



# ThinkGive Junior

## At a glance: K/1st grades

### Welcome to ThinkGive!

This packet of materials is designed to give you an overview of our K/1st grade ThinkGive Junior program. 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.

#### 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: ThinkGive Junior (K-1st grades)**

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. In the accompanying lessons (1.2-1.5), all lessons open and close with the ThinkGive song. Students explore the theme of kindness by charting their kind acts on a bulletin, creating their individual representations of kindness, and by reading and discussing the book Miss Rumphius.	<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 act.</li> <li>- How their kind actions can extend beyond the plant to others.</li> <li>- What a kind action/being kind looks like for them.</li> <li>- How small but meaningful kind actions can make the world more beautiful.</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 feelings, normalize them, and find ways to 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 or feelings we experience.</li> <li>- All kinds of feelings are a part of us, and are all valid.</li> <li>- Ways to help ourselves when big feelings make us uncomfortable.</li> <li>- Scenarios to practice helping themselves when they feel uncomfortable emotions.</li> <li>- The big learnings from the Give to Yourself series: the practice of being kind to ourselves by taking care of not just our bodies, but also 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 acts of kindness. 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 a 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 through 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 consider the different ways they can give back to the environment, 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 their collections 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 sessions. They gather their paper seeds and look through the variety of 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.</li> <li>- Changes to the flower bulletin 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

## ThinkGive Junior Introduction Series



### 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. In the accompanying lessons (1.2-1.5), students explore the theme of kindness by charting their kind acts on a bulletin, creating their individual representations of kindness, and by reading and discussing the book *Miss Rumphius*. All lessons open and close with the ThinkGive Junior song.

### 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.

# LESSON 1.1: PLANTING SEEDS

## Students will Examine

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

## OPENING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

## ACTIVITY: Planting our Seeds

Hold up a pack 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 either in pairs or individually to plant the seeds. Label each cup with the student name(s).

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

## STUDENT ACTION

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

## CLOSING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

### MATERIALS

Plastic cups  
Soil  
Water  
Seeds

### MEDIA TO PREP

ThinkGive Junior Song ([PDF](#) | [Audio](#))

### 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 act.

## OPENING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

## ACTIVITY: Creating the flower bulletin board

Students check on their seeds.

Explain: Today we will work together to create a big paper flower to hang on our wall. Then we will cut out small paper seeds; we will use these to write our kind actions (for our plants and at other times too) and hang 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](#)) and have students cut some seeds for the Introduction series. Refer to the teacher guidelines for suggestions on how to manage this activity. While students are cutting the seeds, use the Flower Bulletin ([PDF](#)) to chart out the flower and hang it on the wall. Note: The illustration is just an idea for the visual. Feel free to design your own flower with available materials.

Students use a paper seed to write down one kind action they have taken to care for their planted seed. They then post their seed on the flower bulletin. This will serve as a visual for how their kind actions spread seeds, which help more flowers/kindness grow.

**Take a photo of the flower bulletin. This photo will be used in the wrap-up series.**

## 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

ThinkGive Junior Song ([PDF](#) | [Audio](#))



## MATERIALS

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



## MEDIA TO PREP

ThinkGive Junior Song ([PDF](#) | [Audio](#))



## TEACHER TIP

Refer to Teacher Guidelines 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.

# LESSON 1.3: WHAT IS KINDNESS?

## Students will Examine

How their kind actions can extend beyond the plant to others.  
What a kind action/being kind looks like for them.

## OPENING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

## ACTIVITY: What does 'kindness' mean to you?

Students check on their seeds. Then, if they choose, they can add a paper seed to the flower bulletin explaining a kind action they have taken. Model by adding a kind act that does not relate to the seed.

### Discuss:

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

Students create artwork that represents what kindness means to them. This can be a simple crayon drawing or a more sensory activity with paints, or cutting and gluing. Get creative!

Form a circle and invite students to share what they created (and why) (see guiding questions below). Alternatively, have students pair up and share what they created with their partner. **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?
- What kindness do you see in your friend's art?

## STUDENT ACTION

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

## CLOSING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

### MATERIALS

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

### MEDIA TO PREP

ThinkGive Junior Song ([PDF](#) | [Audio](#))

### TEACHER TIP

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

# LESSON 1.4: MISS RUMPHIUS

## Students will Examine

How small but meaningful kind actions can make the world more beautiful.

## OPENING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

## ACTIVITY: Miss Rumphius

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

Watch or read-aloud: [Miss Rumphius](#) (11:46), a book about doing good deeds and leaving the world a better place.

Discuss (pause and ask during the story, or afterwards):

- Did Miss Rumphius GIVE something to the world? What did she GIVE? How did she GIVE?
- Why do you think her grandfather asked her to do something to make the world more beautiful?
- If your grandparent asked you to do something to make the world more beautiful, what would YOU do?
- Look at our paper seeds on the wall. Do they add anything beautiful to the world, like Miss Rumphius' seeds did? What will happen when there are lots of seeds?

## STUDENT ACTION

Explain: Think about putting your own kindness seeds out in the world! Be kind in small ways. You can let someone go ahead of you in line, pick up litter, or offer to play with a friend who is all on her own. All kind acts make the world beautiful!

## CLOSING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

### MEDIA TO PREP

Read-aloud book: [Miss Rumphius](#) (11:46)  
ThinkGive Junior Song ([PDF](#) | [Audio](#))

### TEACHER TIP

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

# 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.

## OPENING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

## ACTIVITY: Sharing a Seed

Students check on their seeds. Then students take a few minutes to read the seeds from the Introduction series on the bulletin, and choose one they would like to share in circle time.

### DETAILED SHARE

Students form a closing circle and share the seed/action they are most proud of. 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 some of the things we learned about kindness?
- What big learnings can we put down on our leaf for these lessons?

## CLOSING

ThinkGive Junior Song ([PDF](#) | [Audio](#))

### MATERIALS

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

### MEDIA TO PREP

ThinkGive Junior 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.

### ★ TEACHER TIP

Print the leaves on green colored paper.



## 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: Miss Rumphius.** 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

As part of the Introduction Series (Lesson 1.2), teachers and students create a flower bulletin 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.

## 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.** Be authentic. Make your actions thoughtful and true to you.
- 2 SMALL.** Giving is more about the intention behind the action rather than the gift itself. Small and true gifts matter a great deal!
- 3 BRAVE.** Step into your courage zone with every action. This looks different to everyone; what's important is that you push yourself a little more with every gift to take action instead of turning away.