

Take a

Be Kind Break™ 

6th-8th
Grade

be positive



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 perspectives and healthy habits. This month, we will honor health professionals and learn about what it means to **Be Positive**. In partners, discuss the questions below.

- What does it mean to be positive in your life?
- What are some specific things you can do to show positivity to people that you see each day, including teachers, friends, parents, siblings, people you meet at the grocery store or at the mall, etc.?
- Who are health professionals and what types of jobs do they do on a daily basis?
- How are health professionals positive? Have you ever been to see a doctor, nurse, dentist, etc.? If so, how did they show positivity to you?

Next, Mela has a few activities for you and your classmates to complete.

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Healthy Bingo

Mela loves to play bingo! Try the activity below to make your own bingo game!

1. As a class, brainstorm 24 words that you associate with health care professionals. These words can be adjectives, types of health care, jobs, healthy habits, etc.
2. One classmate will write each word on the board and one classmate will write each word on a notecard.
3. Next, create a blank bingo board on a piece of paper with 5 rows and 5 columns. You will have 25 squares.
4. Then, write "Free" on the middle space and write 1 word from the board on each square. Make sure to randomize the placement of the words.
5. Now it's time to play the game. Have one classmate shuffle the cards and then read the cards one at a time. Each time a word is called, cross off that space. Continue calling words until someone gets 5 squares crossed off in a row.

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Closing Discussion

Health care professionals make a positive impact in our community.

Notice how many positive words are on the game board. Discuss with a partner:

- Do you know any health professionals?
- Why are they so important?
- Would you ever like to be a health professional some day?



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Academic Standards & References

CCSS.ELA.LITERACY.6-8.R.1
CCSS.ELA.LITERACY.6-8.R.4
(Informational Text)
CCSS.ELA.LITERACY.6-8.W.2
CCSS.ELA.LITERACY.6-8.W.4
CCSS.ELA.LITERACY.6-8.W.6
CCSS.ELA.LITERACY.6-8.SL.1
CCSS.ELA.LITERACY.6-8.SL.4
CCSS.ELA.LITERACY.6-8.L.1
CCSS.ELA.LITERACY.6-8.L.2
CCSS.ELA.LITERACY.6-8.L.3



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