

Take a

Be Kind Break™

be positive

3rd\_5th  
Grade



Language Arts

The **Be Kind Pledge** lists 10 skill sets of kindness.  
This month we are focusing on **Be Positive**.



**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 POSITIVE mean?

The dictionary says positivity is the state of being optimistic.

When you are positive, you are constructive rather than skeptical, tending towards progress or improvement.

Positivity is a choice that you make throughout the day. When you are positive, you affect those around you and make the world a brighter place.



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### Happy New Year!

A new year often brings new resolutions and healthy habits. This month, we will honor health professionals and learn about what it means to **Be Positive**.

Mela is excited to have you complete some fun and interactive activities!

First, brainstorm what it means to be positive. Write about all the different ways you can be positive to others such as being positive to your friends, teachers, parents, siblings, etc.

Then, brainstorm the different types of health professionals. Write out different ideas about who health professionals are, what they do for their job, how they help others, and how you can be positive towards health professionals.



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## Positivity Poem

Using the ideas from your class brainstorming activity, write out a poem with 3-5 stanzas that shows positivity about health care professionals, what they do on a daily basis, how they help others, and how you can show them positivity. Be creative and have fun writing the poem. Feel free to write more stanzas in the poem and include rhyming words.

Now that you have completed the poem, switch your group's poem with another small group in your class and have the other group revise/edit the poem. Be sure to check for spelling, punctuation, rhyming words (if included), positive words, and descriptive words used to describe health professionals.

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## Pay It Forward

Share your poem with the rest of the class while adding and applying all of the revisions and edits from what the other group did. Talk as a class about all the different positive words, phrases and sentences used to describe health professionals in each of the poems.

Mela challenges you to give these poems to a health care professional. This will positively brighten their day!

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## Academic Standards & References

CCSS.ELA.LITERACY.3-5.R.2  
CCSS.ELA.LITERACY.3-5.R.2  
(Informational Text)  
CCSS.ELA.LITERACY.3-5.R.3  
(Foundational Skills)  
CCSS.ELA.LITERACY.3-5.R.4  
(Foundational Skills)  
CCSS.ELA.LITERACY.3-5.W.2  
CCSS.ELA.LITERACY.3-5.W.4  
CCSS.ELA.LITERACY.3-5.W.5  
CCSS.ELA.LITERACY.3-5.SL.1  
CCSS.ELA.LITERACY.3-5.SL.4  
CCSS.ELA.LITERACY.3-5.L.1  
CCSS.ELA.LITERACY.3-5.L.2  
CCSS.ELA.LITERACY.3-5.L.3  
CCSS.ELA.LITERACY.3-5.L.5

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