

LESSON 4

How Can I Be Kind? Unit Grade 2 • Ages 7-8

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes
(Extra time may be needed depending on familiarity with poetry)

MATERIALS

Paper and pencils

RAK journals

Copies of Cinquain poem activity sheet (Limerick, Haiku, Free Verse, or Diamante poems could also be used)

[Kindness Concept Posters](#) for Compassion and Gratitude

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.2.1a-c, 3, 5; CCSS.ELA-Literacy.W.2.5; CCSS.ELA-Literacy.L.2.1, 2 Colorado: Reading, Writing and Communicating S.1, GLE.1, EO.b-f; S.1, GLE.2, EO.a,b; S.3, GLE.1, EO.d

[Learning standards key](#)

Gratitude Poem

Students will explore different things they feel grateful for and create a poem about something they are grateful for.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

This lesson could be taught near Thanksgiving, but could also be taught at any time of the year as part of a poetry unit.

A cinquain poem does not rhyme. The structure is 5 lines of varying number of words.

- **Line 1:** One vague or general **one-word subject** or topic
- **Line 2:** Two **vivid adjectives** that describe the topic
- **Line 3:** Three interesting **-ing action verbs** that fit the topic
- **Line 4:** Four-word phrase that **captures feeling** about the topic
- **Line 5:** A very specific term that **explains Line 1**

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

KINDNESS	Kindness means being friendly, generous or considerate to ourselves and others through our thoughts, words and actions.
GRATITUDE	Being thankful for and appreciating what you have and those around you.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

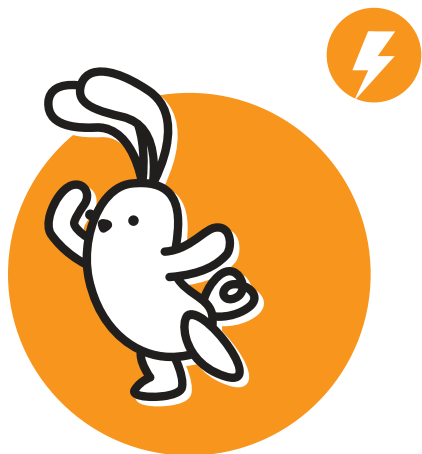
- Having a list of feeling words or adjectives/adverbs as a reference as they create their poem.
- Referencing the classroom kindness book they created as part of this unit for ideas as they write their poem.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



Resources

Instruction for a Cinquain poem: <http://writeshop.com/writing-a-cinquain-poem/>

Scholastic Poetry Idea Engine: http://teacher.scholastic.com/writewit/poetry/poetry_engine.htm

Share (3 mins)

Think back to the A to Z Kindness Book lesson last week. What did you learn by talking to people in your home about kind people they know? Alternatively, ask students to share who is the kindest person they know and why.

Inspire

Gratitude and Poetry (10 mins)

What does it mean to be grateful or thankful? Do you think it is important to be grateful? Why or why not?

Today we are going to be writing gratitude poems. A poem about something you are thankful for. Everyone's might be very different!

As a pre-writing exercise, create a 'Thankfulness List' on the board with columns and headings for People, Experiences, Things, Feelings and ask students to share. Students could also discuss with a partner first and then share with class.

Introduce the style of poem you will be using. For cinquain poems explain the rules are:

- A 5 line poem
- Does not need to rhyme

Line 1: One vague or general one-word subject or topic

Line 2: Two vivid adjectives that describe the topic

Line 3: Three interesting -ing action verbs that fit the topic

Line 4: Four-word phrase that captures feeling about the topic

Line 5: A very specific term that explains Line 1

Example:

Sunlight
Bright, Lovely
Warming, Healing, Awakening
Makes me happy inside
Amazing

Empower

Writing Poetry (10 mins)

Hand out activity sheets or have students write their poems in their journals or on special paper.

After they are finished, have students volunteer to read their poem to the class.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What are some things we can feel **grateful** or thankful for?
- What is a cinquain poem?

Reflection Questions

- Did something from one of the poems stand out to you?
- Did you learn something new about **gratitude** from listening to these poems?

Summary

*Today we looked at a lot of things we have to be thankful for and heard from our friends about what they are **grateful** for. Writing poems is a great way to share our feelings with others and inspire others to look into their own hearts. Noticing what are thankful for is a kindness to ourselves! Hopefully we all felt something while listening to our friend's poems.*



Act (2 mins)

Kindness Minute

*The Earth provides us with all the oxygen and sunshine we need to survive. Let's show our **gratitude** for giving us a wonderful place to live by looking outside and sharing some ideas about what we are thankful for from our environment. For example: The air we breath, pretty trees to look at and make oxygen, the birds, the little bits of grass that grow through the pavement, etc.*

Kindness in Action

Read your poem to someone outside of class.



Gratitude Poem

Background

A Cinquain poem is a 5 line poem that does not need to rhyme. It does, however, follow a very specific format:

- Line 1: One vague or general one-word subject or topic
- Line 2: Two vivid adjectives that describe the topic
- Line 3: Three interesting -ing action verbs that fit the topic
- Line 4: Four-word phrase that captures feeling about the topic
- Line 5: A very specific term that explains Line 1

Write Your Gratitude Poem Below

NAME

DATE

