

Positive Impact Lesson

Grade Level Range:

Grade 1

* Lesson could be modified for different grades

Learning Intention

I can develop a plan to make a positive impact on someone's day that I care about.

Criteria

- ❖ Students will identify whom they would like to help.
- ❖ Students will make a plan to bring a smile to this person's day.
- ❖ Students will reflect on following through with their plan.

Essential Questions

- ❖ How can we make a positive impact on someone's day?

Big Ideas

- ❖ Good health comprises physical, mental and emotional well-being.

Curricular Competencies

- ❖ Identify and describe practices that promote mental well-being
- ❖ Identify caring behaviours among classmates and within families
- ❖ Identify and describe feelings

Content

- ❖ Caring behaviours in groups and families

Core Competencies

Personal & Social:

Students will be considering how they can have impact on someone else and care about others in their world. Students will be developing personal awareness and responsibility by thinking of others making the connections between personal and social behaviour and well-being. Students will be developing social awareness and responsibility by contributing positively to their family or community.

LEARNING EXPERIENCE PLAN

Materials/Resources

- ❖ Chart paper for brainstorm
- ❖ Art supplies for creating visual plan

The Plan

Connecting

1. Use chart paper to do a class brainstorm.
2. Ask students the inquiry question:
 - How can we make a positive impact on someone's day?
 - How can you bring a smile to someone's face by being helpful?
3. Ask students to take a moment and think of someone they care about.
4. Once they have picked a person, ask students to think what this person might need help with, or how could you bring a smile to their face? Remind students that there are many ways to help out and you can use what you know about this person to personalize a way to bring them a smile.

Processing

1. Provide students with art supplies and white paper for their visual plan.
2. Ask students to decide how they can make a plan of action to bring their person of choice a smile and be helpful. How can you make a positive impact?
3. Draw or write how you will accomplish your plan to make someone smile.
4. Give students 20 minutes to complete their plan of action visual.
5. Circulate to provide support.
6. Ask students to try out their plan today.

Transforming & Personalizing

*How will students show what they know and are able to do at the end of the lesson? What opportunities to personalize will they have? This section includes **choice and closure**. It is also a good place to revisit the inquiry question.*

1. The next day, ask students to look at their visual plan and reflect on what they did to make an impact on someone.
2. Prompt student reflection by asking
 - What did you do to bring a smile to someone's face?
 - How did they react?
 - Did they share how they felt?
 - How did you feel after?
3. For those that want to share out, provide the opportunity.
4. Debrief the lesson. This lesson is a reminder to students that caring for others and contributing to our community contributes to our mental well-being.