

Twelve Days of Kindness Teaching Notes



Written by Cori Brooke • Illustrated by Fiona Burrows • Published by New Frontier Publishing

Synopsis

One little girl realises that a girl in her class is struggling to make friends. With the help of their football coach they come up with a plan. Can their school football team bring them together, and expand their friendship group?

Twelve Days of Kindness is the perfect book for teaching children about empathy and inclusivity. The book addresses pertinent issues such as bullying, friendship and teamwork in a hopeful, warm-hearted manner.

About the Author

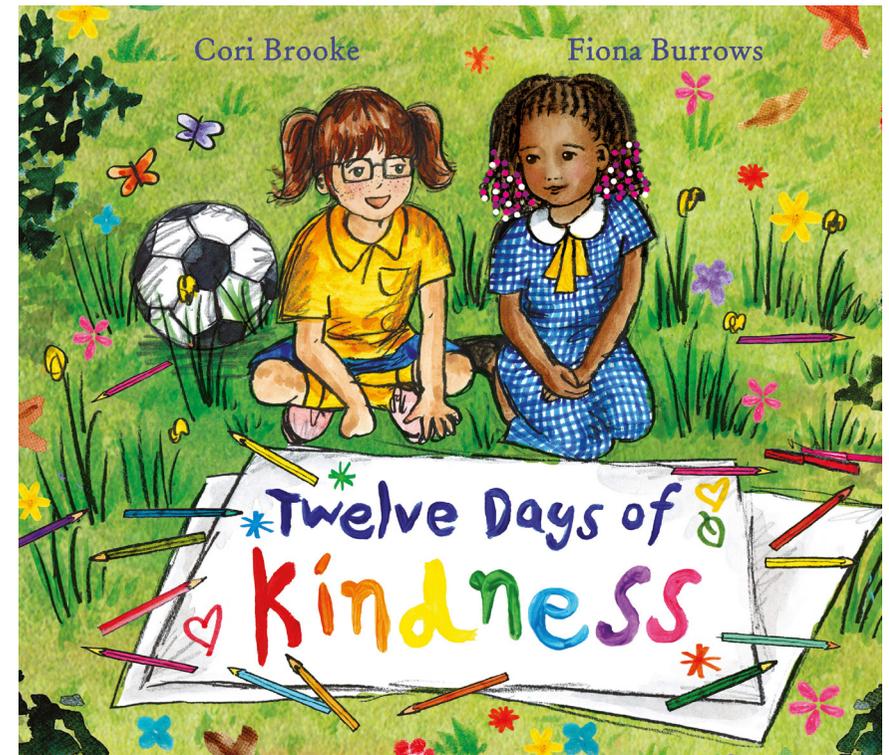
Cori Brooke is a CBCA shortlisted picture book author (*All I Want for Christmas is Rain*, 2017 CBCA shortlist), which is something she never thought she would be able to say. Cori spreads herself thin doing too much and multi-tasking to the extreme. At a school visit a little boy pointed at her and said, 'you're crazy'. Cori found it hard to disagree. But then again, sanity is very subjective.

Cori is originally from Canada and lives in Brisbane with her husband, son, dog and cat.

Cori loves reading, cooking, camping and of course writing. Cori works full time as a proud Australian Public Servant.

About the Illustrator

Fiona is a writer and illustrator from Perth, Western Australia. She has published three picture books and is currently working on her fourth. Fiona has a BA and a PhD in Literature, and when she is not writing and illustrating she works at a university. All her life she has loved to tell stories and make art, and she especially enjoys speaking at schools and encouraging children to express their creativity and imagination.



Discussion Topics and Activities

Discussion Topics

1. Show the children the book cover and ask if they can read the title. What do they think the book might be about?
2. What did they think of the book? Did they like the story?
3. Who was their favourite character and why?
4. How did it make them feel to see Nabila excluded from the other children's games?
5. Why do they think the other girls were excluding Nabila?
6. Do the children remember when they started school? How did they feel on their first day?
7. How do they think they should act if a new student joins their class?
8. Can they think of a time when they have worked with others as a team?
9. If the children wanted to make a list of ways to be kind like Holly and Nabila, what would they put on their list?

Activities

1. Activity 1 Twelve Days of Kindness List
2. Activity 2 Empathy Building Exercises
3. Activity 3 Word Search (solution provided on page 3)
4. Activity 4 Drawing
5. Activity 5 Thumb Print Tree Craft (instructions below)

What you will need:

1. Bare tree printable (on final sheet of the teaching notes)
2. Finger paint in various shades of green (or red, orange and yellow if you'd like to make it a tree in autumn)

Instructions

Print a copy of the leafless tree (or multiple copies if you are giving one to each student).

Ask the children to dip their thumbs into the various colours of finger paint, ideally only coating the front of their thumb.

Create their thumbprint close to the tips of the tree's branches. Try to have one thumbprint at the tip of each branch.

This is an activity for the whole class to get involved in! You can print out the tree for each student and ask them to collect thumbprints from everyone else in the class. That might be a bit messy though, so you can also just have one print out and have the students add their thumbprints in turns.

Follow the link below to have look at some completed thumbprint trees.
https://www.etsy.com/uk/market/thumbprint_tree

Word Search Solution



Find these words:

Football, Friendship, Helpful, Nabila, Holly, Helpful

Twelve Days of Kindness List

Nabila and Holly come up with a list of ways to be kind to their classmates and their teacher. However, in the current situation, children can't go to school and they have to spend most of their time at home. Can you think of twelve ways to be kind to the people you live with as well as the loved ones you cannot visit face to face at the moment? Possible ideas could be to share your toys with a sibling or writing a letter to your grandparents. Write down your ideas in the twelve boxes below.

1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.

Empathy Activities

Helping a child develop their sense of empathy (the ability to understand the feelings of others) is one of the best ways to prevent bullying. Below is a list of activities that can help.

Activity 1: Labelling Feelings

Ask the children to describe and label how they might feel in these three different bullying situations:

1. If they saw someone being bullied
2. If they were being bullied themselves
3. If they bullied someone

The discussion should demonstrate that only negative feelings emerge from these bullying situations.

Activity 2: Different and Similar

Discuss the ways in which children are different from one another, e.g. some of them like drawing pictures while others prefer playing with blocks or some of them are fast runners while others are better at singing.

Then ask them to imagine what it would be like if they were all the same. While it might be fun at first because everyone agrees, it would get boring pretty quickly since we would never try anything new. Differences in a group make things far more interesting. Explain that people who bully see differences as a bad thing and do not recognise that differences are a strength.

Now discuss the ways in which the children are similar. Point out that all children will feel hurt if they are bullied. Summarise by explaining that we should appreciate our differences, recognise that no one likes to be bullied and never bully someone because he or she is different.

Activity 3: The Golden Rule

Ask the children if they've heard of the Golden Rule, which essentially equates to 'do as to others as you would want them to do to you.'

Come up with examples with the children, such as:

1. I wouldn't want someone to say mean things about me, so I won't say mean things about anyone else.
2. I wouldn't want someone to pull my hair, so I won't pull anyone else's hair.

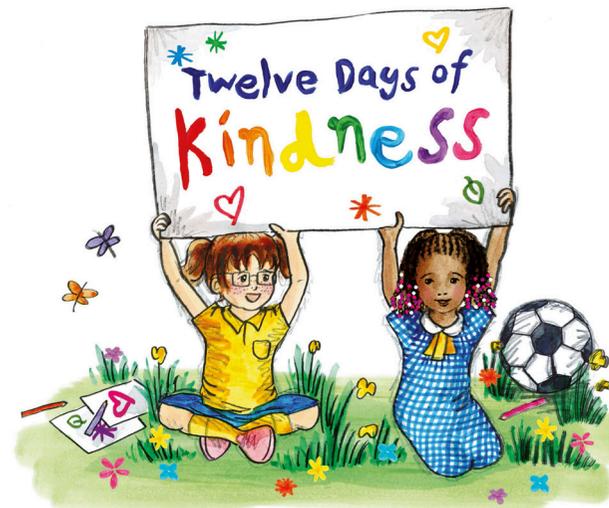
Then come up with some positive examples, such as:

1. I'd like someone to invite me to play, so I will invite someone else to play.
2. I'd like someone to tell me I drew a great picture so I will tell someone else that he or she drew a great picture.

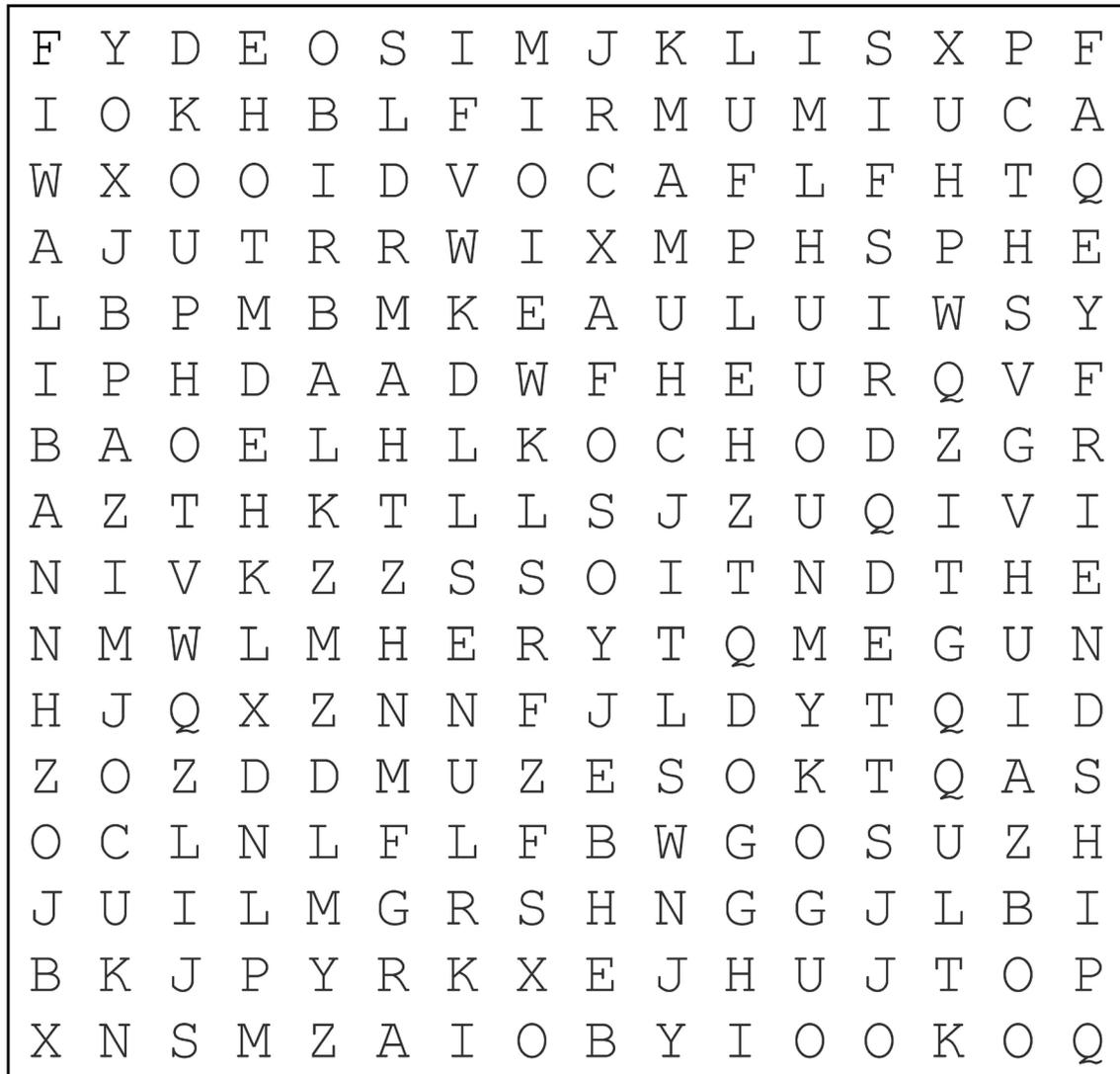
Credit to PromotePrevent.org

<http://preventingbullying.promoteprevent.org/8-empathy-activities>

For more empathy activities, have a look at their website!



Word Search

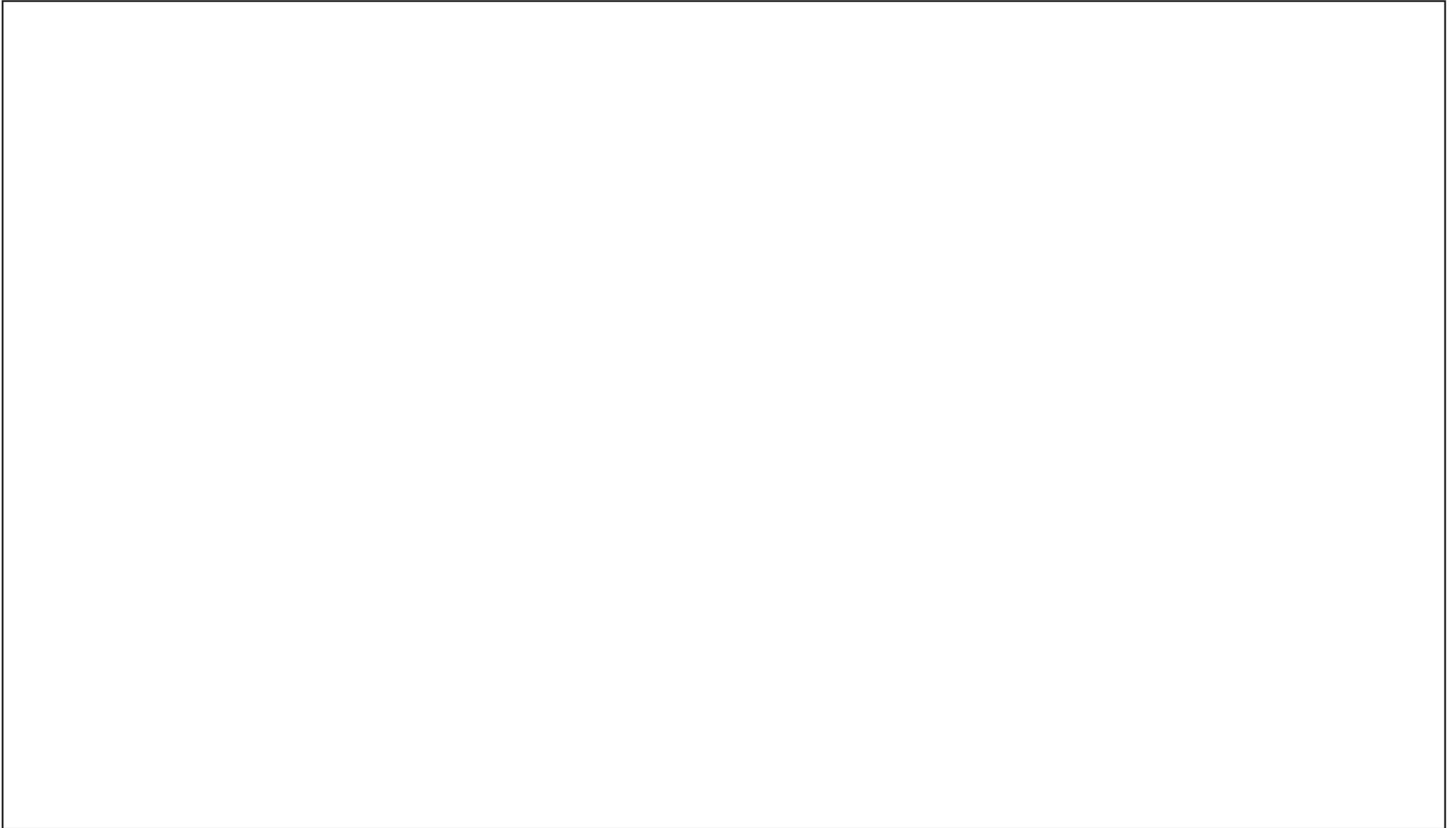


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Drawing Activity

Nabila, Holly and their football team deserve a party after their match. Draw the girls celebrating their victory!



Thumb Print Tree

