

Take a

Be Kind Break™

be positive

K-2nd
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 perspectives and healthy habits. This month, we will honor health professionals and learn about what it means to **Be Positive**. Mela has some questions she wants you to discuss as a class and brainstorm your ideas using a graphic organizer.

Here are some questions:

- What does it mean to be positive?
- What are some examples of health professionals and what do they do? For example, think of someone that works at your school who helps students feel better when they are sick. What does he or she do at your school?
- How can you be positive to health professionals?

Now that you've chatted about positivity and what health professionals do, Mela has a few fun activities for you to do!

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Health Professionals

Mela wants to learn more about health professionals. Here's a class activity to help you learn more about them.

First, your teacher will write the phrase "Adjectives about Health Professionals" at the top of the board. Adjectives are used to describe a noun.

Next, divide the board into 3 columns. One column will say "Doctor". The next column will say "Nurse" and the last column will say "Dentist". As a class, write down a list of positive adjectives that would describe a doctor, a nurse and a dentist. Think of as many adjectives as you can to describe who they are and what they do to help people each day. If needed, you can draw pictures to describe each person and their profession.

Adjectives about Health Professionals

Doctor

- 1.
- 2.
- 3.
- 4.
- 5.

Nurse

- 1.
- 2.
- 3.
- 4.
- 5.

Dentist

- 1.
- 2.
- 3.
- 4.
- 5.

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Speaking and Listening Activity

Lastly, on a nice piece of paper, Mela wants you to write some phrases or sentences using the adjectives that you came up with to describe the health professionals and what they do to help others. You can thank them for being a positive influence.

After you have completed your sentences, Mela wants you to draw pictures describing your positive sentences.

Finally, share your sentences and pictures with your classmates or share them in a small group. Mela challenges you to give these notes to a health care professional. This will positively brighten their day.



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Academic Standards & References

CCSS.ELA.LITERACY.K-2.R.1
CCSS.ELA.LITERACY.K-2.R.1
(Foundational Skills)
CCSS.ELA.LITERACY.K-2.R.4
CCSS.ELA.LITERACY.K-2.W.2
CCSS.ELA.LITERACY.K-2.W.5
CCSS.ELA.LITERACY.K-2.W.7
CCSS.ELA.LITERACY.K-2.SL.1
CCSS.ELA.LITERACY.K-2.SL.2
CCSS.ELA.LITERACY.K-2.SL.4
CCSS.ELA.LITERACY.K-2.SL.5
CCSS.ELA.LITERACY.K-2.L.1f
CCSS.ELA.LITERACY.K-2.L.2
CCSS.ELA.LITERACY.K-2.L.5

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