Bulletin Board.

SERIES 3: GIVE TO OTHERS

THINK: Five 25-minute lessons

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

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

Lesson 3.3: Class Project. Students examine how expressing gratitude for someone who cares for them is also a kind action.

Lesson 3.4: The Impact. Students examine how gratitude impacts others.

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 a kind action, 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 petal and hang it on the Flower Bulletin Board.



SERIES 4: GIVE TO THE ENVIRONMENT

THINK: Five 25-minute lessons

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

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

Lesson 4.3: Reducing + Reusing. Students examine how reducing and reusing are two ways of helping the environment.

Lesson 4.4: Upcycling. Students explore the concept of upcycling and create 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 a kind action, 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 petal and hang it on the Flower Bulletin Board.

SERIES 5: WRAP-UP

THINK: Five 25-minute lessons

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

Lesson 5.2: Being Kind to Ourselves (Revisited): Students consider what they remember from earlier lessons, their new ideas about caring for themselves, and ways that they take care of their bodies and emotions.

Lesson 5.3: Why We Give to Others (Revisited). Students consider how to care for others and why it is important to be kind to others.

Lesson 5.4: Give to the Environment (Revisited). Students examine their central learnings from Series 4: Give to the Environment.

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, teachers and students reflect on the big learnings from the series, and how to continue practicing kindness 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 can discuss important ideas and take brave action to affect change.

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 like an invitation to join a discussion/activity with students; should they want to share their knowledge and learning with their classmates in different ways, great!

Our Giving Philosophy



The ThinkGive Three

ThinkGive isn't about the gifts but the journey taken while giving. Students empathize with other perspectives, explore their capacity for affecting change, and consider what kind of person they want to be. The ThinkGive Three provides a framework for students to use when taking action. Be sure to reinforce these as you go!

- 1 **TRUE.** Be your authentic self in your actions and words.
- 2 **SMALL.** Small is all! Everything we do and say matters, and everything we do and say has an impact—no matter how small.
- 3 **BRAVE.** Step into your courage zone; challenge yourself to be brave with your actions and words.

