

Take a

Be Kind Break™ 

6th – 8th
Grade

be encouraging



Language Arts

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




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 ENCOURAGING mean?

The dictionary says to encourage means to give support, confidence, or hope to someone or something.

When you are encouraging, you are cheering someone on. Maybe they are struggling and need some additional help or support. Or maybe they are doing a great job and you want to cheer them on!

When you are encouraging, you are comforting and reassuring.

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Moose knows how important it is to be encouraging. In small groups discuss the importance of being encouraging. Here are some questions to think about during the discussion:

- What does encouragement look like in your life and why do you think it is important to encourage others?
- How have you been personally impacted by someone encouraging you?
- How do you think sports professionals encourage each other on their team?
- Think about a way (writing a card, saying an encouraging word, etc.) that you can personally encourage a friend, family member or teacher this month.

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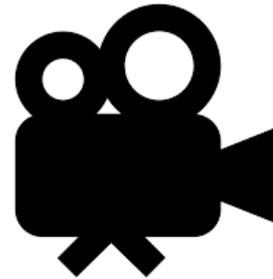
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Have you ever seen a movie that was extremely encouraging? Moose loves the movie *The Mighty Ducks* because it reminds him to try his best.

Pretend that you're making a movie about a sports player. Pick someone to be the movie director and brainstorm and come up with ideas in order to write out a movie script about a sports player.

In your script, choose a sport and talk about what it would be like to play the sport that you pick. What does the player love about the sport, and how the player encourages others and positively impact others in the community? Also, be sure to include the setting, characters (each group member can have a part), a problem, and a solution in the script.

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Speaking and Listening Activity

Lastly, Moose wants you to act out/present your movie script to your classmates. Make sure each person in the group has at least 2 speaking parts in the movie.

After each group has presented their script, discuss as a class how each group included encouragement in his/her community.

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Academic Standards & References

CCSS.ELA.LITERACY.6-8.R.2

CCSS.ELA.LITERACY.6-8.R.3

CCSS.ELA.LITERACY.6-8.R.4
(Informational Text)

CCSS.ELA.LITERACY.6-8.W.3

CCSS.ELA.LITERACY.6-8.W.4

CCSS.ELA.LITERACY.6-8.SL.1

CCSS.ELA.LITERACY.6-8.SL.3

CCSS.ELA.LITERACY.6-8.SL.4

CCSS.ELA.LITERACY.6-8.L.2

CCSS.ELA.LITERACY.6-8.L.3

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