

Take a

Be Kind Break™

be encouraging

K-2nd
Grade



STEAM

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





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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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Move and Groove

This month, Moose encourages you to move! You can move by doing lots of fun activities, such as running, dancing, hiking, and riding your bike. Move with your friends and family by playing team sports, walking your family pet together, or playing tag!





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Marker in Motion

We have amazing control over our bodies, but once some objects start to move, it can be hard for them to stop!

With a partner, find a piece of paper and a marker. Then, conduct the following experiment:

1. Partners will sit on either side of a table or desk facing each other.
2. One partner will take the marker while the other will put their arm horizontally flat on their desk.
3. The partner with the marker will roll the marker toward their partner's arm to stop the marker in motion.
4. Next, conduct the same experiment, but instead of using your arm to stop the marker, use the paper by holding it up from the top.



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Marker in Motion

After you have completed the activity, discuss the following questions as a class:

1. Which force(s)—the arm and/or the paper—stopped the crayon or marker in motion?
2. Which force was stronger?
3. What activities can you do to move and make your muscles grow even stronger?





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Academic Standards & References

K-2: K-PS2-1. Plan and conduct an investigation to compare the effects of different strengths or different directions of pushes and pulls on the motion of an object

2-PS1-2. Analyze data obtained from testing different materials to determine which materials have the properties that are best suited for an intended purpose

