

Kleist Health Education Center



...starting children
and young adults on
a lifetime journey of
healthy living!

***Enabling individuals to enjoy longer,
healthier lives!***



The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master's and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.

Being the Best Me I Can Be



K-3 Character Education Learning Lesson

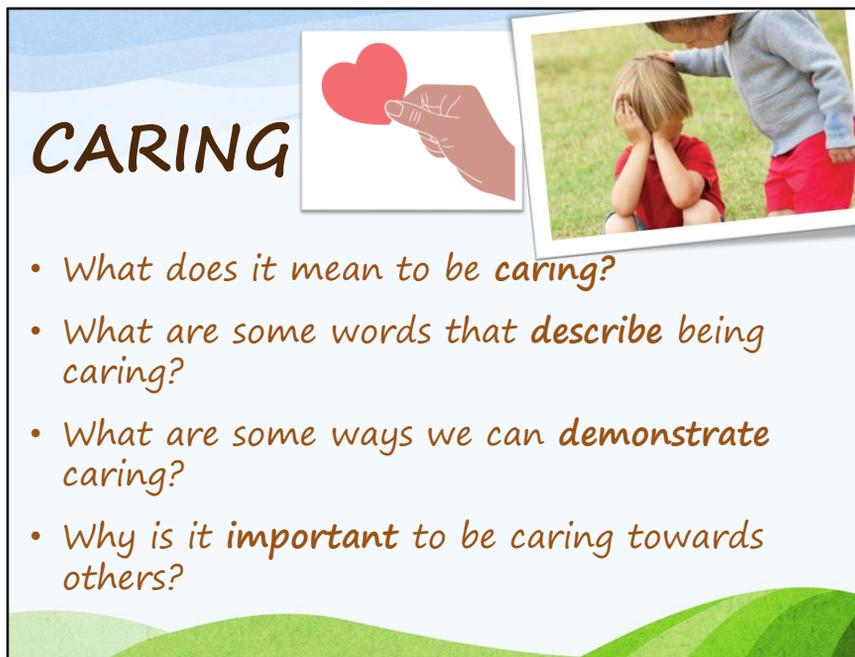
CARING and RESPECT



*This learning lesson is for children in Grades K-3
Please use these slides to help guide you through your learning
experience with your children/students.*

*The **goals** of this Learning Lesson are:*

- 1) To teach children how to identify caring and respect.*
- 2) To teach children how to make decisions about caring and respect in various common situations.*



CARING

- What does it mean to be caring?
- What are some words that describe being caring?
- What are some ways we can demonstrate caring?
- Why is it important to be caring towards others?

(Ask) What does it mean to be caring?

1. Showing concern for the well being of others.
2. Using your words and actions to help someone.
3. Giving of yourself without expecting anything in return.

(Ask) What are some words that describe being caring?

1. Kindness
2. Thoughtful
3. Sharing
4. Helping
5. Understanding

(Ask) What are some ways we can demonstrate caring?

1. Give to help others in need. For example: collect canned goods for local food pantries, donate gently used clothing and toys, send a card of encouragement to someone who is sick.
2. Show respect to people, property, animals, and the environment.
3. Be kind to everyone and do not exclude others from activities you are doing.
4. Listen to what other have to say.
5. Be helpful in all situations, at school, home and in your community.

(Ask) Why is it important to be caring towards others?

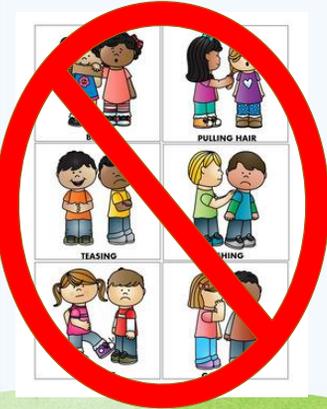
1. To make someone else feel better.
2. Helps us to feel good about ourselves.
3. We learn compassion for others and to look beyond our own needs.
4. May inspire others to be caring too.
5. Makes the world a better place

For more information and activities about caring, click here:

<https://schools.cms.k12.nc.us/beverlywoodsES/PublishingImages/CaringDecember.pdf>

RESPECT

- What does the word respect mean?
- How can you show respect?



(Ask) What does the word respect mean?

1. Showing consideration for other people and their property.
2. Caring for ourselves, family, community, and school.
3. Appreciating and accepting individual differences.
4. Treating others the way that you would want to be treated.

(Ask) How can you show respect?

1. Use kind words and good manners. *Be sensitive to other's feelings.*
2. Listen to what others have to say.
3. Value someone's opinion even if it's different than your own.
4. Follow the rules.
5. Appreciate differences among people and value someone's likes and dislikes
6. Take care of other people's property at school, home, and in the community.
7. Help others.
8. Don't mock, tease, or talk about someone behind their back.
9. Don't pressure someone to do something they don't want to do.

For more information and activities about respect, lick here:

<https://schools.cms.k12.nc.us/beverlywoodsES/Documents/RespectSeptember2015.pdf>

How would you practice CARING and RESPECT if...

- Someone on the school bus is saying unkind words and "bullying" another student. What should you do?
- One of your classmates or siblings shares a story you have already heard many times before. How should you react?
- The park is closed for construction and a sign says "Keep Out!" Your friends want to play anyway. What should you do? What if someone takes a marker and starts writing on the sign?





- During this conversation, some of the CARING strategies that could be discussed are: support the students by confronting the bully verbally, report the bullying to the bus driver or a teacher, and look for ways to be kind and caring to the student.
- During this conversation, ask the child/children what they might feel in this situation (annoyed, tired of hearing the same story, etc.) and then discuss how they feel when they start telling one of their most exciting or most funny stories (happy, excited, etc.). Then discuss that to RESPECT another person when they are telling a story, they should act as the type of listener they would want to have listen to their favorite story. Maybe say things like, oh, I like this story, keep going! Or just look at them like you are interested.
- Discuss different options that could be done to RESPECT the rules and laws and show CARING for friends at the same time. Suggest to play elsewhere or plan a time to come back after the construction is done. Maybe the group could go back to someone's house and play. NO ONE should be writing on the sign- discuss that defacing property is not only disrespectful but

it is also illegal.

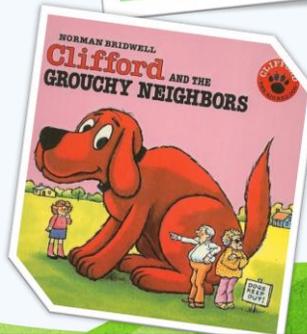
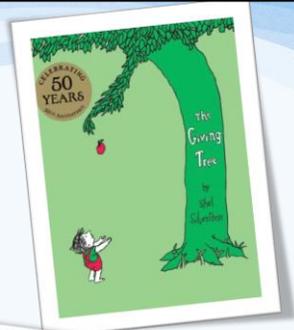


Discussion:

1. Why was the puppy upset at first about the bird?
2. Why did the puppy decide to give the bird some worms?
3. Do people ever treat other people like the puppy was treating the bird?
4. How can we help people who need things for their family?

Additional Resources

- [The Giving Tree Book](#)
- [Clifford and the Grouchy Neighbors Book](#)
- [Dr. Seuss' The Sneetches Video](#)
- [Kindness and Empathy Information and Activities](#)



Here are some additional resources to supplement your learning lesson

Kleist Health Education Center



...starting children
and young adults on
a lifetime journey of
healthy living!

*Enabling individuals to enjoy longer,
healthier lives!*



*Thank you for using our KHEC resources.
We hope that you found this short learning lesson helpful! Please
contact us at: 239-590-7459 to make a program reservation for
your school or class. Please visit our website: www.fgcu.edu/KHEC*