



Draw a picture and give it to someone.

Art by Dylan, age 7, California, USA



Get Inspired

Quote

"Happiness doesn't result from what we get, but from what we give."

Ben Carson

Fact

Studies show that giving to others makes you happier.



Shake It Up

Stand up. Clap your hands above your head and march in place with your knees up high for one minute.

"I am kind!"



Talk It Out

1. Think of a classmate, friend or family member you would like to draw a picture for. Why did you pick that person?
2. How do you think she/he will feel when you give her/him your picture?
3. How do you think it will make you feel?



Do It!

1. Draw a picture for a classmate, friend or family member.
2. Deliver it to them in person or by email.
3. Tell them why you picked them.
4. Share how it made you feel with your class.

Draw a picture and give it to someone.

SEL Competencies

Social Awareness

Respect for Others

Self-Awareness

Identifying Emotions

Relationship Skills

Communication

Social Engagement

Relationship Building

Timeframe

15 - 30 min

Materials Required

Paper, pencil, crayons, markers or colored pencils



Get Inspired

Quote

Invite a student to read the quote.

Fact

Studies show that giving to others makes you happier.

[Source:](#) Reader's Digest Good Health



Shake It Up

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

Stand up. Clap your hands above your head and march in place with your knees up high for one minute. When finished, have your students say, "I am kind!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Think of a classmate, friend or family member you would like to draw a picture for. Why did you pick that person?
2. How do you think she/he will feel when you give her/him your picture?
3. How do you think it will make you feel?



Do It! (individually)

Invite your students to do the following:

1. Draw a picture for a classmate, friend or family member.
2. Deliver it to them in person or take a photo of your drawing and email or text it to them.
3. Tell them why you picked them.
4. Have students share how it made them feel.