

Scope + Sequence: OST Ripple Effect | Elementary

Recommended for Grades 3-5

Lesson name	Lesson Summary	Learning Cycle
Introduction	- Students are introduced to the ThinkGive Project and the core value of kindness. - They explore the impact of intangible gifts through a compliment-sharing activity. - Then they learn about the ripple effect and how kind actions can spread through their communities. Core Competencies: Social awareness: Empathy Relationship skills: Positive relationship-building Responsible decision-making: Critical thinking	THINK: Students explore what makes something a gift, how kindness creates a ripple effect, and the impact positive actions can have on others. GIVE: Notice kind actions in your daily life and pay attention to the small moments of kindness you might usually overlook. REFLECT + SHARE: N/A. In the next lesson, students will reflect and share the acts of kindness they noticed.
Give to Yourself: Physical Self-Care	- Students explore the importance of self-care and self-compassion, focusing on physical health. - They identify ways to care for their bodies and reflect on why physical health matters. - Then they consider how caring for their bodies can support their emotional well-being. Core Competencies: Self-management: Personal agency Self-management: Self-regulation	REFLECT + SHARE: What kind actions did you notice in your daily life? THINK: Students explore ways to care for their bodies, how physical well-being affects emotional well-being, and how self-care helps them care for others. GIVE: Choose one new way to care for your body and put it into action.
Give to Yourself: Positive Self-Talk	- Students explore positive self-talk as an important part of self-care. - They reflect on their self-care habits through a Four Corners activity and a self-compassion worksheet. - Then they connect self-compassion to caring for others and supporting their communities. Core Competencies: Self-awareness: Identifying emotions Self-awareness: Confidence Self-management: Self-regulation	REFLECT + SHARE: Describe the action you took to care for your body, how it affected your mood, and how it might help you connect with others. THINK: Students explore what self-talk is, how it affects emotions, and how positive self-talk can spread beyond ourselves. GIVE: Practice positive self-talk by writing a supportive statement and keeping it somewhere you'll see or carry with you as a reminder.
Give to a Caregiver: Noticing Care	- Students reflect on their primary caregivers or the people who regularly care for them. - They explore how caregivers can be taken for granted and why appreciation matters. - Then they identify a caregiver in their life and take action to express genuine gratitude. Core Competencies: Social awareness: Interconnectedness Relationship skills: Positive relationship-building Relationship skills: Interdependence	REFLECT + SHARE: Describe a positive self-talk statement you used, how easy or hard it was to use, and how it might help you show kindness to others. THINK: Students explore who caregivers are, how they show care in big and small ways, and how appreciating them creates a ripple effect of kindness and connection. GIVE: Take action to appreciate someone who cares for you by recognizing the big and small ways they show love and support and expressing your gratitude.
Give to a Caregiver: Community Caregivers	- Students identify community caregivers and reflect on how their care is often overlooked. - They explore the ripple effect of community caregivers through the "Community Caregiver Heads Up!" activity. - Then they commit to taking brave actions to show appreciation for their community caregivers. Core Competencies: Social awareness: Gratitude Social awareness: Interconnectedness Relationship skills: Positive relationship-building	REFLECT + SHARE: Describe how you cared for someone who cares for you, why you chose to appreciate them, and how you might sometimes take them for granted. THINK: Students explore who community caregivers are, how they create a ripple effect in their communities, and the impact of giving back to them. GIVE: Take a brave action to show a community caregiver you appreciate them and let them know their care matters.

Give to a Peer: Qualities of a Kind Peer	- Students explore what it means to be a kind peer and why kindness matters in relationships and community. - They observe and analyze positive peer interactions through the Carousel or Role-Play activities. - Then they consider how kindness and inclusion can help build friendships and strengthen connections.	REFLECT + SHARE: Describe the action you took for a community caregiver, and whether you usually appreciate or take them for granted. THINK: Students explore the qualities of a kind peer, what positive peer interactions look like, and how peers give and receive support from one another. GIVE: Think about what it means to be a kind peer and take an authentic action to show kindness to someone. Core Competencies: Relationship skills: Positive relationship-building Relationship skills: Interdependence Social awareness: Empathy
Give to a Peer: Valuing Diversity	- Students explore how differences and diversity can both challenge them and build empathy. - They reflect on stepping outside their comfort zones and broadening their perspectives. - Then they consider ways to embrace and value diversity in their communities.	REFLECT + SHARE: Describe the action you took to be a kind peer, why you chose that person and action, and whether you would do it again and why. THINK: Students explore why diversity matters in creating a better world, how differences among peers build empathy and broaden perspectives, and how their own differences add value to communities. GIVE: Challenge yourself to get to know a peer you don't usually talk to by asking questions, showing kindness, and being brave. Core Competencies: Relationship skills: Positive relationship-building Responsible decision-making: Curiosity Self-awareness: Accurate self-perception
Give to Someone You Admire: Appreciating Their Ripples	- Students explore what it means to admire someone and identify people they admire in their communities. - They reflect on why those individuals are admirable and how their actions create positive ripple effects. - Then they plan and take action to show appreciation for someone they admire.	REFLECT + SHARE: Describe how you got to know a peer who seemed different from you, what inspired your action, and how the experience impacted you as well. THINK: Students explore who they admire in their communities, what makes that person admirable, and how their actions create positive ripple effects. GIVE: Do something small to show someone you admire how much you appreciate them—remember, small is all! Core Competencies: Relationship skills: Positive relationship-building Self-management: Risk-taking Social awareness: Gratitude
Give to Someone you Admire: Appreciating Their Skills + Traits	- Students explore what it means to admire someone and distinguish between character traits and skills. - They reflect on how traits and skills can influence each other and shape positive impact. - Then they identify people they admire and consider ways to express appreciation through kind action.	REFLECT + SHARE: Describe who you admire, how you showed appreciation for them, how it made you feel, and whether it inspired you to appreciate others. THINK: Students explore who they admire in their communities and why, the difference between character traits and skills, and a trait or skill they want to develop in themselves. GIVE: Take action to appreciate a skill or trait in someone you admire, knowing your words or actions might start a ripple. Core Competencies: Relationship skills: Positive relationship-building Responsible decision-making: Critical thinking Social awareness: Gratitude
Give to the Environment: Inspiring Others	- Students recognize that while caring for the Earth can feel overwhelming, small actions can make a big difference. - They build awareness of environmental issues and consider how to inspire others to take action. - Then they create posters highlighting simple, everyday steps to help address or reduce environmental problems.	REFLECT + SHARE: Describe the action you took, who you gave to, what skill or trait you admire in them, and how they use it to make a difference for others. THINK: Students explore what they appreciate about the environment, how small actions make a difference in caring for the planet, and how inspiring others is part of environmental care. GIVE: Display your poster where others can see it and, if you'd like, choose one idea from it to take an additional action to help the environment. Core Competencies: Relationship skills: Effective communication Responsible decision-making: Critical thinking Responsible decision-making: Advocacy

Give to the Environment: Direct Action	- Students explore the concept of a carbon footprint and how everyday choices impact the environment. - They discuss practical ways to reduce their carbon footprint and recognize that small actions can lead to meaningful change. - Then they commit to a small, sustainable action that can become a habit and inspire others. Core Competencies: Responsible decision-making: Critical thinking Social awareness: Interconnectedness Self-management: Personal agency	REFLECT + SHARE: Describe the action you took to inspire others to care for the environment, how it could make a difference now and in the future, and whether you would do it again. THINK: Students explore what a carbon footprint is, how everyday choices impact the environment, and how small actions can add up to create meaningful change when people work together. GIVE: Try taking one or more small actions to reduce your carbon footprint and see if you can turn it into a habit.
Give Your Gratitude: True Gratitude	- Students take time to notice and reflect on the people, places, and things in their lives as a first step toward gratitude. - They explore how taking things or people for granted is the opposite of practicing gratitude. - Then they express appreciation by creating “grateful hearts” to share with their community and spark a connection. Core Competencies: Relationship skills: Positive relationship-building Relationship skills: Interdependence Social awareness: Gratitude	REFLECT + SHARE: Describe the action you took to reduce your carbon footprint, how it helps the environment now and in the future, and whether you would do it again. THINK: Students explore how noticing helps us feel grateful, why expressing gratitude matters, and how gratitude counters taking people or things for granted. GIVE: Take action to express gratitude to someone or something in a meaningful way.
Give Your Gratitude: Choosing Gratitude	- Students explore gratitude by reflecting on a challenging experience with a partner. - They practice reframing challenges by identifying what they learned and how they grew stronger. - Then they recognize that choosing gratitude in difficult moments takes courage and intentionality. Core Competencies: Responsible decision-making: Critical thinking Self-management: Personal agency Self-awareness: Growth mindset	REFLECT + SHARE: Describe who you expressed gratitude to, how you showed it, whether it was something you had taken for granted, and what you learned about yourself through the experience. THINK: Students explore how challenges can build strength, how gratitude can help during difficult times, and how choosing gratitude takes bravery. GIVE: Try to choose gratitude when something feels hard. Ask yourself: How could this challenge help me grow into a stronger, kinder, or wiser person?
Wrap-Up	- Students celebrate the impact of their actions individually and as a group. - They reflect on moments they are most proud of, especially those that required courage. - Then they explore the “So What?” and “Now What?” to understand ThinkGive’s impact and how to continue making a difference. Core Competencies: Responsible decision-making: Critical thinking Self-management: Goal setting Self-management: Organizational skills	REFLECT + SHARE: Describe how you chose gratitude during a challenging experience, what you learned from it, and whether you find gratitude helpful. THINK: Students reflect on why ThinkGive matters, the lessons learned about kindness, inclusion, and positive action, and how to carry those ideas forward and share them with others. GIVE: Take a moment to appreciate all the true, small, and brave actions you’ve taken during ThinkGive, recognizing that every action—no matter how small—can create a ripple of positivity and lasting impact.