



Say "hi" or cheer
someone up who
looks sad.

Art by Mariève, age 12, Canada



Get Inspired

Quote

"Do what you can, with what you have, where you are."
Theodore Roosevelt

Fact

According to new studies, showing compassion is understood to be as important for our health as physical exercise and a healthy diet.



Shake It Up

Run in place for 1 minute. Stop, smile and shout a cheerful word!

Run, run, run... JOYFUL! Run, run, run.... MERRY!

Run, run, run.... HAPPY! Run, run, run... GRATEFUL!

Run, run, run.... SMILE!

"I am cheerful!"



Talk It Out

1. Do you ever become sad? What cheers you up?
2. Do you ever notice when other people are sad? How do you know they are sad?
3. How do you feel when someone you know is sad? What are some ways
4. you can cheer them up?



Do It!

1. As you go throughout the next few days, pay attention to the people around you.
2. When you see someone who looks sad, smile and say "hello" or cheer them up in your own creative way.

Say "hi" or cheer someone up who looks sad.

SEL Competencies

Social Awareness

Perspective-Taking
Empathy
Appreciating Diversity
Respect for Others

Responsible

Decision-Making

Analyzing Situations

Relationship Skills

Communication
Social Engagement

Timeframe

15 min

Materials Required

None



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Quote

Invite a student to read the quote.

Fact

Showing compassion is understood to be as important for our health as physical exercise and a healthful diet.

[Source:](#) Greater Good Science Center



Shake It Up

Get your students moving. Invite them to do the following activity:

Run in place for 1 minute. Stop, smile and shout a cheerful word!

Run, run, run... JOYFUL! Run, run, run.... MERRY!

Run, run, run.... HAPPY! Run, run, run... GRATEFUL!

Run, run, run.... SMILE!

When they are done, have them say, "I am cheerful!"

Congratulate your students for running for 5 minutes and cheering up the world with their happy words!



Talk It Out

Encourage your students to reflect on the provided questions.

1. Do you ever become sad? What cheers you up?
2. Do you ever notice when other people are sad?
3. How do you know?
4. How do you feel when someone you know is sad?
5. What are some ways you can cheer them up?



Do It! (individually)

1. Guide your students to pay attention to the people around them for the next few days. Notice their family members, classmates, other friends or people in the community.
2. When they see someone who looks sad, encourage them to smile and say "hello" or cheer the person up in their own creative way.
3. Follow up with a class chat reflecting on how the students felt completing this act of kindness.