



EMBRACING OUR DIFFERENCES

Help Others Bloom (35-45 min.)

Created by Jessica DiLorenzo

Standards / SEL Connections / EOD Core Value:

Standards: ELA.K-5.3.V.1.1, ELA.K-5.V.1.3 **SEL Component:** Building Relationships **EOD Value:** Inclusion

Essential Question:

How can we make others feel included and happy?

Learning Intentions:

We are learning how we can make people feel included and happy. We will...

1. Look, think, and talk about a work of art.
2. Recognize and list words that bring people down and create negativity.
3. Recognize and make a list of words that inspire growth and positivity.
4. Develop an understanding of the words *inspire*, *empathy*, and *inclusion*.
5. Move through a movement exercise to show negative and positive emotions.

Resources / Materials Needed:

- *Feelings Expressed Through Movement* video <https://youtu.be/pGnYqgHyPtg>
- *Help Others Bloom* music (Attached in PowerPoint)
- Blank paper and a writing utensil

Before Instruction:

- Look over Powerpoint and Lesson Plan
- Have *Feelings Expressed Through Movement* video open in another tab
- Make sure *Help Others Bloom* music plays from your PowerPoint

Direct Instruction:

Slide 2 (3 min.): Read the quote and the rest of the text

- Ask students if they can think of a time when their actions changed the way others thought and felt.



Slide 3 (2 min.): Read the words and definitions

Slide 4 (4 min.): Introduce the work of art and allow students time to carefully observe

- Allow time for students to share answers to the questions or simply think to themselves.

Slide 5 (2 min.): Think: How are the words and flowers connected?

- Allow time for students to think to themselves.

Slide 6 (2 min.): Discuss: What does the image make you think?

- Allow time for students to share with a partner.

Slide 7 (2 min.): Inspire

- Read the words on the slide to help students develop an understanding of the word.

Slide 8 (6 min.): Movement Warm-up

- Play the video and invite students to engage in the movement warm-up.
- <https://youtu.be/pGnYqgHyPtg>

Slide 9 (2 min.): Building Empathy

- Invite students to copy the poses of the girls on the slide.

Slide 10 (3 min.): Make a List

- Ask students to make a list of words that could describe how each girl is feeling.

Slide 11 (4 min.): Help Others Bloom Movement Exercise

- Ask students to find personal space so they can move freely without bumping into each other or furniture.
- Play the *Help Others Bloom* music, and invite students to move in ways that connect to the words.

Slide 12 (5 min.): How can you help others bloom?

- Have students make a list of ways they can help others “bloom” and feel included.
- Invite them to share.

Extensions:

Have students share stories of how they have helped others bloom in the past.



CASEL SEL Framework Components: [click here](#) for a full overview.



©2020 CASEL. ALL RIGHTS RESERVED.