

Take a

Be Kind Break™ 

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

be encouraging



STEAM

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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## Strength and Motion

This March, Moose encourages you to move for at least 60 minutes every day! When you move and exercise, you become stronger and more able to move other objects. This is because an object's motion is determined by both the sum of the forces on the object and the mass of the object.

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## Strength and Motion

As a class, conduct the following experiment and answer the question:

1. Choose two kind students and have them stand next to an empty desk with some space around it.
2. First, have them push the desk from the same side.
3. Then have them stand on opposite sides of the desk and push at the same time.

*Discussion Question: Did the desk move more smoothly the first time or the second time? Why?*

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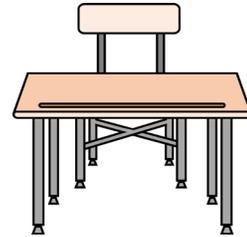


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## Sharing Energy

When you move or exert energy onto another object, you transfer your energy. For example, if you push a desk and it propels forward, its movement occurs due to the energy you transferred during your push.

As a class, answer the following questions:

1. What are other ways that you can transfer your energy to someone or something else?
2. What are some healthy ways to replenish your own energy?

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## Academic Standards & References

MS-PS2-2. Plan an investigation to provide evidence that the change in an object's motion depends on the sum of the forces on the object and the mass of the object

MS-PS3-5. Construct, use, and present arguments to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object

  
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