

**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	SEL Core Competencies
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.	- 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.	- 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.	- 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.	- 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.	- 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