

Take a

Be Kind Break™ 

3-5<sup>th</sup>  
Grade

be encouraging



Social Studies  
& Civics

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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## Citizen Power

One of the core values of the United States is democracy. Democracy can be defined as government for and by the people. Even though there are elected officials in the House of Representatives and Senate that play a large role in passing laws, citizens still get to vote for who these elected officials will be, as well as for policy propositions that affect state and city law.



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### Citizen Power

As a class, complete the following activity:

1. Have your teacher draw a T-chart on the board.
2. Write “purple” on the left side and “green” on the right side.
3. Then, have all students close their eyes and take a vote on which color they prefer.
4. After tallying these results, choose one side of the room.
5. Lastly, take a new vote, only allowing the chosen side to participate.

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## Citizen Power

While the ultimate winner between the two colors may have remained the same during the first and second rounds, in many cases, it may not have been.

Moreover, the distribution of votes was most likely different, because when only some of the population votes, the result does not always show the opinions of the entire group.

As a class, discuss the following questions:

1. Why is the right to vote important?
2. Why is it important to vote?
3. Why is it important that everyone feels encouraged to vote?

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## Academic Standards & References

D2.Civ.2.3-5. Explain how a democracy relies on people's responsible participation, and draw implications for how individuals should participate.

D2.Civ.4.3-5. Explain how groups of people make rules to create responsibilities and protect freedoms.



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