

Take a

Be Kind Break™ 

6<sup>th</sup> – 8<sup>th</sup>  
Grade

be a friend



STEAM

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



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 BE A FRIEND mean?

A friend can be someone who is your ally, shares common interests, or works with you.

When you are a friend, you support and sympathize with the other person.

Being friendly is being cheerful and welcoming, but this is just one part of being a friend. A true friend goes beyond being nice or pleasant – he or she wants what is best for the other person.



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## We're All in This Together

Every being that lives on this planet is interconnected. Even though it can be easy to forget all that nature and its creatures do for us, they nonetheless play an important role in keeping Earth habitable for human life. Because everything is interconnected, it is important that we be a friend to every living and non-living being that we encounter on this planet.

- What are some biotic factors that humans depend on?
- What are some abiotic factors that humans depend on?





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## The Circle of Life

One way that everything interconnects is through the transfer of matter and energy between producers, consumers, and decomposers.

- ↓ **Producers** are plants that make their own energy from the sun through photosynthesis.
- ↓ **Consumers** cannot make their own energy, so they eat producers and other consumers for sustenance.
- ↓ **Decomposers** will gain their energy through feeding on consumers (once their lifecycle ends) and breaking them down into their nutrient components.
- ↓ Producers, in turn, can then use these nutrients to create more food. The cycle continues.



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### The Circle of Life

Create a diagram that illustrates how producers, consumers, and decomposers all connect. Write or draw specific living organisms.

Producers	Consumers	Decomposers

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## Mutual Friendship

Some organisms engage in what is called a mutualistic relationship, or mutualism. Mutualism occurs when two organisms benefit from their partnership.

One example of a mutualistic relationship is between oxpeckers and zebras. The oxpeckers are small birds that live on the zebra and eat the insects that crawl on the zebra's back, keeping the zebra clean while simultaneously feeding themselves.

Discuss in small groups:

- What is another example of a mutually beneficial relationship between two organisms?
- What is an example of a time you and a friend engaged in an interaction that mutually benefitted both of you?





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## Academic Standards & References

MS-LS2-2 Ecosystems: Interactions, Energy, and Dynamics: Construct an explanation that predicts patterns of interactions among organisms across multiple ecosystems

MS-LS2-3 Ecosystems: Interactions, Energy, and Dynamics: Develop a model to describe the cycling of matter and flow of energy among living and nonliving parts of an ecosystem.



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