



Be Encouraging • Be Supportive • Be Positive • Be Helpful • Be Honest
Be Considerate • Be Thankful • Be Responsible • Be Respectful • Be a Friend

The Water Cycle!

Teacher Toolkit

What does it mean to **be encouraging**? **Be encouraging** means cheering on people around us! Let's talk about how we can **be a friend**. One way to **be a friend** is by reminding our friends to drink more water! Water is good for our bodies, minds, and spirits! Did you know you're drinking the same water that people drank thousands of years ago? How is this possible? By recycling water! Isn't that amazing?

Let's **be encouraging** and remind our friends to drink water every day!

Core Activity

Activity Time: 10 minutes

Activity Supplies:

- Student Set pages

Directions:

1. As a class, watch [this video](#) about the Water Cycle.
2. Pass out student work pages. Read through the introduction text and questions with students.



Core Activity Discussion Questions

1. What are some fun ways we can drink more water together?
2. How do you feel when a friend reminds you to do something healthy, like drink water?
3. Why do you think it's important to recycle water?
4. How can we **be encouraging** to our friends about drinking water?
5. How can we show kindness and **be a friend** every day?



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The Water Cycle!

Teacher Toolkit

Mix It Up!

Try these activity variations for some creative lesson alternatives or for students who may benefit from additional accommodations:

1. For students with writing or fine motor difficulties, consider using the Student Set with spelling boxes, words to trace, and a picture ready to color.
2. Get moving! Shake up the activity by having students stand up and act out the steps of the Water Cycle.
 - Evaporation: Raise your hands toward the sky and wiggle your fingers
 - Condensation: Scrunch down toward the floor and get as small as you can
 - Precipitation: Start with your hands in the sky and bring them down for snow/rain

Go Deeper!

Be a Water Detective: Go on a "water detective" hunt around the school or playground to find all the places where water is used, like drinking fountains, sinks, and plants. Talk about why water is important in each place.

Go Deeper Discussion Questions

1. Why is water important in each place you found during the water detective hunt?
2. What would happen if we didn't have water in these places?
3. How can we use water more responsibly in these places?

Lesson Standards

[NextGen Science Standards:](#) K-ESS2-1. Weather patterns

[ASCA School Counselor Standards:](#) B-PF 1. Apply developmental, learning, counseling and education theories

[CDC standards:](#) Builds personal confidence, social confidence, and self-efficacy by addressing skills



Science



Student Set



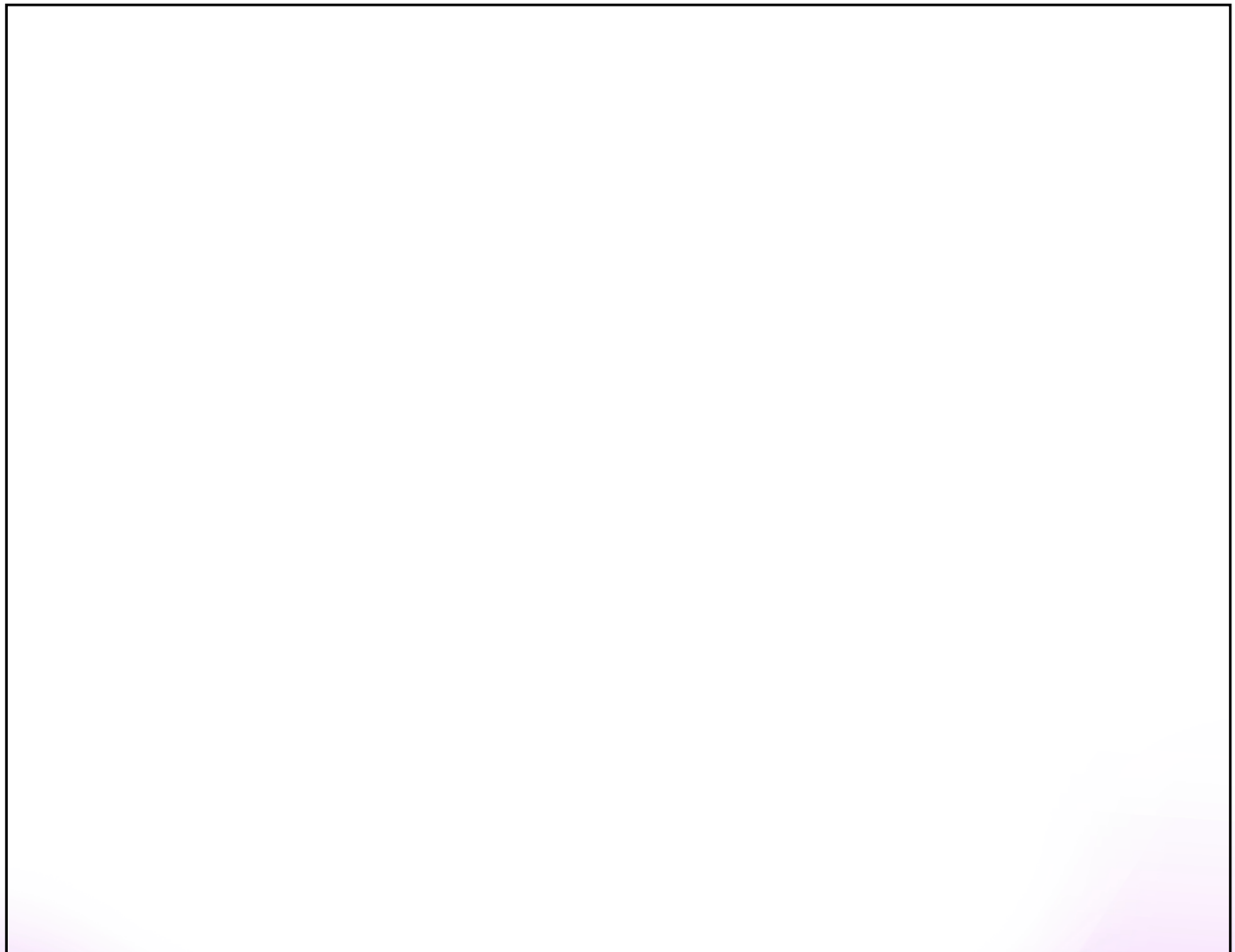
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The Water Cycle!

Rivers give us drinking water! Write the word "river" in English and Spanish. Then, draw a picture!

river

río





Science



Student Set



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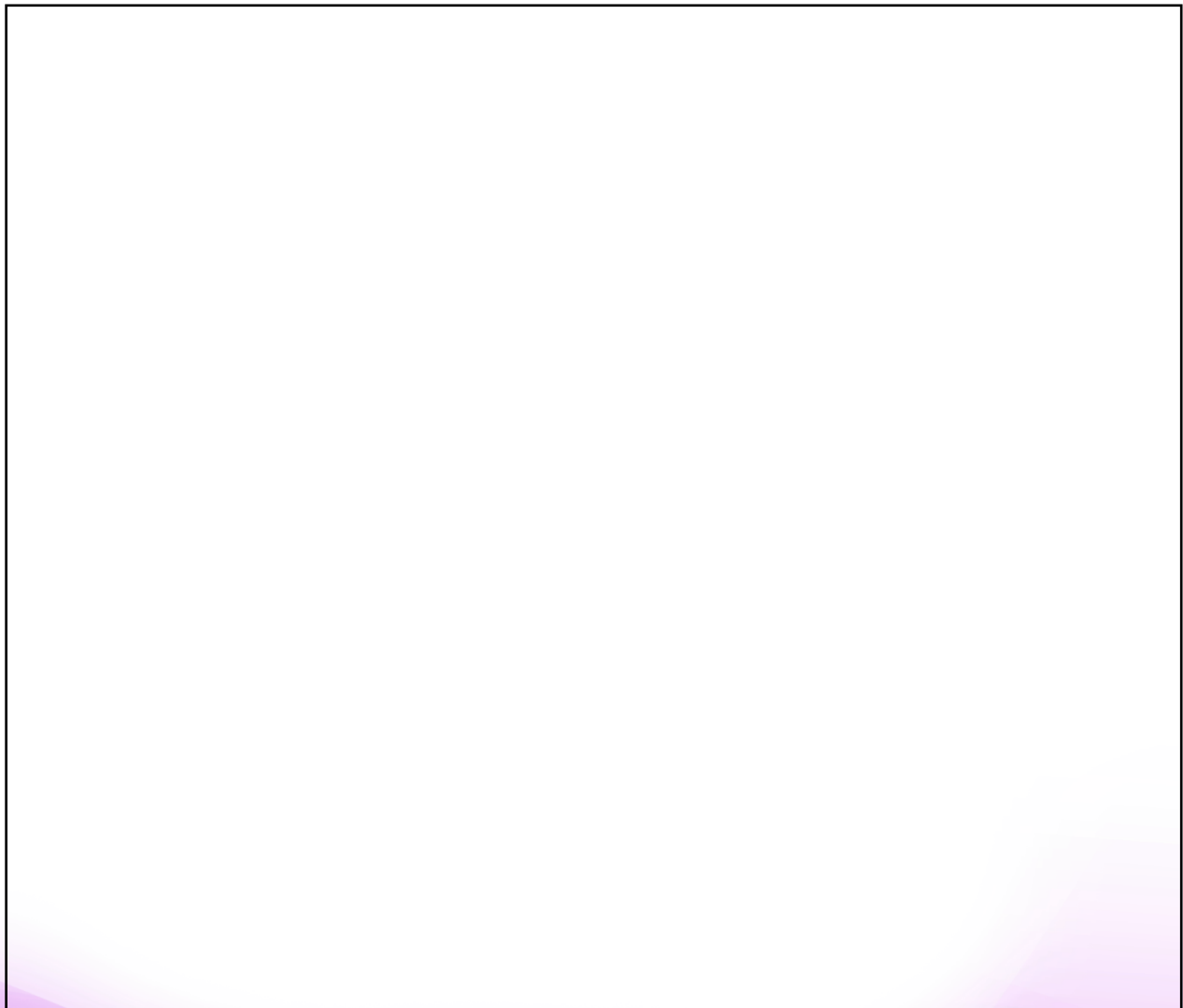
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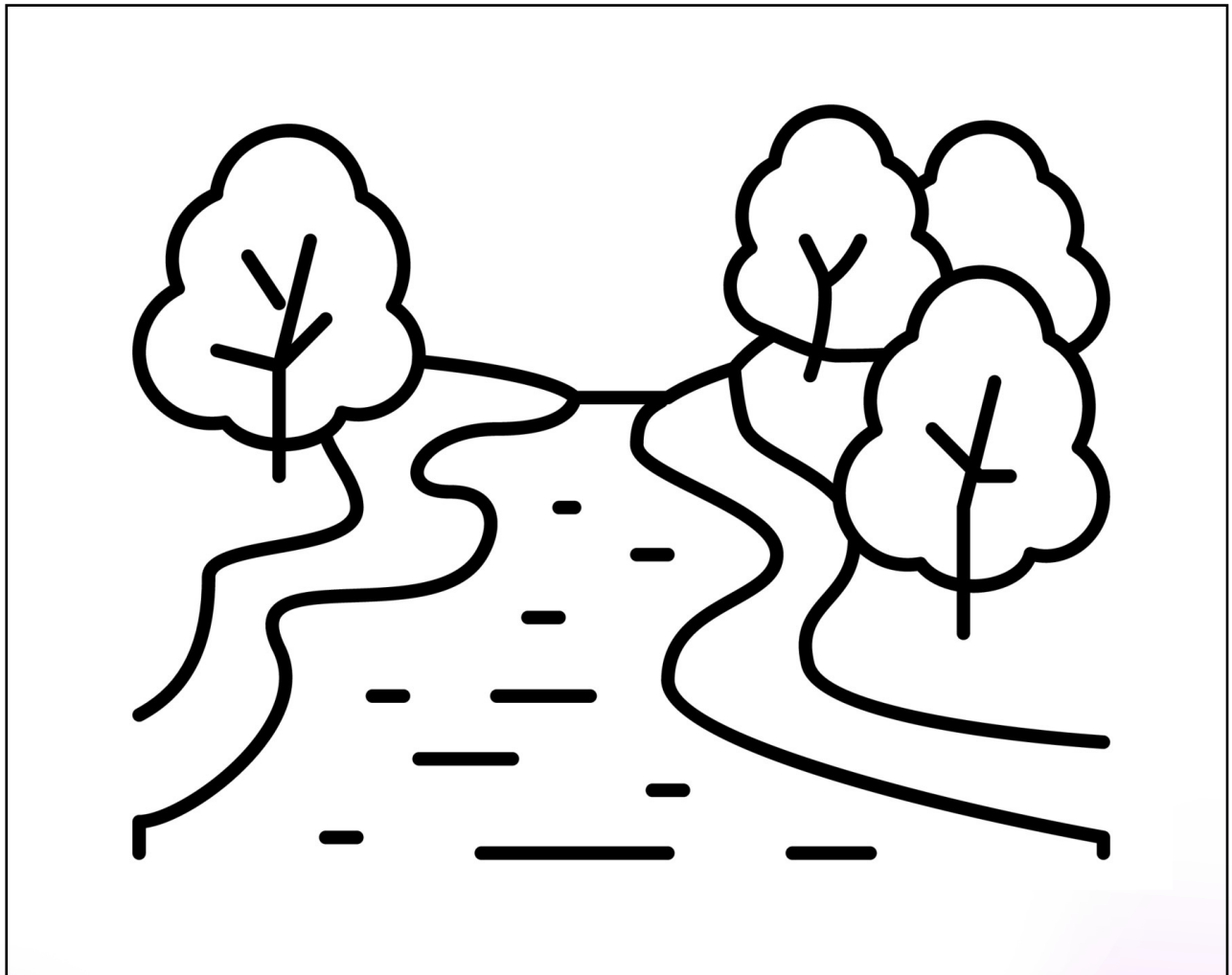
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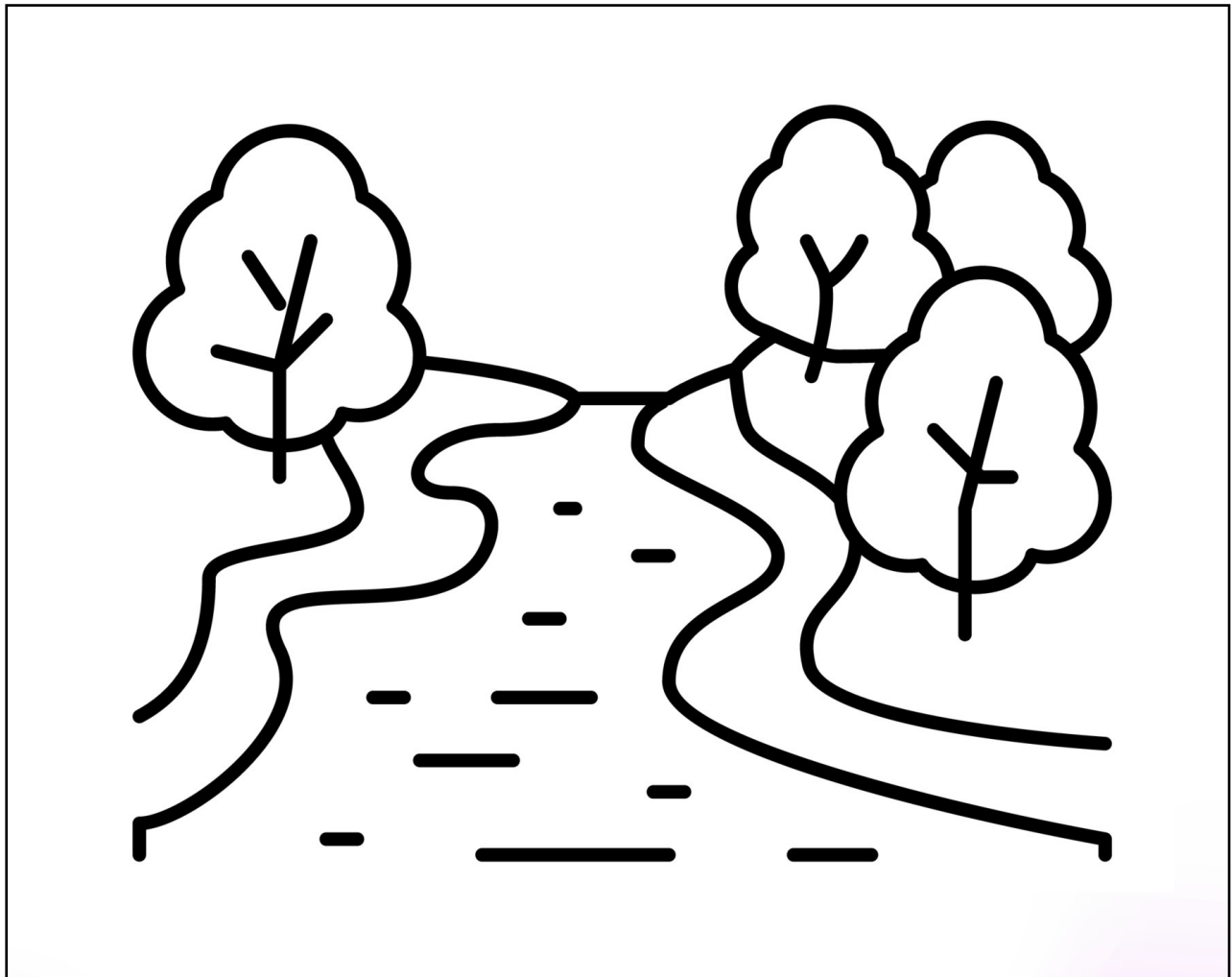
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river



río





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Super Encouragers!

Teacher Toolkit

Today, we're going to have so much fun together! We're going to do a special activity where we'll work as a team and cheer each other on. We'll learn how to **be a friend** and help each other out. We'll do exercises like jumping jacks and walking like animals, and we'll drink water to stay healthy and strong. Remember, being a good friend means **being encouraging** of each other and smiling together! Let's all be great teammates and have a blast! Are you ready?

Core Activity

Activity time: 20 minutes

Activity Supplies:

- Open space (classroom, gym, or outdoor area)
- Water bottles for hydration breaks
- Music player (optional for added fun)
- Cones or markers for stations

Directions:

1. Gather the students and explain that today they will work together as a team to complete a fun fitness challenge. Emphasize the importance of teamwork and helping each other. Students should shout out encouragement to their friends while doing this activity.
2. Set up different fitness stations around the area using cones or markers. Assign students to small groups (3-4 students per group) to rotate through the stations together.
3. After completing each station, gather the students briefly to discuss how they supported each other and worked as a team. Ask them to share examples of encouragement.
4. Guide students through the Student Set worksheet.

Station Examples:

Station 1: Star Jumps - Complete 10 star jumps together as a team.

Station 2: Bear Crawl - Crawl like a bear for 20 steps.

Station 3: Partner Plank - Partner up and hold a plank together for 30 seconds.

Station 4: Water Break - Hydrate together and encourage each other.



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Super Encouragers!

Teacher Toolkit

Discussion Questions

- How did working together help you complete the challenge?
- What was the most difficult exercise?
- Why is it important to move every day?
- Why is it important to **be encouraging** to each other during physical activities?
- What did you learn about **being a friend** through teamwork and cooperation?

Mix It Up!

Adjust the intensity and complexity of stations based on students' abilities.

Station Idea: Arm movements (e.g., arm circles, reaching exercises)

Station Idea: Seated exercises (e.g., seated leg lifts, seated marches)

Station Idea: Balance activities with support (e.g., using a stable surface or chair for balance)

Station Idea: Follow-the-leader movements (e.g., mimic animal movements guided by a peer or teacher)

Station Idea: Sensory-based activities (e.g., sensory pathways with tactile elements)

Station Idea: Cooperative games (e.g., passing a ball or beanbag between teammates)

Station Idea: Obstacle Course - Create a simple obstacle course using cones, tunnels, and hurdles. Teams navigate through the course together, encouraging each other to complete challenges.

Station Idea: Yoga Poses - Set up yoga mats and guide students through child-friendly yoga poses like downward dog, tree pose, and warrior pose.

Station Idea: Dance Party - Play upbeat music and have students dance together in a designated area, focusing on rhythm and coordination.

Station Idea: Circuit Training - Create a circuit with a variety of exercises (e.g., jumping rope, squats, lunges) that students perform in sequence, with each team member completing a set before rotating to the next exercise.

Station Idea: Hula Hoop Challenge - Provide hula hoops and challenge teams to keep them spinning while moving through different activities like hopping or skipping.



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Super Encouragers!

Teacher Toolkit

Supplemental Activity: Dance and Move

1. Play a variety of kid-friendly dance songs. Check out the Be Kind Beats Resources! Encourage students to dance and move around the space freely.
2. Throughout the activity, periodically pause the music and ask students to freeze in place. Use this opportunity to ask questions related to being a friend to their bodies:

"How does dancing make your body feel?"
"What parts of your body are you using to dance?"
"Why is it important to move and stay active?"
"How can you take care of your muscles?"



Lesson Standards

SHAPE Fitness Standards: Standard 2, Applies knowledge related to movement and fitness concepts.
ASCA School Counselor Standards: B-PF 1. Apply developmental, learning, counseling and education theories.
CDC standards: Builds personal confidence, social confidence, and self-efficacy by addressing skills



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Super Encouragers!

1. Draw a picture of you exercising or dancing with your friends!



2. In the space below, write the words **be encouraging!**



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C'est Cool La France!

Teacher Toolkit

Have you ever heard of the Eiffel Tower or "Ladybug and Chat Noir"? Maybe you watched the 2024 Olympic and Paralympic Games! What do all these things have in common? They're centered around Paris, France. Paris is an amazing city---but the entire country of France has a lot to offer.

We can **be encouraging** by spreading positivity and support to people all around the world! What do you know about the history of France? In France, many people value equality and work to protect their country's history. They also strive to **be helpful** by advocating for equal rights for everyone! ...but where did those ideas start? Today let's check out The French Revolution.

Core Activity

Activity Time: 20 minutes

Materials Needed:

- Student Set page
- Computer with access to YouTube

Directions:

1. Watch [this video](#) about the French Revolution.
2. Help students through their Student Set guide.
3. Discuss the following questions as a class.



Core Activity Discussion Questions

1. What happened in the French Revolution?
2. What were some of the reasons people in France wanted to revolt during the French Revolution?
3. How did the French Revolution impact French society?
4. How can we **be encouraging** and supportive of things we believe in, even if they're hard to stand up for?
5. How can we **be helpful** to our classmates when they're learning something new?
6. What do you know about France today?



Social Studies
& Civics



3rd-5th



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C'est Cool La France!

Teacher Toolkit

Mix It Up!

Try these activity variations for some creative lesson alternatives or for students who may benefit from additional accommodations:

1. For students with motor difficulties, consider using the Student Set page with lined Venn diagrams.
2. For students who may struggle to follow the video, have them draw pictures and take notes of what Elijah is saying about The French Revolution.

Go Deeper!

Letter Writing: Write letters from the perspective of individuals living during the French Revolution, such as peasants, revolutionaries, or members of the nobility. Encourage students to imagine the thoughts, feelings, and experiences of their chosen character, fostering empathy and historical empathy. How did people of that era **encourage** each other?

Go Deeper! Discussion Questions

1. Can you share some details from your letter? Who did you choose to write as (a peasant, revolutionary, or member of the nobility), and what thoughts and feelings did you imagine they had during the French Revolution?
2. How did the character you wrote about experience the events of the French Revolution? What challenges did they face, and how did they respond to these challenges?
3. How did people during the French Revolution encourage and support each other, according to your letter? Can you give an example from your writing?
4. What did you learn about the different perspectives of people living during the French Revolution through this letter-writing activity? How did it help you understand their lives and experiences better?

Lesson Standards

[ASCA School Counselor Standards](#): B-PF 1. Apply developmental, learning, counseling and education theories

[CDC standards](#): Builds personal confidence, social confidence, and self-efficacy by addressing skills

[C3 Framework Standards](#) Perspectives: D2.His.4.6-8; D2.His.6.3-5



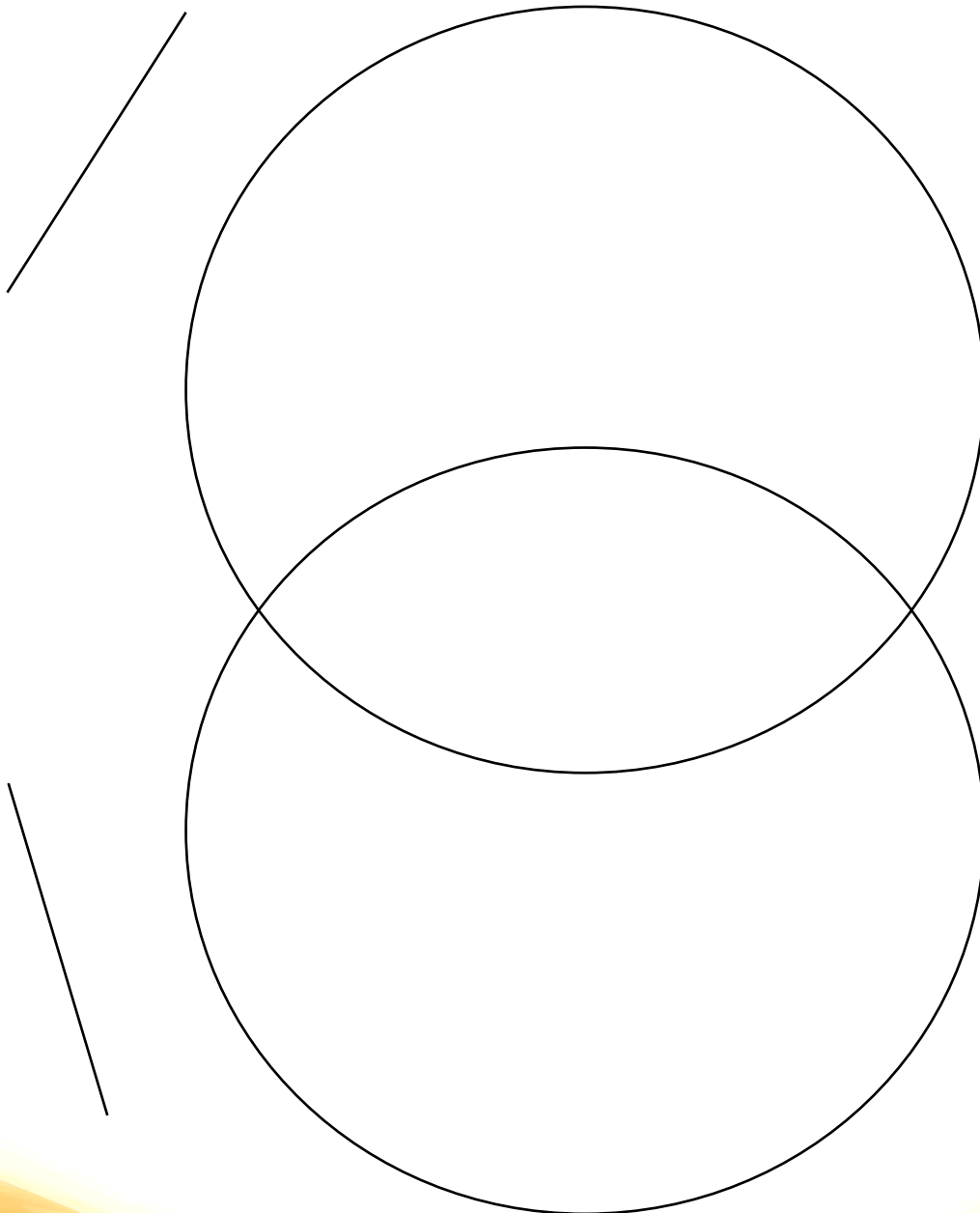
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C'est Cool La France!



After watching the video, complete the Venn Diagram below comparing the French Revolution to the American Revolution.



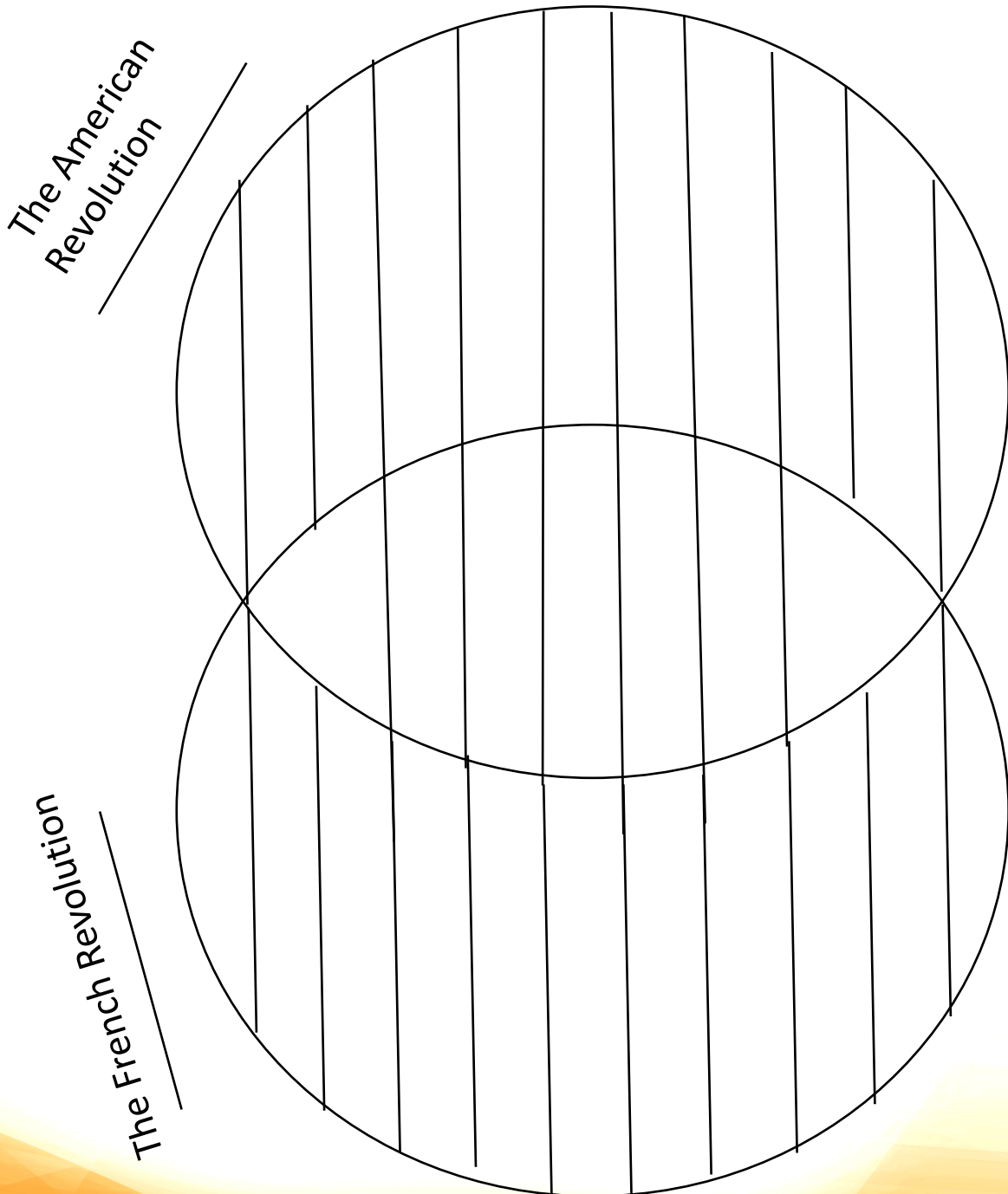


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BACKSPACE Memory Game

Teacher Toolkit

Imagine our class is like a computer! One important part of a computer is the RAM (no, not the sheep!), which helps it remember things quickly. In a minute, we're going to test our brain's RAM with a memory game!

But first, let's remember that in our class, we all support each other and give positive words that **help** everyone do their best. If someone needs **help**, we can remind ourselves to step in and **encourage** them. **Being encouraging** means cheering someone on and **helping** them believe that they can always try their best. We can **encourage** our friends in so many ways--sharing positive words, high fives, snaps, notes or drawings, or even dancing with them!

And don't forget the BACKSPACE key! Sometimes things don't go as planned and we need to take a step back and try again. If we experience something negative, especially online, we can use our BACKSPACE skill to pause, take a deep breath, and approach the situation calmly. Have you ever needed to pause and think about what you're doing? It's a great healthy habit to start!

Now, let's play the Backspace and Boost Memory Match! As we play, remember to **encourage** each other and use your BACKSPACE skill if you feel frustrated. This way, we can make our class a fun and friendly place for everyone!

Core Activity

Activity time: 10 minutes

Game Instructions:

1. This game can be played with small groups of 3-5 students or pairs, providing each group with their own set of "Memory Cards" and "Boost Deck". To prepare the decks, print two copies of each card. Fold the cards along the middle line, and then tape the cards together on the open side so the images are facing outward.
2. Have students lay out all the "Memory Cards" face down on a table, and shuffle the "Boost Deck".
3. Players take turns flipping over two cards, trying to find a matching pair. If a player finds a match, they keep the cards, and try again to find a matching pair. If the cards do *not* match, they turn them back over, and draw a card from the Boost Deck.
 - **Using the Boost Deck:** Read the BACKSPACE tip on the Boost Deck card aloud. All players in the group practice the skill together, taking a moment to relax. After that, read the encouraging message on the Boost Deck card or have students come up with their own words of encouragement for the matcher. The player then tries again to find a matching pair. Whether the player finds a matching pair or not on this Boost Deck Bonus round, their turn is over after one more attempt at flipping over two cards, and it becomes the next player's turn to try to find a match (i.e., one Boost Deck card draw per person per turn).

Instructions continued on next page.



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BACKSPACE Memory Game

Teacher Toolkit

Core Activity (continued)

4. After each player takes their turn flipping over two cards, it becomes the next person's turn.
5. The game continues until all the matches have been found. The player with the most pairs at the end is the winner, but remember, the most important part is having fun and encouraging each other!
6. After the game, pass out the Student Set worksheet for students to answer the questions.

Core Activity Discussion Questions:

After playing the Backspace and Boost Memory Match game, discuss the following questions as a class:

1. What are the benefits of taking a step back "BACKSPACE"?
2. How can you **be helpful** in your community?
3. Think of a time when **encouragement** made a real difference.
4. How can you **encourage** others without using your words?
5. How can a USB be used to hack someone's computer?
6. How can we teach people to be careful about getting hacked?

Mix It Up!

Try these activity variations for some creative lesson alternatives, or for students who may benefit from additional accommodations:

- Try making your own cards for this deck! You could create a class deck and try matching the students in your class. You could also play this game to help you learn new vocabulary. On the front of Card 1, write the vocabulary term. On the front of Card 2, write the definition of the vocabulary term. Mix up the cards and try finding the correct term and definition.



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BACKSPACE Memory Game

Teacher Toolkit

Go Deeper!

1. As a class, research more about the different parts of the RAM and their function. Then, students will try to label the diagram with the following terms from memory: *Circuit board, Memory chips, Memory notch for clips, Gold contacts, Notch for putting it in the slot the right way*
2. Pass out the Cognitive Quest worksheet and have students research the following part of the brain:
 - a. **Frontal lobe** - Decision making, social/self-regulation, predicts consequences
 - b. **Parietal Lobe** - Helps make sense of our sense of touch, understanding numbers, objects, shapes, and space
 - c. **Temporal Lobe** - Perception and interpretation of sound, recognition of objects and visual memory
 - d. **Occipital Lobe** - Visual information processing
 - e. **Cerebellum** - Balance and voluntary motor skills
 - f. **Brainstem** - Communication network between brain and body, Automatic functions such as heartbeat and breathing
 - g. **Hippocampus** - In temporal lobe, Major role in learning and memory
 - h. **Amygdala** - Emotions, stress, memory, learning

Bonus Cognitive Challenge: Instruct students to research how the hippocampus and amygdala interact in stressful or overwhelming situations.

Go Deeper! Discussion Questions

1. List some of the different parts of the RAM and their function.
2. What does the RAM connect to?
3. What part of the RAM is similar to the brainstem?
4. What part of the brain stores memories?

Lesson Standards

Academic Standards: 3-5.CS.HARD Identify the components or parts of computing devices.

School Counselor Standards: B-PF1. Apply developmental, learning, counseling, and education theories

CDC Standards: Builds personal confidence, social confidence, and self-efficacy by addressing skills.

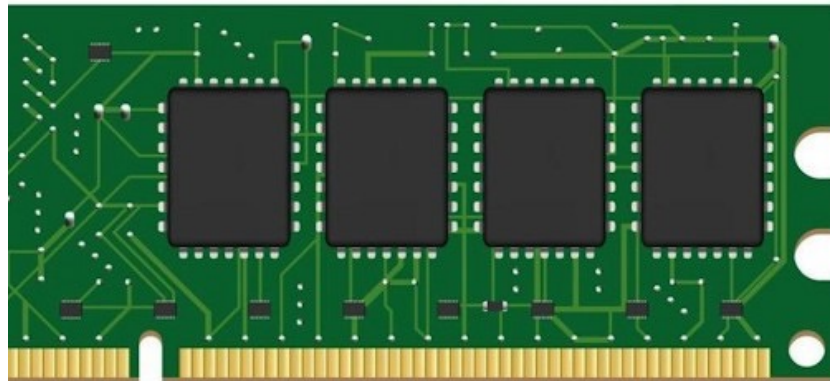


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BACKSPACE Memory Game

Hey everyone! Today we are practicing **be encouraging** and BACKSPACE. What does the concept of BACKSPACE mean to you? Write your answer in the space below. Are you stuck? Check out our #CyberSkills video online!

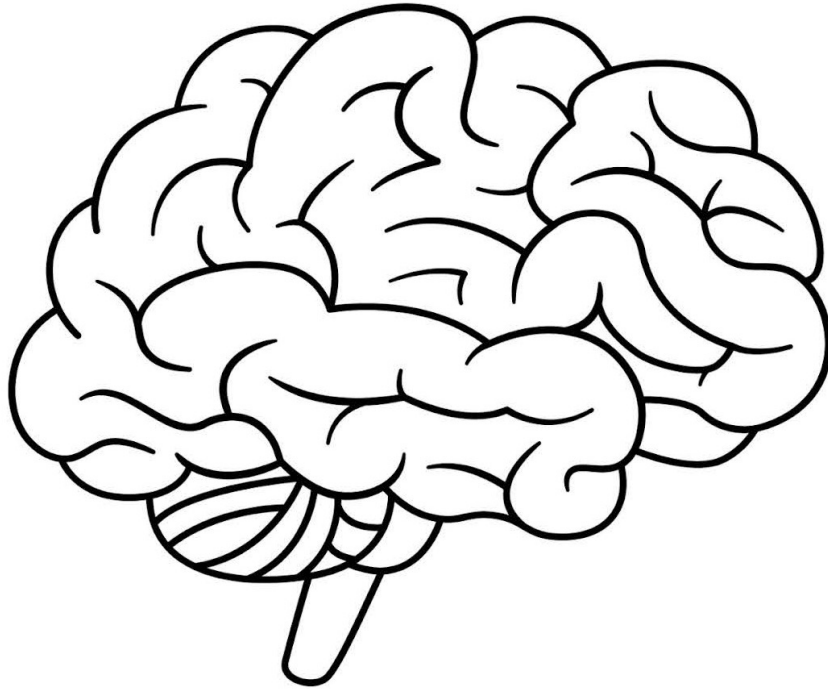
Here is a picture of a RAM--the part of a computer that helps it remember things it's working on. What do you RAMember? Label the RAM with its parts!



In the Notes box below, describe what each part of the RAM does or why it's important.

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Cognitive Quest



The RAM of a computer is kind of like short-term memory in the brain! Research the different parts of the brain below. Color and label the picture above, then try to describe what each part does in a few words.

Frontal lobe _____

Parietal lobe _____

Temporal lobe _____

Occipital lobe _____

Cerebellum _____

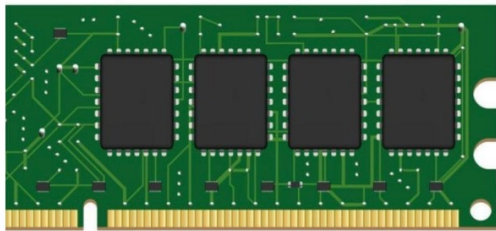
Brainstem _____

Hippocampus _____

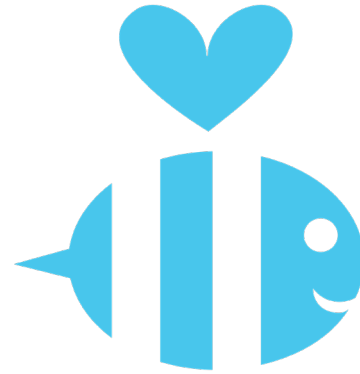
Amygdala _____



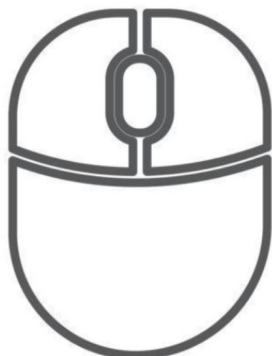
BACKSPACE Memory Cards



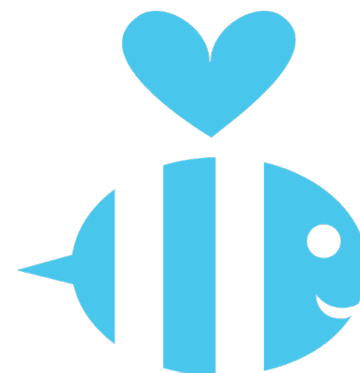
RAM



LAPTOP

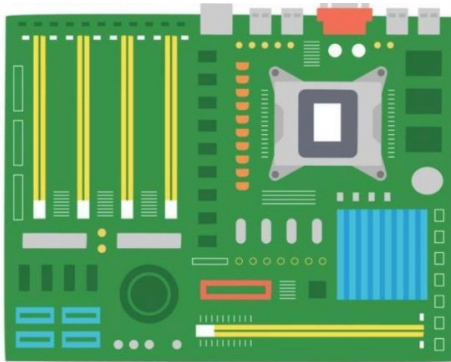


MOUSE

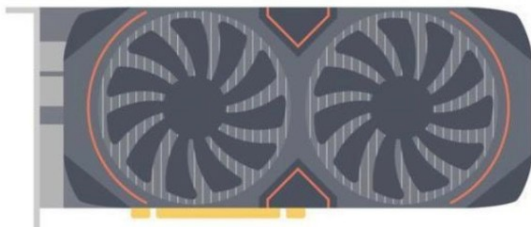
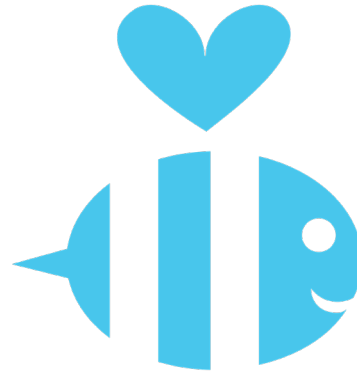




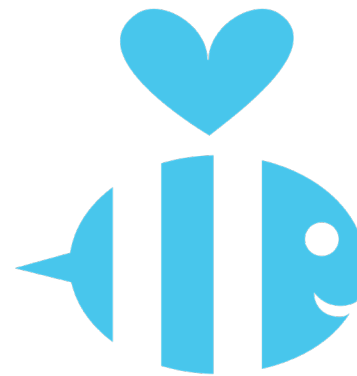
BACKSPACE Memory Cards



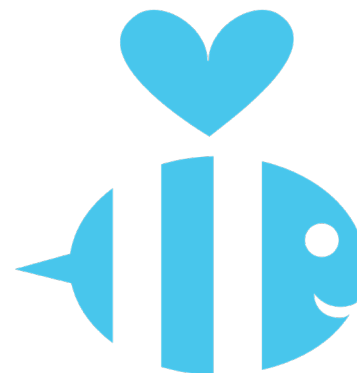
MOTHERBOARD



GRAPHICS CARD



RISSA

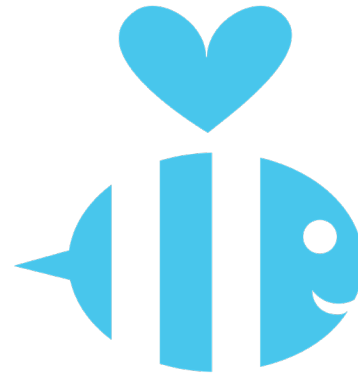




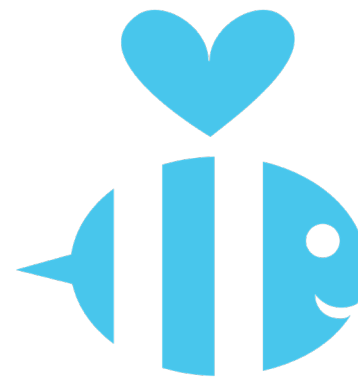
BACKSPACE Memory Cards



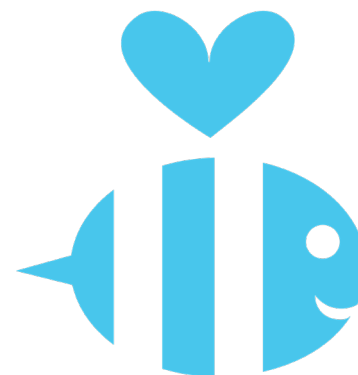
MOOSE



LUX


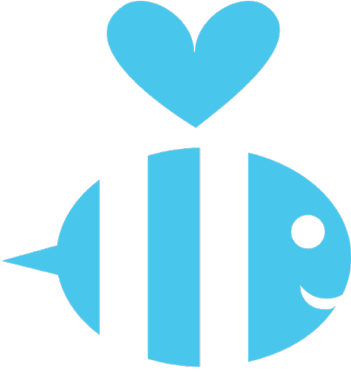

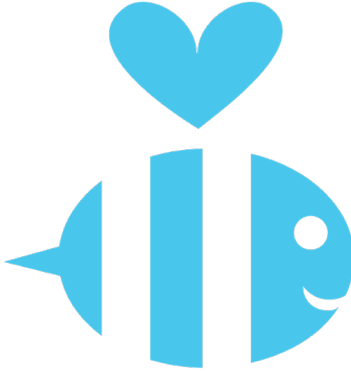

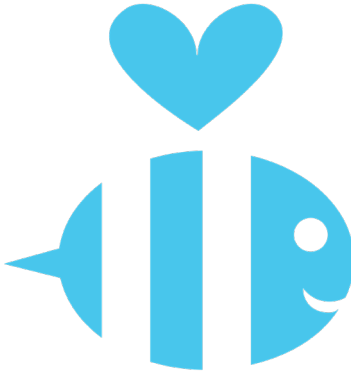


AKELLZ





BACKSPACE Memory Cards

 <p>LV</p>	
 <p>TK</p>	
 <p>MOKKA</p>	



BACKSPACE Boost Deck

<p>BACKSPACE Tip: Breathe In, Breathe Out</p> <p>Take a deep breath in through your nose, hold it for a moment, and then breathe out slowly through your mouth.</p> <p>Words of Encouragement: You're doing great! You are cool as a cucumber!</p>	<p>BACKSPACE Tip: Count to Five</p> <p>Close your eyes and slowly count to five. 1 - 2 - 3 - 4 - 5</p> <p>Words of Encouragement: Now you've got the chill of a penguin on ice! Calm, confident, and unstoppable!</p>
<p>BACKSPACE Tip: Stretch It Out</p> <p>Stand up and stretch your arms to the sky, then touch your toes.</p> <p>Words of Encouragement: You're ready for another try! You're a natural at this!</p>	<p>BACKSPACE Tip: Positive Reminder</p> <p>Remember, it's okay to make mistakes. Every try is a step towards success!</p> <p>Words of Encouragement: Remember, everyone makes mistakes. That's how we learn! You've got this! You handle challenges with such grace!</p>
<p>BACKSPACE Tip: Smile Time</p> <p>Give your biggest smile to your partner. Smiling can help you feel better and more focused!</p> <p>Words of Encouragement: Confidence looks good on you! You're a natural at this!</p>	<p>BACKSPACE Tip: Superhero Pose</p> <p>Stand like your favorite superhero for ten seconds.</p> <p>Words of Encouragement: You have the power to do great things! Believe in yourself, you've got the power!</p>



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BACKSPACE Boost Deck

<p>BACKSPACE Tip: Shake It Out</p> <p>Stand up and shake your hands and feet for a few seconds. Now you're ready to focus again!</p> <p>Words of Encouragement: Give it your best shot! You're ready to conquer anything!</p>	<p>BACKSPACE Tip: Relax and Wiggle</p> <p>Wiggle your fingers and toes for a few seconds to release any tension. Now, try again with a fresh start!</p> <p>Words of Encouragement: Calm, confident, and unstoppable! You're a calm captain sailing through smooth seas!</p>
<p>BACKSPACE Tip: Animal Breath</p> <p>Pretend you're a lion. Take a deep breath and let out a quiet roar.</p> <p>Words of Encouragement: You're ready to pounce on those cards! Now you're looking much more relaxed. You're as cool as a cat wearing shades!</p>	<p>BACKSPACE Tip: Music Memory</p> <p>Hum your favorite song for a few seconds. Music helps clear your mind and focus. Now, try again!</p> <p>Words of Encouragement: You're ready to rock and roll! You're a rockstar of relaxation!</p>