



Leave a flower on someone's doorstep.

Art by Ananya, age 13, Colorado, USA



Get Inspired

Quote

"Sometimes when we are generous in small ways, we can change someone's life forever."

Margaret Cho

Fact

Giving can give you a self-esteem boost.



Shake It Up

Crouch down and pretend to "plant seeds" into the earth. Now, pretend you are a sunflower and slowly "grow" up towards the sun. Pretend the wind is blowing and with your arms outstretched, sway back and forth in the wind.

"I am loved."



Talk It Out

1. Think of someone you would like to give a flower to. Why did you pick that person?
2. How do you think she/he will feel when you give her/him a flower?
3. How do you think it will make you feel?



Do It!

1. Make, draw or pick a flower.
2. Surprise someone and deliver the flower to their doorstep.

Leave a flower on someone's doorstep.

SEL Competencies

Social Awareness

Respect for Others

Relationship Skills

Communication
Social Engagement
Relationship Building

Timeframe

15 - 30 min

Materials Required

Live Flower

OR

Found objects around the house such as cardboard, pipe cleaners, tissue paper, popsicle sticks, recycled cereal boxes, paper plates, etc.

Optional Materials
Scissors, tape, glue and markers



Get Inspired

Quote

Invite a student to read the quote.

Fact

Giving can give you a self-esteem boost.

[Source](#): HuffPost Good News



Shake It Up

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

Crouch down and pretend to “plant seeds” into the earth. Now, pretend you are a sunflower and slowly “grow” up towards the sun. Pretend the wind is blowing and with your arms outstretched, sway back and forth in the wind. When finished, have your students say, “I am loved.”



Talk It Out

Encourage your students to reflect on the provided questions.

1. Think of someone you would like to give a flower to. Why did you pick that person?
2. How do you think she/he will feel when you give her/him a flower?
3. How do you think it will make you feel?



Do it! (as a class + individually)

Invite your students to do the following:

1. Make, draw or pick a flower. If your students don't have any wildflowers near them to easily and safely pick, encourage them to get creative and make or draw a flower using items they have around the house. Suggested items: cardboard, pipe cleaners, tissue paper, popsicle sticks, recycled cereal boxes, paper plates, etc. [Handmade Flower Ideas](#)
2. After class is over, have your students surprise someone and deliver the flower to their doorstep.