

Take a

Be Kind Break™



K-2nd
Grade

be respectful



Social Studies
& Civics

The **Be Kind Pledge** lists 10 skillsets of kindness.
This month we are focusing on **Be Respectful**.



kind

I pledge to

- Be Encouraging
- Be Supportive
- Be Positive
- Be Helpful
- Be Honest
- Be Considerate
- Be Thankful
- Be Responsible
- Be Respectful
- Be a Friend

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What does RESPECTFUL mean?

The dictionary says showing respect is the act of giving attention, thought, gratitude or admiration to someone.

When you are respectful you recognize and appreciate others for who they are.

It is being aware of how you treat yourself and others, and doing so with kindness.

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An Overview of Public Transportation

What is public transportation? Public transportation includes buses, trains, and subways that charge a set price to ride (a fare) and are available to everyone.

Alix is no stranger to public transportation. She takes the bus and light rail often to get to dance rehearsal! While she is riding the bus, she feels good about respecting the earth and is happy to meet new people along the way.

Did you know there are many types of speedy trains around the world like the Bullet Train “Shinkansen” in Japan? This train can go as fast as 603 kilometers per hour (375 miles per hour)! That is much faster than a car!

One of the most important inventions in the United States was the first train that ran along the Transcontinental Railroad in 1869. This railroad was important for the workers in the United States because it gave people a way to get from the East Coast to the West Coast on one route. Imagine traveling all the way from New York to California in a wagon pulled by horses. That’s what many people did before the railroad!

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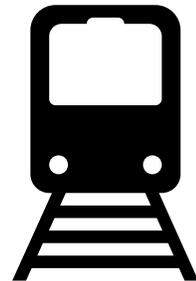


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Be Respectful on Public Transportation

Alix often thinks about how to be respectful of others on public transportation. She has some tips for you that she has learned along the way!

1. Stay seated until you arrive at your location.
2. Stay with the people you are traveling with.
3. Don't be too loud. It is important to show respect to everyone traveling with you.
4. Say "hello" and "thank you" to the driver or conductor when possible.
5. Keep your items (backpack, bags, etc.) as close to you as possible so you can respect another passenger's space.



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Discussion Questions

1. How many types of public transportation can you name?
2. What kinds of transportation do you use? (Be creative! Anything with wheels counts!)
3. What do you remember about the history of the railroad?
4. How can you be respectful on public transportation?
5. Where is the bullet train located?

Get Your Wiggles Out!

Alix challenges you to stand up, respectfully push your chairs in, and make a human train with your class. This is made similarly to a conga line in which students will lightly hold the shoulders of the person in front of them and move around the room. Sound effects and rotation of conductors is encouraged!

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Academic Standards & References

Common Core Standards and College and Career Readiness

D2.Geo.7.K-2. Goods Moving
from Place to Place

D2.Geo.8.K-2. Different
Community Needs

D2.His.2.K-2. Comparing Life
Styles

D2.His.3.K-2. Questions about
Historical Change

D2.His.14.K-2. Reasons for
Historical Development

D4.1.K-2. Constructing an
Argument with Reasons



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