

Take a

Be Kind Break™

be a friend

K - 2nd
Grade



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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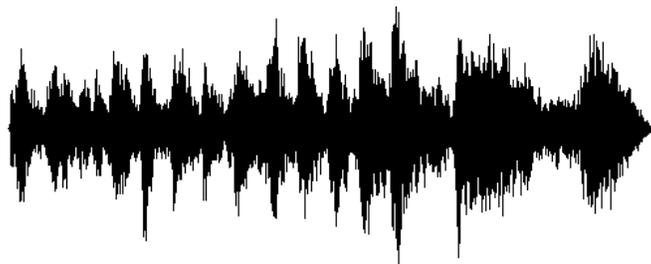
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Sound Waves

The words that you say to your friends, family, and even complete strangers make sound waves that can have a large impact on their day.

By spreading love and encouraging words to your friends, your sound waves transfer positive energy from you to them.

- What are some ways that you can make your sound waves more positive?





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Be a Friend to Everybody

Spreading positive words and energy is a great way to be a friend to everyone—even plants and animals!

Studies suggest that plants may grow faster and healthier when their owners say kind words to them, and we show animals our love through kind gestures like petting them.

Discuss as a class:

- How can we show love to plants and animals to help them survive and thrive?
- How can we show love to plants differently than we show love to animals? Why is it different?



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Be a Friend to Everybody

Another reason why we should be a friend to plants, animals, and the planet is because they are friends to us as well!

Many of us have pets that show us love every day, but other types of plants and animals are also our friends.

Discuss with a partner:

- How are plants friends to humans?
- How are animals friends to humans?





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Academic Standards & References

K-LS1-1 From Molecules to Organisms: Structures and Processes: Use observations to describe patterns of what plants and animals (including humans) need to survive.

K-ESS3-3 Earth and Human Activity: Communicate solutions that will reduce the impact of humans on the land, water, air, and/or other living things in the local environment.


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