



Write a note of friendship for the Great Toy Giveaway.

Art by Carolyn, age 8, Iowa, USA



Get Inspired

Quote

"The smallest act of kindness is worth more than the grandest intention"
Oscar Wilde

Fact

Giving can improve your physical and mental health.



Shake It Up

Have a dance party for two minutes and shout,
"I am a good friend!"



Talk It Out

1. Why should we give back to others?
2. How does giving back to others make you feel?
3. What can you do to give back to others in your community?



Do It!

1. Write a kind note of friendship and encouragement.
2. Be sure to decorate it creatively!
3. Safely bring the note to your teacher.

Write a note of friendship for the Great Toy Giveaway.

SEL Competencies

Responsible Decision-Making

Reflecting
Ethical Responsibility

Social Awareness

Empathy
Respect for Others
Appreciating Diversity

Self-Awareness

Identifying Emotions

Self-Management

Impulse Control

Relationship Skills

Communication

Timeframe

15 - 30 min

Materials Required

Paper
Colored pencils
Crayons Markers
or Google Slides



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Quote

Invite a student to read the quote.

Fact

Giving can improve your physical and mental health.

[Source](#): Cleveland Clinic



Shake It Up

Get your students moving. Invite them to do the following activity:

Have the students do a dance party for two minutes and shout

"I am a good friend!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Why should we give back to others?
2. How does giving back to others make you feel?
3. What can you do to give back to others in your community?



Do It!

Individually, students will write a kind note of friendship and encouragement. Instruct them to decorate it and then bring it to you in a safe manner.