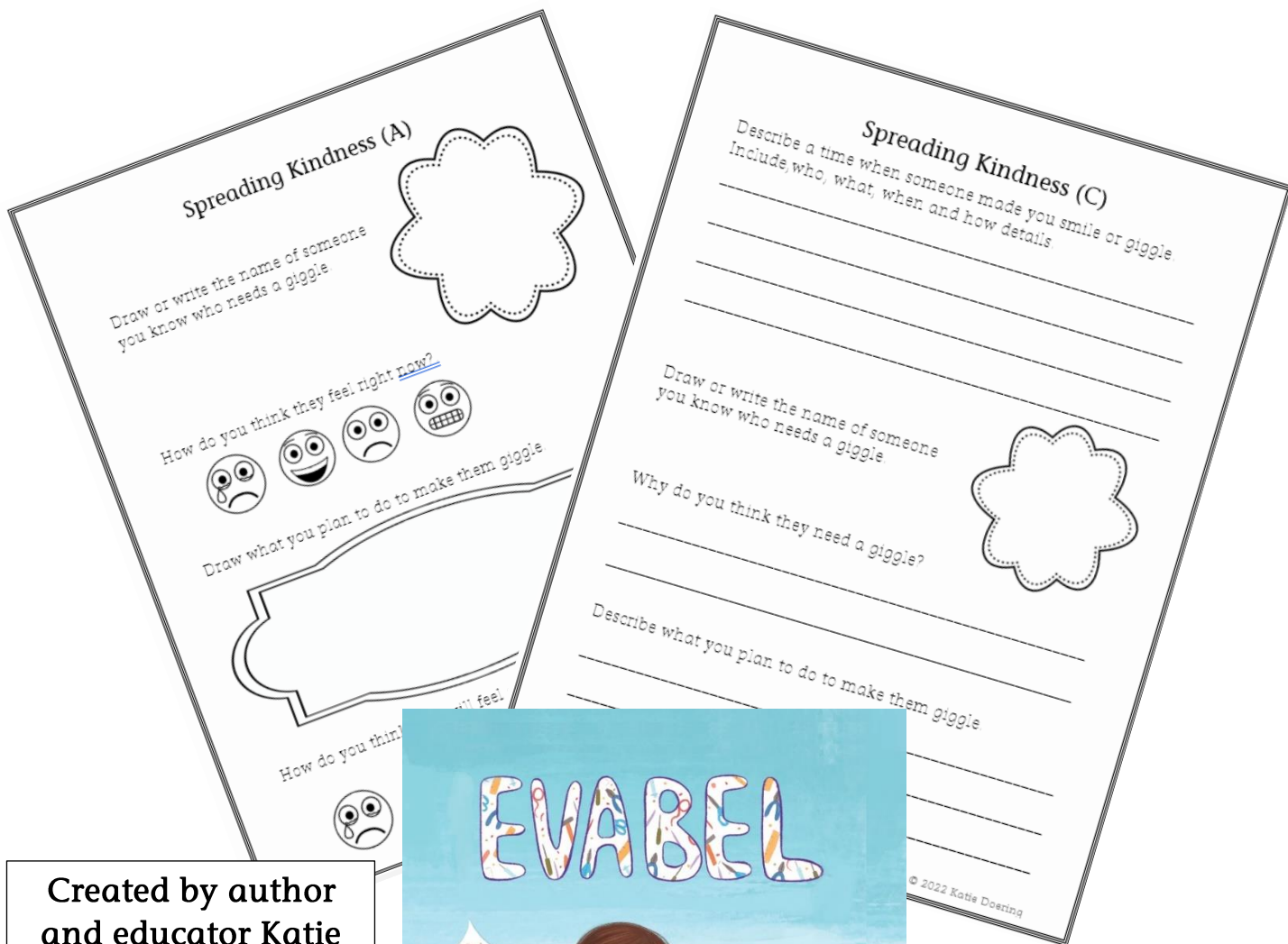
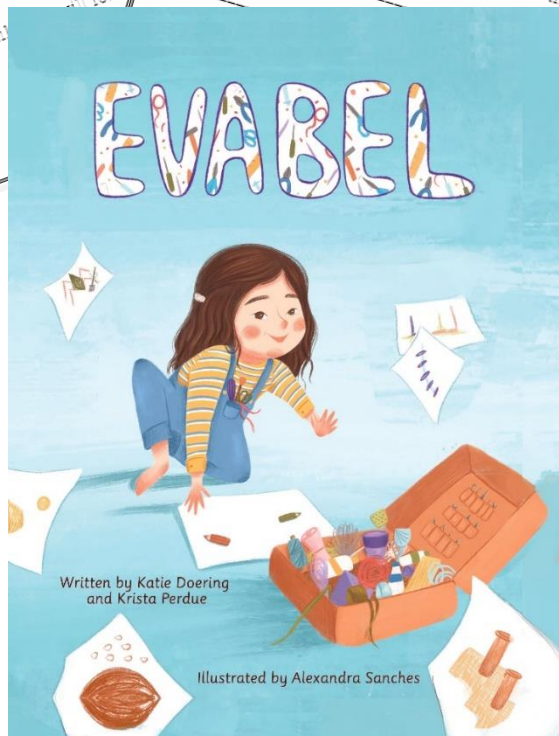


# CHARACTER EDUCATION TEACHING RESOURCES



Created by author and educator Katie Doering, this guide contains a lesson plan and differentiated worksheets to encourage children to spread kindness in their communities.



## About the Author

Katie Doering is an educator who has taught students from preschool to university level. Highlights of her career include:

- establishing a private school for children with medical needs and their siblings; teaching and leading for nearly two decades in this setting
- completing her PhD in Curriculum, Teaching and Learning, with a thesis focussed on inclusivity in children's literature
- teaching undergraduate and graduate courses at various universities within Canada focused on literacy, creative arts and inclusive education
- co-authoring the children's picturebook Evabel to increase the representation of children with cancer in literature and normalize illness experiences

## Using This Resource

Each lesson is set up in the following way:

- Background – This section provides information that the educator may require in order to successfully teach the lesson, such as definitions, descriptions and references to curriculum topics.
- Lesson – This section provides suggestions for how to lead the lesson including interactive activities, guiding questions and ways an educator can check for children's understanding.
- Worksheets/Activities – This section provides suggestions for follow-up activities to respond to the lesson.
  - When included worksheets are labelled from A-C or A-D and progress with difficulty.
  - In some lessons, there are additional worksheets labelled A1-C1 or A1-D1. These worksheets have been designed for children who are currently experiencing illness.

## Questions/Comments

Thank you for so much downloading this product from my site. If you, your child, or your students are enjoying it, please get in touch with your feedback. Similarly, if you have any questions about this resource, please feel free to contact me at [katie.doering@utoronto.ca](mailto:katie.doering@utoronto.ca).

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# Thank You!

# Character Education Teaching Resources

## Activity - Spreading Kindness

**Background** – Evabel is a child who loves to solve problems and make people smile! She is a kind child who was always interested in helping others. When she enters the hospital, although she is coping with cancer, her interests remain the same. She finds it helpful to continue to tinker and to solve problems that she sees around her. She enjoys making people giggle!

**Lesson** – Talk about Evabel’s personality including how she enjoys solving problems and making people smile. Ask the children if this changed after she got sick. Confirm it did not.

Next discuss the different ways that Evabel makes people smile with her inventions. How does she brighten the days of others? Examples include the following:

- Creating a robot for her teacher to mark papers.
- Creating doorbells at the hospital for all of her neighbours.
- Creating a machine to pick up and clean trays in the hospital cafeteria.
- Creating headpieces for each of her friends to wear at the hospital.
- Creating propellers to make her friends’ stuffed animals fly.

In turn, when Evabel is feeling sad, her friends work together to plan a birthday surprise party!

Explain that at some point in our lives, we will all need help from others. Brainstorm as a whole group or in partners examples of times in the children’s lives when someone helped them.

Explain that at the end of the story, the authors challenges us the reader to think of someone who needs a giggle and to make a plan to make that person happier. Ask if they are up for the challenge? Indicate let’s see how many giggles we can create.

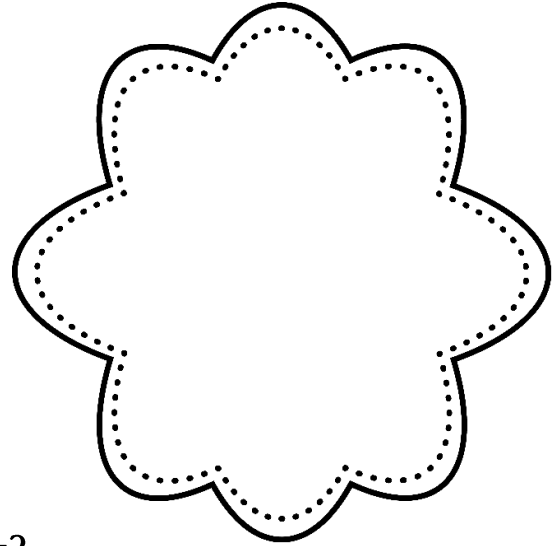
**Activities/Worksheets** - Have children either complete an appropriate worksheet (Spreading Kindness A-C) below, describe to an educator their plan or audio/video record their plan using the following guiding questions:

- Who do you know who needs a giggle?
- Why do you think they could use a giggle?
- What would you like to do to make them giggle?

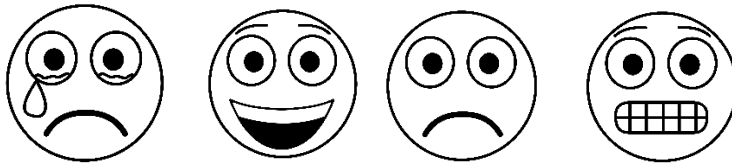
After their plans have been described, have children implement them.

# Spreading Kindness (A)

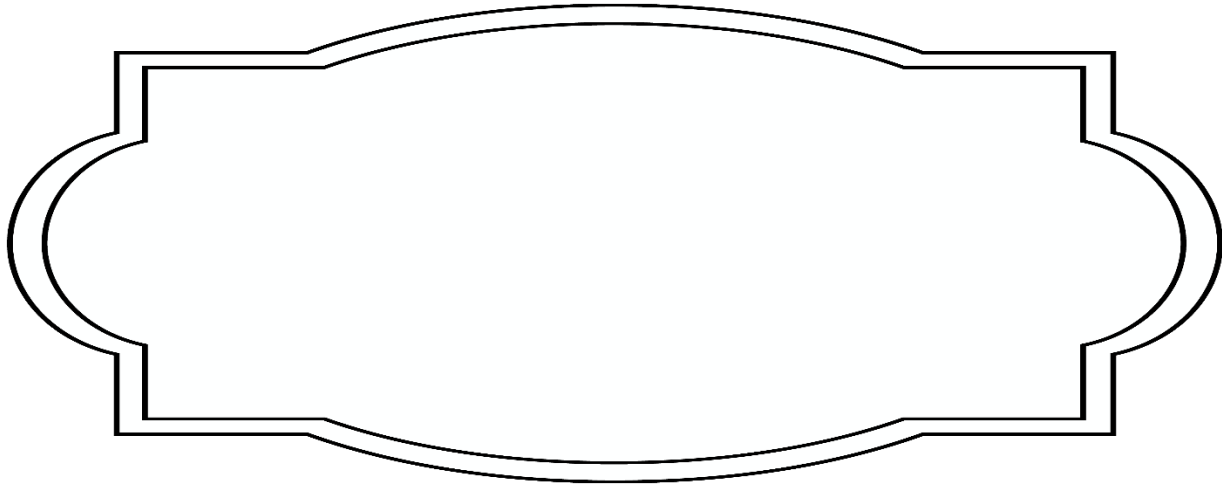
Draw or write the name of someone you know who needs a giggle.



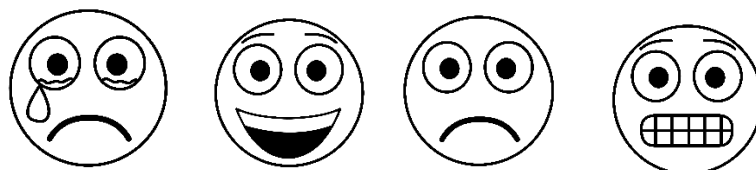
How do you think they feel right now?



Draw what you plan to do to make them giggle.



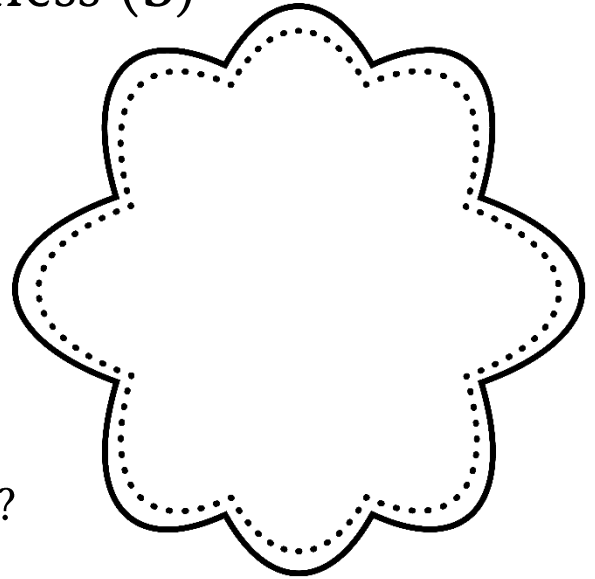
How do you think they will feel after you carry out your plan?



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# Spreading Kindness (B)

Draw or write the name of someone you know who needs a giggle.

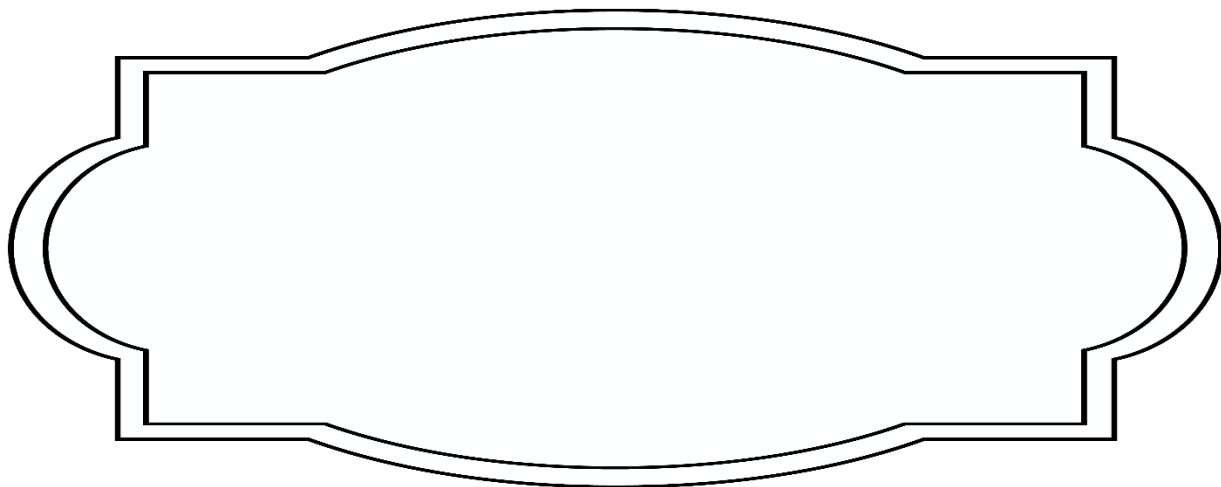


Why do you think they need a giggle?

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Draw what you are going to do to make them giggle?



Describe what you hope is going to happen when you carry out your plan?

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## Spreading Kindness (C)

Describe a time when someone made you smile or giggle.  
Include who, what, when and how details.

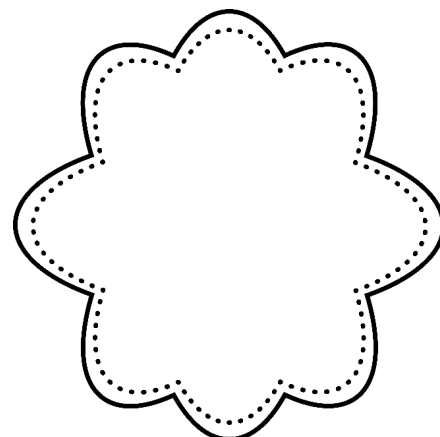
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Draw or write the name of someone  
you know who needs a giggle.



Why do you think they need a giggle?

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Describe what you plan to do to make them giggle.

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