

# Lesson Overview

## Fuddy the Pudgy Fubble

### CASEL Standards:

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

### Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

### Objective:

Use relationship skills to cooperate and help others.

### Essential Questions:

How can I do my best to cooperate with and help others?

### I Can:

I can cooperate with and help others.



# Mindful Teaching Tips

By helping others, we in turn benefit by reducing our own anxiety. This can be especially helpful during chaotic or stressful times. Choose to participate in random acts of kindness through Pay It Forward. Think of ways your child can help others or complete random acts of kindness such as donating their toys, helping create a little library, helping shovel snow from a neighbor's driveway, or many, many others!

## Teaching Transcript

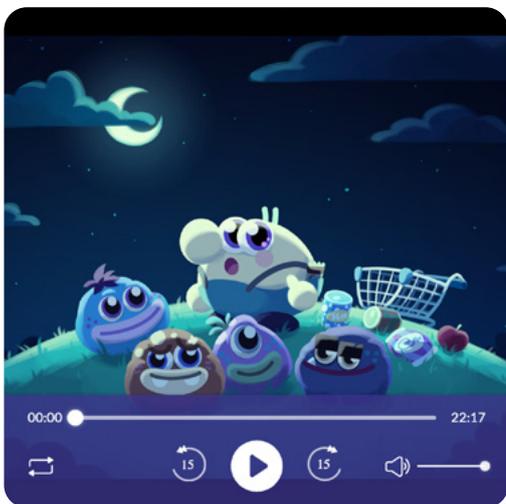
Acts of kindness and small gestures can bring joy to others. Today we met Fuddy the Pudgy Fubble who helps others. He is generous, warm, and kind. But he is different from the other Moshlings, so sometimes the other Moshlings laugh at him. It is important to use kind words.

- Why should we use kind words?
- Has someone ever said something to you that hurt your feelings?
- How could they have said it so your feelings would not have been hurt?

Have students draw thought bubbles and fill the bubbles with kind words they can say to a classmate, friend, teacher, parent, etc.

### After you Listen

Create a kindness chain for the classroom. Every time a student in the class does something nice for a classmate, write in on a link and add it to the chain. Keep links and pens in an open space for students to create links throughout the year. Watch the kindness chain grow longer and longer all year!



# Home Time Activity

Fuddy helps the Glumps with his dungarees. He knows that something does not feel right about taking the cans, but he really wants to help.

Have you ever been asked to help a friend do something that you knew wasn't right?

What did you do?

Do real friends ask you to do things that are harmful or against the law?

Print two outlines of the human body. For the first image, ask your child, "When you know you are doing something wrong, where in your body can you feel it?" Use colors to show the feelings and the place on the body. For the second image, ask your child, "When you are doing something nice for someone, where in your body can you feel it?" Use colors to show the feelings and the place on the body.

Discuss the differences in the drawing and the colors that your child used.

## Weekly Theme Card

In Fuddy's dungarees, he keeps lots of handy things that can help people. And Fuddy always helps others! He likes to do a good deed each day because it makes his heart feel fuzzy.

How do you feel when you help others?

Without having to be asked, do one helpful or nice thing each day for someone else.

How did you feel when you helped someone else without expecting anything in return?

Parents, touch base with your child each night before bed and ask them what one helpful or nice thing they did that day.

