

## General Lesson Plan

### A Happy Heart

#### **General Learning Outcomes :**

- The student will be able to develop compassion (which helps counter bullying).
- The student will be able to develop vocabulary.

Ages : 6 years old and over

Word count :

Themes : compassion, vocabulary development, empathy, respect of others, encouragement, joy, belonging, kindness, loneliness, ageing, difficult situations, feelings, well being

#### **Time Frame: varies**

**This can lead to important discussions well worth having.**

#### **Before the reading**

**The class sits comfortably in a circle on the floor. The teacher explains at the beginning that it is expected that no one interrupts the spokesperson, the one holding the special object.**

**The responsibilities are to listen attentively, only taking a second turn to speak when no one comes forth wanting a first turn to speak. Raise your hand and wait until you receive the special object before asking a question.**

Discussion : A) Have you ever moved to an area or school where you had no friends? If so, how did you feel? B) How do you think you would feel if a sibling or a friend yelled at you?

What could you do ?

C) What do you think is similar between you and an elderly person? What is different?

In this story, you will see how Jala puts herself in other people's shoes and helps those in need.

**During the reading :**

- A) Have students share the reading if multiple copies of the book are in the classroom or if the book is projected.
- B) A student can respond with an action, for example raise a hand or clap their hands, every time she or he notices a word related to a chosen above mentioned theme.

**After the reading : (This could be done in small groups.)**

- A) Discussion of some of the values mentioned at the beginning to ensure proper understanding of their meaning.
- B) How was empathy shown in this story?

To further develop compassion, a fun activity to do related to the story '*A Happy Heart*' is :

- Today, do your best to help someone in need.**
- Challenge your family to do compassionate acts every day and share them at the table at the end of the day.**
- Create your own song, poem or story to show empathy or to encourage others.**

I hope you enjoy these activities!

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