

Lesson 3

Having People Who Care

Overview

Students identify people in the lives of kindergarteners who care about them and want them to be healthy. They talk about why it is important to have family, friends and people at school who care about them, and draw a picture to illustrate some of these people in their lives. They practice how to ask a person who cares for help with strong feelings, and take home a family sheet to help them talk with parents or other adult family members about people who care.

Time: 50 minutes

Lesson Objectives

Students will be able to:

1. Identify people in their lives who care about them.
2. Explain the importance of talking with parents and other trusted adults about feelings.
3. Demonstrate how to ask a trusted adult for help with strong feelings.

Materials & Preparation

- Review **Image 3**, **Image 2A** and the **Sample Scenarios for Strong Feelings** teacher page.
- Have crayons or markers available for students.
- Prepare **I Have People Who Care** activity sheet (Master 3A) and **Got a Minute? Talking About People Who Care** family sheet (Master 3B) for each student.
- Complete an **I Have People Who Care** activity sheet of your own to use when you model how to access help.

Healthy Behavior Outcomes

MEH-6: Get help for troublesome thoughts, feelings, or actions for oneself and others.

MEH-8: Establish and maintain healthy relationships.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator 1.2.1: Identify that healthy behaviors affect personal health.

Standard 2: Analyzing Influences

Performance Indicator 2.2.1: Identify how the family influences personal health practices and behaviors.

Standard 3: Accessing Resources

Performance Indicator 3.2.1: Identify trusted adults and professionals who can help promote health.

Standard 4: Communication

Performance Indicator 4.2.1: Demonstrate healthy ways to express needs, wants and feelings.

Standard 8: Advocacy

Performance Indicator 8.2.1: Make requests to promote personal health.

Teaching Steps

Show Image 3

Look at this picture. What do you see?

Summarize

This picture shows a kindergartner.

Point to center character. Then point to the surrounding people.

But she is not alone. Take a closer look. Think about who these people might be.

Tell a partner who you think they might be.



Image 3

Ask & Discuss

Who are the other people in the picture?

Summarize

There are older people who might be grandparents or older neighbors.

There's someone who might be a teacher or a principal.

Some of these people could be parents, aunts or uncles, brothers, sisters or friends.

These are all people who care.

Explain

Today we're going to be learning about the ways having people who care can help you stay healthy.

Survey

How many of you have people like these in your life?

Ask & Discuss

Why is it important to have people who care?

Summarize

Family members care about you and help you make choices that will keep you healthy.



Friends care about you and remind you to act in healthy ways.

Teachers and people at school care about you and teach you how to be healthy.

They all help you be safe and healthy.

Show Image 2A

Remember some of the feelings we talked about? How do you think these children are feeling?



Image 2A

Summarize

Happy, sad, afraid and angry are different feelings you might have. Sometimes these feelings can be very strong.

Ask & Discuss

How can the people who care about you help when you are feeling sad, afraid or angry?

Summarize

They can listen to you. They can understand. They can help you find healthy ways to show your feelings.

Ask & Discuss

Why is it important to talk to people who care when you have feelings like these?

Summarize

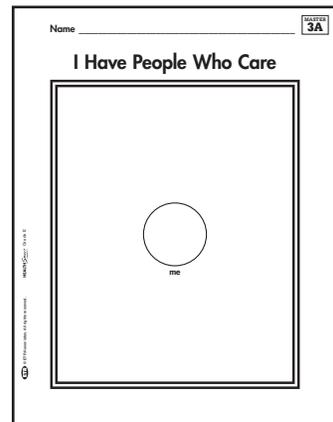
The people who care about you want you to be healthy. They can help you find safe and healthy ways to show your feelings.

Create & Share

Distribute the I Have People Who Care activity sheet.

You're going to make your very own picture of the people in your life who care about you. Start by drawing yourself in the middle. Then, all around you, draw the people who care about you.

Help students complete their drawings.



Master 3A

Take turns introducing us to the people in your life who care about you. Tell us why you would talk to these people about your feelings.

Allow students to share their drawings and name the people they drew. Ask them to point to a person they would talk to if they felt sad, mad or afraid and tell why.

These pictures remind you that there are many people who care about you and want you to be healthy.

Explain

One of the most important times people who care can help is when you are having strong feelings. But you have to know how to ask someone who cares about you for help.

Today we're going to practice asking for help with strong feelings.

To ask for help with feelings you must do 3 things:

1. Choose a person.
2. Ask for help.
3. Name the feeling and tell why.

Model

I am going to show you how to do this.

I am going to pretend that someone said something that hurt my feelings and made me feel very sad. I am going to show you how I would ask for help from an adult who cares about me and can help me.

Model the following steps:

- Choose a person from the **I Have People Who Care** activity sheet you completed before class.
- *State:* "(Person's name), I need help."
- *State:* "I feel really sad because someone said something that hurt my feelings."

Practice

Now I am going to help each of you practice asking for help with strong feelings when you need it.

I am going to tell you about something that has happened and then you are going to:

1. Choose a person who cares from your drawing.
2. Ask for help.
3. Name the feeling and tell why.

*Guide individual students through the steps of asking for help with strong feelings, choosing different **Sample Scenarios for Strong Feelings**. Add other scenarios as appropriate. Continue until every student has had an opportunity to demonstrate the skill of asking for help with strong feelings.*

Send Home

*Distribute a **Got a Minute? Talking About People Who Care** family sheet to each student. Have students fold the sheet in thirds and write their names on the front.*

Explain that they will take this sheet home to share with their families, and that it will help them talk with their parents or guardians about people who care about them and can help them show their feelings in healthy ways.



Master 3B

Debrief

Over the next few days, take a few minutes to follow up on students' experiences.

Assessment Evidence

Students:

1. Identified people in their lives who care about them by:
 - Completing the **I Have People Who Care** activity sheet.
 - Naming people in their lives who care about them.
2. Explained the importance of talking with parents and other trusted adults about feelings by:
 - Sharing whom they would talk to if they experience strong feelings and why they would do this.
3. Demonstrated how to ask a trusted adult for help with strong feelings.
 - Responding to a practice scenario by identifying a person to ask for help, asking that person for help and describing how they are feeling and why.

Teacher Page

Sample Scenarios for Strong Feelings

Feeling Sad

- You have been left out of a game.
- Someone you care about is sick.
- Your best friend moved away.
- You lost your favorite book or toy.

Feeling Afraid

- You read a story or saw a movie that scared you.
- You were walking home from school and some older kids chased you.
- You saw a person you didn't know outside your house.
- You got separated from your mom in the store.

Feeling Angry

- Someone called you names and made fun of you.
- You ruined your new backpack.
- You lost at your favorite game.
- You want to do something but your parent said no.