

Lesson Name:

Helping Brings Happiness
Grades 6-12

Student Objectives:

- Students will identify what matters to them.
- Students will determine what makes them sad about that.
- Students will identify an act of kindness that can help a situation.

Educator Preparation:

- Each student needs a piece of paper and a pencil, pen, markers, or crayons.
- Google Presentation
- Slide 1: Heart
- (blank with a line down the middle)
- Slide 2: Heart
- (right side - with a few examples of what matters to the teacher)
- Slide 3: Heart
- (left side - with a few examples showing what “breaks your heart” or makes the teacher sad about the things that matter)
- Question: What can we do about it?

Introduction:

Hi! I'm Mrs. Short and I teach 6th grade at Castle North Middle School in Newburgh, IN. Today, I'm going to walk you through an activity that will help you find your passion. In our last lesson, we found our strengths. When you put your strengths with your passion, you change the world.

Instruction:

Google Slides Presentation: Students are instructed to:

Slide 1: Draw a heart as big as you can and draw a line to divide the heart in two. This is a broken heart. Don't worry, we're going to walk through this activity to figure out how we can make a difference.

Slide 2: On the left side of your heart, write all the things that matter to you. I'm looking at this from where we are today and how life is different for us. Here are some examples that I know are different for you. You don't see your teachers every day. You are home all day. You have lots of time on your hands.

(STOP SHARE - Do this activity with them)

I'm going to set a timer for 20 seconds, and I want you to write a list of everything that has changed since you are at home so much! If you can't write, you can draw a picture or have someone write your ideas for you. Now here is my heart with my examples. I'm going to add to my heart while you write down your ideas. Now stay with me and give this a try now. Here we go...(Set the timer 20 seconds and tell them to start writing.)

(SHOW MY HEART WITH THE RIGHT SIDE COMPLETED)

Here's my heart with more ideas. How is yours looking?

Slide 3: Now we are going to fill out the right side of our hearts. On that side, write down what breaks your heart or makes you sad about the things that have changed in your life. For example, you miss your teachers. Home is different and it makes me sad that you can't enjoy your time at home like you did when you went to school and your parents went to work. You may have so much time on your hands that you get bored easily.

(STOP SHARE - Do this activity with them)

Now we are going to fill out the right side of our heart and write what breaks our heart or makes us sad about the changes we are experiencing. This takes some thought, but do the best you can. I'll work on mine too. Let's start now. (Set the timer for 15 seconds)

Interaction:

What can we do about it?

Now that you have completed your heart, you can decide what you will do about a problem. Teachers miss their students. Our team had a Zoom meeting with them and we were able to wave and talk to one another. Your parents are trying to work and you need to let them, but maybe you can set times for breaks and lunch to have some time to visit.

Now you have had a chance to find your passion and what problems you might like to solve. Take some time to think about what you can do to make a difference and give it a try. What can you do to make life better for a family member? Is there something you can do to get a message to a neighbor who might need help or just a friendly face? Your driveway chalk drawings, messages in windows, pictures, letters, waves and smiles make all the difference to the people you see.

Closure:

Today, we did an activity to help you find your passion. That's what matters to you most. Take time this week to find a way to solve a problem for your family or friends. You can use your strengths and your passions to guide your steps.

Activity:

- [Map Your Heartbreak](#)

Resource:

Learningtogive.org